



2020 HOLIDAY CHALLENGE: SEPT. 28TH - DEC. 6TH

Fatloss & Fitness WEEKLY TRACKER

WEEK OF: _____

MY GOAL THIS WEEK: _____

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

Remember to visit 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.

