



# 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

Challenge beginning mid-month of:	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
_____ month _____ year	(Monday - Sunday)	(Monday - Sunday)	(Monday - Sunday)	(Monday - Sunday)	(Monday - Sunday)
<b>Attend the weekly Captain's Call</b> Ask your questions to other captains and glean inspiration to pass along to your team!	X	X	X	X	X
<b>Contact your team daily</b> Send a group text or messenger chat encouraging members to stay strong each day.	X	X	X	X	X
<b>Hold a weekly team call</b> 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
<b>Encourage check-ins</b> Remind your team to submit their weekly check-in by Wednesday for full credit.	X	X	X	X	X