



HEALTHIER ME IN 2023 CHALLENGE

JANUARY 17 – MARCH 20

WEEKLY TRACKER

Week of: _____

Goal for the week: _____

TRACKER FOR:

CORE HEALTH

FAT LOSS

STRONG

MY JUUVAFIT PARTICIPANT POINTS

			Tue	Wed	Thur	Fri	Sat	Sun	Mon	Total
ORDER	1 pt for every \$1 spent on Juuva products in a 4 week period: · Dec 27 to Jan 23 · Jan 24 to Feb 20 · Feb 21 to Mar 20*^	Max of 150 pts per 4-week period	Added by JuuvaFIT admin at the end of each 4 week period							
SUPPLEMENT	1 pt each for taking: · Galaxy · Ginger · Live · M-Phyt · NutraHG · TRUSILVR · Turmeric · Zing	4 pts max daily								
RESULTS	2 pts each for using: · Refit · Rejuv+ · Refuel	4 pts max daily								
HYDRATE	1 pt each: · Drinking 64 ozs of water · Using Allwater drops or water from C7 pitcher	2 pts max daily								
RECOVER	1 pt for sleeping: · Sleep a minimum of 7 hours in any 24-hour period	1 pt daily								
IMPROVE	1 pt each for accomplishing: · Minimum of 10 minutes of self-improvement · Show gratitude to someone	2 pts max daily								
LEARN	10 pts for watching: Weekly JuuvaFIT Commit	10 pts weekly								
NOURISH	2 pts for tracking: Track all of your food/drink	2 pts daily								
MOVE	1 pt daily each for completing: Exercise for a minimum of 15 minutes for Core/Fat Loss or 45 minutes for Strong · 1 minute Move of the Week	2 pts max daily - 6 days/week								
SOCIAL	2 pts each, per week, for posting on: Personal social media about JuuvaFIT · The JuuvaFIT Challenge Facebook Group	4 pts max weekly								
SHARE	2 pts for sharing: Talk to someone new about JuuvaFIT	14 pts weekly								

WEEKLY TOTAL

MY JUUVAFIT TEAM POINTS

CONNECT	2 pts daily for communicating with team or team member	2 pts max daily - 6 days/week								
ENGAGE	10 pts weekly for joining your weekly TEAM call	10 pts weekly								
ACHIEVE	50 pts when Warrior and Top Achiever is earned	100 pts when both are earned	Added by JuuvaFIT admin on the week achieved							

WEEKLY TOTAL

MY JUUVAFIT BONUS POINTS*

LOSE	1 Individual pt per pound and/or per inch lost (around the waist measurement) during Challenge	
NEW	50 Individual AND Team pts when the 1st JuuvaFIT Challenge is joined	
ENROLL	75 Individual AND Team pts for each new personally enrolled Customer or Distributor with at least an initial order of 70 PV and completes the JuuvaFIT registration from Dec. 27 to Feb. 20, 2023	
PURCHASE	10 Team pts for each additional \$50 in Juuva products ordered over the \$150 purchase within the 4-week period	
CAPTAIN	100 Team pts to each Team with a Captain who hasn't been a JuuvaFIT Captain during the previous two JuuvaFIT Challenges	

*JuuvaFIT admin will add these pts at the end of each 4-week period and/or at the end of the Challenge.

^If two JuuvaFIT participants have the same Customer or Distributor ID, product pts are split equally. (i.e. \$150 in purchases, each participant will receive 75 pts. Bonus pts do not start until \$300 is purchased).

Remember to complete your weekly point check-in by Friday each week for full points. Check-ins after Friday will only earn 60% of points. Go to juuvafit.com or scan the QR Code to check in.

