

FEBRUARY RISE CHALLENGE

3 POINTS EACH: (no daily limit)

- A – Invite (New Contact to MLVS)
- B – Tool (New Contact Watches Overview)
- C – TEAM (New Contact on 3-Way Convo)

2 POINTS EACH: (max 2 points each)

- D – Biz or Product Tiktok, IG/FB Reel or Livestream
- E – Post >4 Biz or Product IG/FB Stories with CTA

1 POINT EACH (max once a day)

- F – Team Heart Zoom or Activation Nation Podcast
- G – 1 Chapter of a TH recommended Book
- H – Take + Use Your LifeVantage Products

EXAMPLE

1

12	9	3	D
2	F	1	1

Points: 28

In this example, teamie invited 4 people into MLVS, got 3 people to press play on the overview (tool), and did a 3-way chat with a prospect and upline.

She also posted 4 business stories on Instagram, read a TH recommended book and took her LFN products. She scored 28 points on day 1.

If you don't post your tracker to Team Heart February Hard Group before midnight each night... NO POINTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																															
<p style="color: red; font-weight: bold;">Send in completed tracker by March 2nd Midnight EST To TeamHeartGnomes@gmail.com</p> <p style="color: red;">YOUR NAME: _____</p> <p style="color: red;">YOUR ID#: _____</p>				1	2	3																																															
				<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H																							
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
4	5	6	7	8	9	10																																															
<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
11	12	13	14	15	16	17																																															
<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
18	19	20	21	22	23	24																																															
<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
25	26	27	28	29	<p style="color: red; font-weight: bold;">TOTAL MONTHLY POINTS:</p> <p>_____</p> <p style="color: red; font-weight: bold;">+100 Points – Registered for March Momentum Academy (Must Make Your Own Shareable and post to TH FB Group)</p>																																																
<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H	<table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">A</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">B</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">C</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">D</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 50%; padding: 2px;">E</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">F</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">G</td><td style="border: 1px solid black; border-radius: 50%; padding: 2px;">H</td> </tr> </table> <p>Points: _____</p>	A	B	C	D	E	F	G	H									
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		
A	B	C	D																																																		
E	F	G	H																																																		