



TURN UP THE HEAT CHALLENGE  
April 16 - June 17, 2024

TRACKER FOR: CORE HEALTH FAT LOSS STRONG

WEEKLY TRACKER

Week of:

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Goal for the week:

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Goal accomplished:

WEEKLY WEIGHT & WAIST

Tuesday Wht: Monday Wht:

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Tuesday Wst: Monday Wst:

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MY JUUVAFIT PARTICIPANT POINTS

			Tue	Wed	Thur	Fri	Sat	Sun	Mon	Total
<b>ORDER</b>	<b>1 pt for every \$1 spent on Juuva products in a 4 week period:</b> · March 26-April 22, April 23-May 20, May 21-June 17 <sup>^</sup>	Max of 150 pts per 4-week period	Added by JuuvaFIT admin at the end of each 4 week period							
<b>SUPPLEMENT</b>	<b>1 pt each for taking:</b> · Galaxy · Ginger · Live · M-Phyt · NutraHG · TRUSILVR · Turmeric · Zing	4 pts max daily								
<b>RESULTS</b>	<b>2 pts each for using:</b> · Refit · Rejuv+ · Refuel	4 pts max daily								
<b>HYDRATE</b>	<b>1 pt each:</b> · Drinking 64 ozs of water · Using Allwater drops or water from C7 pitcher	2 pts max daily								
<b>RECOVER</b>	<b>1 pt for sleeping:</b> · Sleep a minimum of 7 hours in any 24-hour period	1 pt daily								
<b>IMPROVE</b>	<b>1 pt each for accomplishing:</b> · Minimum of 10 minutes of self-improvement · Show gratitude to someone	2 pts max daily								
<b>LEARN</b>	<b>10 pts for watching:</b> Weekly JuuvaFIT Commit	10 pts weekly								
<b>NOURISH</b>	<b>2 pts for tracking:</b> Track all of your food/drink	2 pts daily								
<b>MOVE</b>	<b>1 pt each, daily, for completing:</b> 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								
<b>SOCIAL</b>	<b>2 pts each, per week, for posting on:</b> Personal social media about JuuvaFIT · The JuuvaFIT Challenge Facebook Group	4 pts max weekly								
<b>SHARE</b>	<b>2 pts each for sharing:</b> Talk to someone new about JuuvaFIT	14 pts max weekly								

WEEKLY TOTAL

MY JUUVAFIT TEAM POINTS

<b>CONNECT</b>	<b>2 pts daily</b> for communicating with team or team member	2 pts max daily - 6 days/week								
<b>ENGAGE</b>	<b>10 pts</b> weekly for joining your weekly TEAM call	10 pts weekly								
<b>ACHIEVE</b>	<b>50 pts</b> 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\*

<b>LOSE</b>	<b>1 Individual pt per pound and/or per inch lost</b> (around the waist measurement) during Challenge	
<b>NEW</b>	<b>50 Individual AND Team pts</b> when the 1st JuuvaFIT Challenge is joined	
<b>ENROLL</b>	<b>100 Individual AND Team pts</b> for each new personally enrolled Customer or Distributor with at least an initial order of 70 PV and completes the JuuvaFIT registration from March 26 to May 20, 2024	
<b>PURCHASE</b>	<b>10 Team pts</b> for each additional \$50 in Juuva products ordered over the \$150 purchase within the 4-week period <sup>^</sup>	
<b>CAPTAIN</b>	<b>100 Team pts</b> 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.

<sup>^</sup>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. Purchase 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](https://juuvafit.com) or scan the QR Code to check in.

