

# **4-WEEK WELLNESS CHALLENGE**

## **JANUARY 5<sup>TH</sup> - FEB 1<sup>ST</sup>**

### **YOU DO NOT NEED TO BE A MOFIT MEMBER TO JOIN.**



#### **PRIZES! PRIZES!**

Weekly \$50 cash prize  
Grand Prize valued over \$200



#### **NUTRITION SUPPORT**

Unlock your full potential with our expert nutrition support—personalized guidance for a healthier, happier you!



#### **EXERCISE**

Discover the joy of movement—feel stronger, fitter, and more energized! Live Virtual Workouts with a personal trainer!

*Why?*



#### **ACCOUNTABILITY**

Weekly calls to learn the secrets to sustained success with strategies that fit your unique lifestyle and goals.



#### **TOOLS**

Stay motivated. Our weekly tracker will keep your progress in check and your new habits within reach!

**Black Friday Sale!**  
**50% off Registration!**  
**Only \$25! Start 2026**  
**with healthy habits!**  
Sale ends Dec 10th

**PURCHASE HERE.**



**venmo**

**\*FIRST ZOOM MEETING IS JANUARY 5<sup>TH</sup> AT 7PM**

**CONTACT US**

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