



WEEKLY TRACKER

WEEK OF: _____

HEALTH FOCUS:

CORE
HEALTH

FAT
LOSS

FITNESS

My MFIT Lifestyle

			M	T	W	T	F	S	S	TOTAL
SUPPLEMENT	1 point each daily for taking: • Mfinity Boost • Turmeric Boost • Ginger Boost • Mfinity Oil	up to 4 pts. daily								
FUEL	1 point each daily for consuming: • Fuel • Burn • Java • Eating MFIT smart* or keto all day	up to 3 pts. daily								
HYDRATE	1 point each for drinking: • Drive • Detox • 60 oz. of water	up to 3 pts. daily								
MOVE	• 2 points daily for either 15 minutes of exercise (Fat Loss or Core Health participants) or 45 minutes of exercise (Fitness participants) • 1 point daily for MFIT Movement	up to 3 pts. daily for 6 days/ week								
SLEEP	2 points daily for sleeping 7+ hours	2 pts. daily for 6 days/ week								
WEEKLY HEALTH TOTAL										____/100
CONNECT	5 points weekly for each: • Personal social media post about MFIT • Post on MFIT Facebook group • Watch MFIT Live Broadcast	up to 15 pts. per week								
ORDER	100 points monthly for \$100 product order + 10 points per additional \$50 product order	up to 150 pts. monthly→							
WEEKLY PERSONAL GRAND TOTAL										

My MFIT Challenge Team

			M	T	W	T	F	S	S	TOTAL
	• 2 points daily for communicating with an accountability partner or team member	2 pts. daily								
	• 10 points weekly for attending your weekly Team Call	10 pts./week→							
WEEKLY TEAM MEMBER GRAND TOTAL										

Remember to go to the MFIT Leaderboard to complete your weekly check-in!

Each of your tasks convert to points as you log in and report them.