

MFINITY

# Boost It!

2021 SUMMER CHALLENGE: MAY 17 – AUG 15

WEEK OF: \_\_\_\_\_ MY GOAL THIS WEEK: \_\_\_\_\_

## Fatloss WEEKLY TRACKER

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
ORDER	<b>Order monthly JuuvaFIT supply</b> (minimum \$100 product order, <b>once a month</b> ) Suggested products: Fuel, Burn, Mfinity Boost, Mfinity Oil Additional products: Ginger Boost, Turmeric Boost, Daily Detox, VitaZing	100 pts	.....→							yes or no or not yet
	<b>Take Mfinity Oil and Mfinity Boost</b> (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×	×	
FORTIFY	<b>Take Ginger Boost and Turmeric Boost</b> (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
	<b>Use Burn, Fuel, or Jaava</b> (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
FUEL	<b>Eat Mfinity smart all day</b>	2 pts.	×	×	×	×	×	×		
	<b>Stay hydrated all day</b> (at least 60 oz. total of water)	1 pt.	×	×	×	×	×	×		
HYDRATE	<b>Take up to 2 other hydration products</b> (VitaZing or Daily Detox—one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
	<b>Complete a 15 min. workout</b> (one workout daily for maximum of 6 days a week)	2 pts.	×	×	×	×	×	×		
MOVE	<b>Complete a Boost It Workout</b>	1 pt.	×	×	×	×	×	×		
	<b>Post on the Mfinity Boost It Facebook group once or more this week</b>	5 pts.	.....→							
CONNECT	<b>Post about the Boost It Challenge on personal social media once or more this week</b>	5 pts.	.....→							
	<b>Watch Friday Boost It LIVE!</b>	5 pts.	–	–	×	–	–	–	–	
RECOVER	<b>Get a good night's sleep</b> (7+ hours a night, for maximum of 6 nights)	3 pts.	×	×	×	×	×	×		
TEAM	<b>Communicate daily with your team</b>	2 pts.	×	×	×	×	×	×		
	<b>Attend your weekly team call</b>	10 pts.	.....→							

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

Each of your tasks convert to points as you log in and report them. For Fatloss participants: At the end of the Challenge, you'll also earn points for each pound lost and for each percentage point of weight lost.