## **GOTOTALHUMAN.COM**

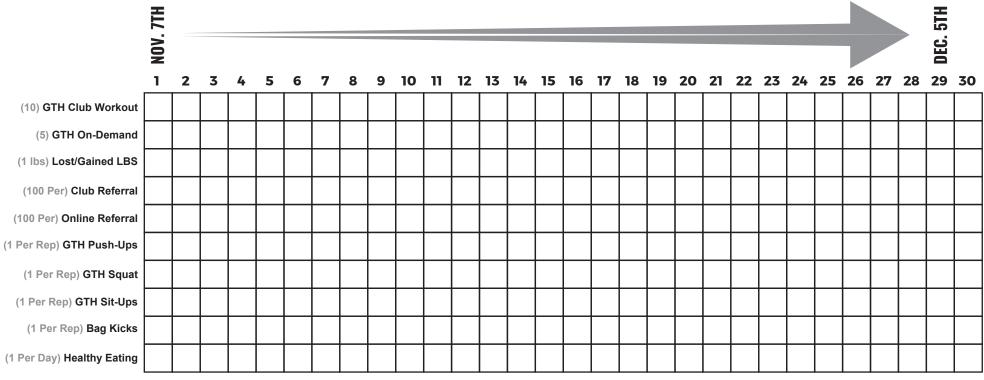


| YOUR NAME: |  |
|------------|--|
|            |  |

## **GTH POINT CARD**

- (10 Points) per one hour workout at GTH Club
- (5 Points) per one hour GTH On-Demand workout
- (1 Point) per lbs lost or gained in 30 days
- (100 Points) Refer a friend and sign-up
- (100 Points) Refer a friend and sign-up online

- (1 Point) per GTH push-ups in one minute (Per Day)
- (1 Point) per GTH squat in one minute (Per Day)
- (1 Point) per GTH sit-up in one minute (Per Day)
- (1 Point) per bag kicks in one minute (Per Day)
- (1 Point) per day of healthy eating



LEVEL UP and track your skills with total human points. Post your results daily to earn credit and document your changes inside and out.

Post daily results on: facebook.com/gototalhuman or Instagram @gototalhuman

| MY TOTAL                 | SATURDAY   | SATURDAY                                     | WEDNESDAY                             | SATURDAY                                      | SATURDAY  |
|--------------------------|--|--|---------------------------------------|---|---|
| GOAL PRIZE! for the most | 9:30am WORKOUT<br>Share the Health Event<br>GTH 30-day challenge | NOV. 14TH 9:30am SEMINAR Womens Self-Defense | 6:30pm WORKOUT                        | NOV. 21ST 9:30am WORKOUT Intro to Level 2 GTH | <b>DEC. 5TH</b> 9:30am WORKOUT Intro to Level 2 GTH Test Yourself Workout |
| points                   |  |  | Clothing Discount Day ProjectRORN.com |   |   |