



SPRING FLING CHALLENGE TRACKING SHEET TBL

- ★ **Items with an ** by them require proof** - pictures, emails, screenshots, receipts, documentation
- ★ **Due date:** April 30th
- ★ **Send to:** taylorgetz2004@gmail.com BY APRIL 30th
- ★ **The subject of the email:** Last name, Total Points
- ★ **Directions:** Add each item you completed and add point totals per section. It is encouraged to receive as many points as possible.
- ★ Text/call 661-313-3350 with any questions :)

NAME (FIRST/LAST):

EMAIL:

PHONE:

Categories:

PINK: LEVEL 1

GREEN: LEVEL 2

<u>PINK</u>	NUMBER OF POINTS WORTH (unlimited submissions for each)	POINTS YOU RECEIVED
ATTENDING CLASSES	1 POINT EACH	
SOCIAL MEDIA POST W/ @TRUEBARRELAWRENCE TAG **	2 POINTS EACH	
PARTICIPATING IN THEMED CLASS **	2 POINTS EACH	
COMPLETING 100 REPS IN CLASS	4 POINTS EACH TIME	
MAKING A HEALTHY MEAL AND SHARING ON SOCIAL MEDIA WITH @TRUEBARRELAWRENCE TAG **	3 POINTS EACH	

RECORD AN AT-HOME WORKOUT **	3 POINTS EACH	
BRING A FRIEND TO CLASS **	5 POINTS EACH FRIEND	

TOTAL PINK POINTS:

<u>GREEN</u>	NUMBER OF POINTS WORTH (unlimited submissions for each)	POINTS YOU RECEIVED
REFER A FRIEND TO FRONT DESK	7 POINTS EACH FRIEND	
SUPPLEMENT PURCHASE WITH PRESTIGE LABS **	10 POINTS EACH PURCHASE	
SUPPLEMENT PURCHASE WITH PRESTIGE LABS WITH INSTAGRAM/FACEBOOK SHOUTOUT USING @TRUEBARRELAWRENCE **	20 POINTS EACH PURCHASE	
REFERRED A FRIEND WHO PURCHASED A TBL MEMBERSHIP **	25 POINTS EACH FRIEND	
LEAVE A GOOGLE/YELP REVIEW ONLINE	8 POINTS EACH REVIEW	

TOTAL GREEN POINTS:

TOTAL POINTS TOGETHER (PINK + GREEN):

INCLUDE ALL SCREENSHOTS & PROOF BELOW OR ATTACHED TO EMAIL:

