



MFIT CAPTAIN'S CHECKLIST

Being a Captain and leading a team is simple.

All it takes is a willingness to help others see their potential and some enthusiasm for the amazing, proven MFIT program! **If you've enjoyed any degree of success in any previous MFIT Challenge, you're qualified to be a Captain!**

You'll also have the ongoing support of coaches Owen McKibbin and Kristy Kaminski each week in a special Captain's Call—an opportunity for you to personally learn and grow as a leader and absorb information and inspiration to pass along to your teams!

_____ team name

1

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

2

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

3

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

4

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

5

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

6

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

7

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

8

_____ team member

_____ focus

PRODUCTS PURCHASED

SIGNED UP ONLINE

WEEK 1 Sep. 20-26	WEEK 2 Sep. 27-Oct. 3	WEEK 3 Oct. 4-10	WEEK 4 Oct. 11-17	WEEK 5 Oct. 18-24	WEEK 6 Oct. 25-31	WEEK 7 Nov. 1-7	WEEK 8 Nov. 8-14	WEEK 9 Nov. 15-21	WEEK 10 Nov. 22-28	WEEK 11 Nov. 29-Dec. 5	WEEK 12 Dec. 6-12	WEEK 13 Dec. 13-19
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Attend the weekly Captain's Call

Ask your questions to other captains and glean inspiration to pass along to your team!

X	X	X	X	X	X	X	X	X	X	X	X	X
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Contact your team daily

Send a group text or messenger chat encouraging members to stay strong each day.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Hold a weekly team call

Hold a team call, giving each person a turn to share how the week went and commit to goals for the upcoming week.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Encourage check-ins

Remind your team to submit their weekly check-in by Wednesday for full credit.

X	X	X	X	X	X	X	X	X	X	X	X	X
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Submit final results

Encourage your team to finish the Challenge by submitting their final results.

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