

BUILD HABITS. CHANGE YOUR LIFE.

MoFit EST. 2015



4-Week Wellness Challenge

September 8th-October 4th, 2026

Nutrition • Accountability • Community

A proven program that has helped hundreds build healthier habits, one step at a time.



Build Healthy Habits

Nutrition guidance,
habit tracking,
movement and
simple tools
for lasting success.



Monday Night Momentum Every Monday at 7PM

Weekly group coaching focused
on participant wins, questions,
and obstacles to keep everyone
motivated and moving forward.



MoFit VIPs

Weekly recognition for
participants who inspire others
through consistency, positivity,
and personal growth.



Everything Included

- Habit Tracker
- Weekly Group Calls
- Accountability & Support
- Weekly Cash Prizes
- Private Facebook Group
- Live Workouts

Join Today

Only **\$45**



Register by 9/3

Kickoff Call: Thursday, Sept 3rd 7pm
mofit635@gmail.com (216) 978-1602

www.mofit.fit

You do not have to be a Mofit member to join.

At MoFit, we believe every healthy choice deserves to be celebrated.
Consistent habits create life-changing results.