

# System Overview and Guide

1. MFIT Products – Nutritional Supplements
2. MFIT Movements – Simple Workouts
3. MFIT Life – Change Your Relationship with Food
4. MFIT Community – Lifestyle Support

## MFIT Products - Basic Fat Loss Starter Pack

- 2 pouches of Fuel - 30 servings
- 1 bottle of Mfinity Oil - 60 ml - or 30 droppers full
- Ginger boost 90 count - 3 capsules per day
- Mfinity Boost 90 count - 3 capsules per day
- Turmeric Boost 90 count - 3 capsules per day
- Burn Capsules 60 count - 2 capsules per day

## MFIT Movement

- “McKibbin” workout YouTube link: <https://youtu.be/JSEnOMxg-KE>
- “Kaminski” workout YouTube link: <https://youtu.be/z9Z2BVK9M9s>

## MFIT food planning

Login instructions: See instructions document “MFIT life login and overview 20211223”

## MFIT Community

Private Facebook Group: Mfinity MFIT Challenge

## System Implementation

### Morning

Before meal

- Swallow 1 dropper (2ml) Mfinity Oil
- 1-2 rounds of McKibbin or Kaminski workout

Meal replacement

- Mfinity Fuel meal replacement shake
- 1ea. Mfinity Boost, Ginger Boost, Turmeric Boost, Burn Capsule

### Noon

- MFIT friendly meal (select from MFIT life website)
- 1ea. Mfinity Boost, Ginger Boost, Turmeric Boost, Burn Capsule Evening

### Evening

- MFIT friendly meal (select from MFIT life website)
- 1ea. Mfinity Boost, Ginger Boost, Turmeric Boost.

### Before Bed

- 1-2 rounds of McKibbin or Kaminski workout

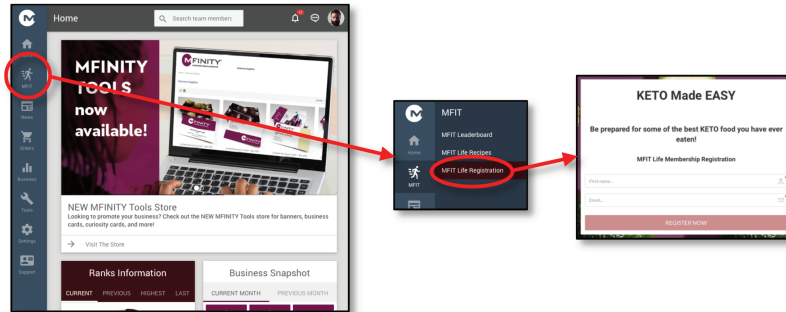
### Other tips for success:

- Look for excuses to put in extra movement – especially walking or using stairs!
- Stay hydrated (half your pounds of weight in ounces of water e.g: 150 lbs - drink 75 ounces of water per day)
- Get 7-8 hours of sleep each night

# MFIT Life Login and Overview

As part of Mfinity Global, you have access to the MFIT life web community – your source for MFIT friendly recipes, meal plans, and creative ideas for your new MFIT life! To access this amazing resource, you must activate your MFIT life account. Here are the simple instructions to do just that.

First, go to your Mfinity back office.

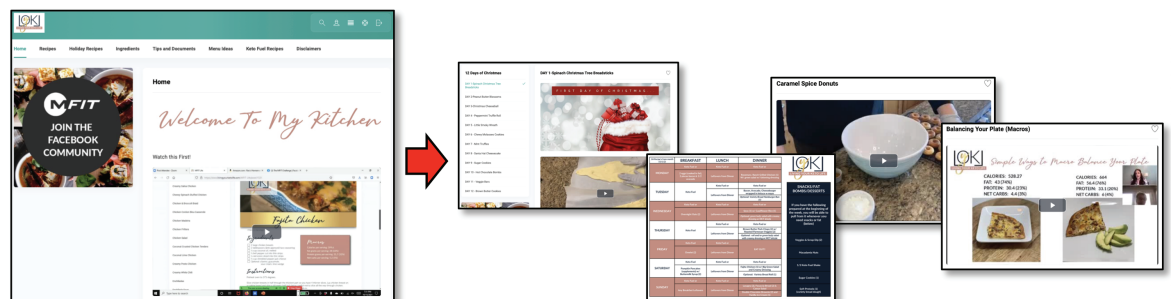
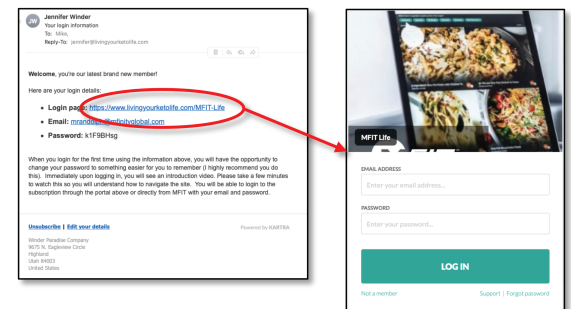


Click on the “MFIT” link in the left margin, then select “MFIT Life Registration”. Complete the form with your First Name and Email address and click the “REGISTER NOW” button.

Your account confirmation email will be from “jennifer@livingyourketolife.com”

Click the Login page link (or type the URL into your web browser) to go to the login page: Input your email address and the password provided via email (you can change this later if you like)

You have arrived at your MFIT life! Explore the site and enjoy all that we have to offer – including recipes for your MFIT products!



Oh, and if you'd like to update your password or other account information, click the profile link at the top of the page:

