



2020 NEW YOU CHALLENGE: JAN. 20th - APR. 19th

# Fatloss & Fitness WEEKLY TRACKER

WEEK OF:

MY GOAL THIS WEEK:

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
ORDER	<b>Order monthly BulaFIT supply</b> (minimum \$100 product order, <b>once a month</b> )	100 pts	.....→							yes or no or not yet
FORTIFY	<b>Take GT Essentials</b>	2 pts.	×	×	×	×	×	×		
	<b>Take 2 other wellness products</b> (Any product from the Targeted Nutrition category in the store)	2 pts.	×	×	×	×	×	×		
FUEL	<b>Use BURN, KetoFUEL, or Keto Kofi</b> (one point each, maximum 2 points per day)	2 pts.	×	×	×	×	×	×		
	<b>Eat keto all day</b> (keto-friendly meals and/or snacks)	1 pt.	×	×	×	×	×	×		
HYDRATE	<b>Stay Bula-hydrated all day</b> (3 Bula bobbles of water or 60 oz. of water)	1 pt.	×	×	×	×	×	×		
	<b>Take GT Fusion</b>	2 pts.	×	×	×	×	×	×		
	<b>Drink 1 other hydration product</b>	1 pt.	×	×	×	×	×	×		
MOVE	<b>Complete a workout</b> (one workout for maximum of 6 days a week; Fat Loss: 15+ minutes, Fitness: 45+ minutes)	2 pts. or 4 pts.	×	×	×	×	×	×		
	<b>Complete a Warrior Workout</b> (BulaFIT Workout DVD, BulaFIT bobble® Workout, BulaFIT Community Workout)	1 pt.	×	×	×	×	×	×		
CONNECT	<b>Post on the BulaFIT Facebook group once or more this week</b>	5 pts.	.....→							
	<b>Post about BulaFIT on personal social media once or more this week</b>	5 pts.	.....→							
	<b>Watch Friday BulaFIT LIVE!</b>	5 pts.	-	-	-	-	×	-	-	
RECOVER	<b>Get a good night's sleep</b> (7+ hours a night, for maximum of 6 nights)	3 pts.	×	×	×	×	×	×		
TEAM	<b>Communicate daily with your team</b>	2 pts.	×	×	×	×	×	×		
	<b>Attend your weekly team call</b>	10 pts.	.....→							

Remember to visit [www.bulafitwarrior.com](http://www.bulafitwarrior.com) and complete your weekly check-in!

Each of your tasks convert to points as you log in and report them. For Fatloss participants: At the end of the Challenge, you'll also earn points for each pound lost and for each percentage point of weight lost.