

MFIT BECOME A CAPTAIN

Congratulations on being a MFIT Captain! Participating in the MFIT Challenge as part of a team is one of the best ways to achieve your health goals. Team accountability and motivation plays a large factor in everyone's success.

As a Captain you can have a major impact on the individual health transformation of everyone of your team. Don't worry, you don't need any special qualifications or credentials. The impact will come as you simply encourage your group to connect and support each other. The magic comes from the team! Your job is to help facilitate team communication and connection.

What is a MFIT Team?

MFIT Challenge Teams can have up to 8 members. If you have more than 8 people who would like to participate, then please sign-up another team. As a team, you will support each other via daily team communication and weekly Team calls.

How to set up a Team

To sign-up your team, visit mymfinit.com/MFIT and go to the "create team" button to see the team roster sign-up form. Complete the form for each member of your team. There is a video on the form that explains the sign-up process.

Once your team is created, the next step is to:

- 1. Choose your team name** Having a team identity is a fun way to refer to each other and to create team unity. You'll be amazed at the friendships that will be forged as you all go through this transformation together.
- 2. Determine your daily communication method** Identify the primary communication method your team will use. Popular choices include group texting or Facebook messenger groups. Communicating every day keeps the team connected and provides individual support and encouragement.
- 3. Choose a day and time for a weekly team call** Successful teams constantly work on improving their knowledge and resolve. Your weekly team call is an opportunity for your team to check in with each other, celebrate successes, identify difficulties, and to generate ideas on how to overcome them. Overall, your weekly team call should be the most encouraging and motivation call of your week!

Your Captain Resources

As a Captain, you have exclusive access to Owen McKibbin, Kristy Kaminski, and our honorary coaches for help and support. With their help, you'll learn how to be successful in leading others. You also have access to these Captain resources:

- **Captain's Corner Facebook Group** This exclusive community is a great place to ask questions and get support from other Captains and our coaches. You will also see news and announcements applicable to teams and being a MFIT Captain. Search for MFIT Captain's Corner in Facebook and ask to join the group.
- **Weekly Captain's Call** This call is hosted by Owen, Kristy, and our honorary coaches and is held Mondays at 8:00 am MT/10:00 am ET. During the call you'll receive training as well as ideas to share with your MFIT Challenge team. You can also ask questions during this call. The call is recorded for those who cannot attend and will be made available via the Captain's Corner FB Group.
- **Other Support Needs** For any other support needs or questions, please email MFIT@mfinityglobal.com.

Weekly Check-Ins

Your team members receive individual and team Challenge points based on their weekly Check-Ins. It is important that they complete their Check-Ins on time each week!

Sunday to Wednesday On time Check-In (full points)

After Wednesday Late Check-In (60% points)

Daily Team Communication Outline

The more positive communications your team has throughout the day and week, the stronger your team will be! As a Captain, encourage your team to interact by sending 2-3 Facebook Group or Text Group messages throughout the day.

Morning example: "Start today strong! What's one thing you'll do today to achieve your goal?"

Midday example: "Time for some Keto Kofi, what's everyone having for lunch?"

Evening example: "What's one thing that went well today? What's one thing you'll do differently tomorrow?"

Weekly Team Call Outline

You may choose to use a conference service like www.freeconferencecall.com to host your team call. Your team is busy, so be sure to keep the call timely! Calls should last between 10-20 min. Once your calls are established, you may want to invite different members of the team to start and facilitate the calls each week.

3 min. Welcome (by Team Captain)

2 min. each Individual team member report:

- At least one success from the previous week
- Challenges you are experiencing
- State a new goal for the coming week
- End your report with a power statement ("I've got this," "Stronger than ever!" etc.)

5 min. Answer any questions together

2 min. Confirm time for next call, end the call with encouragement for the next week