



POINTS TRACKER

Date Range

NAME

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Attend a Pro+FIT Class · 20 pts							
Calorie Goal Met · 15 pts							
Workout of the day Selfie · 10 pts							
5000+ Steps · 5 pts							
Water Goal Met · 5 pts							

TOTAL

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Attend a Pro+FIT Class · 20 pts							
Calorie Goal Met · 15 pts							
Workout of the day Selfie · 10 pts							
5000+ Steps · 5 pts							
Water Goal Met · 5 pts							

TOTAL

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Attend a Pro+FIT Class · 20 pts							
Calorie Goal Met · 15 pts							
Workout of the day Selfie · 10 pts							
5000+ Steps · 5 pts							
Water Goal Met · 5 pts							

TOTAL

TOTAL POINTS



A COMMUNITY BUILT ON CARE