



## Welcome to MFIT!

MFIT is for everyone: providing a complete foundation for total health including products for:

- Fat Loss
- Healthy Energy
- Gentle Detoxification
- Superior Antioxidants
- and more!

Incorporating these products with professional trainer and 17x Mens Health fitness model Owen McKibbin and his co-coach Kristy Kaminski, and a supportive network of team captains and online community, you will be able to focus on your goals with your team, have accountability, and become a healthier version of yourself in just 12 weeks!

The MFIT Fall Challenge begins September 20th and ends December 19, 2021.

To focus on what your body needs for your success, choose between these specific categories:

**CORE HEALTH** focuses on complete hydration, great supplementation, light physical activity, and suggested nutrition to get you feeling your best.

**FAT LOSS** focus is for those that want to release a substantial amount of body fat with complete hydration, great supplementation, physical activity, and following the ketogenic eating plan.

**FITNESS** is for the individual that wants to change their body composition by tightening up and toning muscle by utilizing Mfinity's line of ketogenic products, amazing supplements, balanced nutrition, and specialized workouts.





2021 FALL

# MFIT

CHALLENGE

## How to get started:

- Find a Team Captain** They can help you set goals and provide support.
- Sign up** as a Preferred Customer or a Mfinity Ambassador. To maximize points, purchase \$100 worth of products every 4 weeks of the challenge.
- Make a note** of your waist circumference and your current weight, and take “before” pictures from the front and the side. Photos should be taken wearing tighter shorts/pants and a tighter fighting top.
- Go to [mymfinity.com/mfit](http://mymfinity.com/mfit) to sign up** by pressing “JOIN CHALLENGE”. You will receive an email confirmation that you are signed up for the MFIT Challenge.
- Join the MFIT Challenge Facebook group!** You will find helpful hints and support in this community.
- Print out your MFIT points tracker** and update daily. (May be printed off at [www.mymfinity.com/mfit](http://www.mymfinity.com/mfit))
- Each week attend** your team call, the MFIT Facebook Live (or listen to it later), and enter your Challenge Tracker points on the user friendly MFIT website (including a final submission).
- Have fun and embrace the new you as you progress!**