



# 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

NOV. 7TH

DEC. 5TH

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
(10) GTH Club Workout																														
(5) GTH On-Demand																														
(1 lbs) Lost/Gained LBS																														
(100 Per) Club Referral																														
(100 Per) Online Referral																														
(1 Per Rep) GTH Push-Ups																														
(1 Per Rep) GTH Squat																														
(1 Per Rep) GTH Sit-Ups																														
(1 Per Rep) Bag Kicks																														
(1 Per Day) 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](https://www.facebook.com/gototalhuman) or Instagram @gototalhuman

## MY TOTAL GTH POINTS

GOAL  
**2000 PT**

**PRIZE!**  
for the most points

SATURDAY

**NOV. 7TH**

**9:30am** WORKOUT  
Share the Health Event  
GTH 30-day challenge

SATURDAY

**NOV. 14TH**

**9:30am** SEMINAR  
Womens Self-Defense

WEDNESDAY

**NOV. 18TH**

**6:30pm** WORKOUT  
Becoming RORN

SATURDAY

**NOV. 21ST**

**9:30am** WORKOUT  
Intro to Level 2 GTH

SATURDAY

**DEC. 5TH**

**9:30am** WORKOUT  
Intro to Level 2 GTH  
Test Yourself Workout

*Clothing Discount Day*  
[ProjectRORN.com](http://ProjectRORN.com)