

MFINITY

Boost It!

2021 SUMMER CHALLENGE: MAY 17 – AUG 15

WEEK OF: _____

MY GOAL THIS WEEK: _____

Fitness WEEKLY TRACKER

		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	
ORDER	Order monthly Mfinity Boost It supply (minimum \$100 product order, once a month) 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
FORTIFY	Take Mfinity Oil and Mfinity Boost (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
	Take Ginger Boost and Turmeric Boost (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
FUEL	Use Burn, Fuel, or Jaava (one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
	Eat Mfinity smart all day	2 pts.	×	×	×	×	×	×		
HYDRATE	Stay hydrated all day (at least 60 oz. total of water)	1 pt.	×	×	×	×	×	×		
	Take up to 2 other hydration products (VitaZing or Daily Detox—one point each, up to 2 pts. per day)	up to 2 pts.	×	×	×	×	×	×		
MOVE	Complete a 45 min. workout (one workout daily for maximum of 6 days a week)	2 pts.	×	×	×	×	×	×		
	Complete a Boost It Workout	1 pt.	×	×	×	×	×	×		
CONNECT	Post on the Mfinity Boost It Facebook group once or more this week	5 pts.→							
	Post about the Boost It Challenge on personal social media once or more this week	5 pts.→							
	Watch Friday Boost It LIVE!	5 pts.	–	–	×	–	–	–	–	
RECOVER	Get a good night's sleep (7+ hours a night, for maximum of 6 nights)	3 pts.	×	×	×	×	×	×		
TEAM	Communicate daily with your team	2 pts.	×	×	×	×	×	×		
	Attend your weekly team call	10 pts.→							

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