

# MOFIT 4-WEEK WELLNESS CHALLENGE

SEPT 8<sup>TH</sup> - OCT 4<sup>TH</sup> 2026

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!

ONLY  
**\$45**  
TO JOIN

PURCHASE HERE.



**venmo**

\*FIRST ZOOM MEETING IS SEPT 3RD AT 7PM

CONTACT US

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