



DELIVER TO MASTER CONTROL

TO: PROGRAMMING / SATELLITE COORDINATOR
FR: BC Ceello / Autumn Magiske - Production Masters Inc.
DT: 8/18/2022
RE: **Fit N Delicious**

Fit N Delicious will be posted to our FTP site as follows:

Fit N Delicious



Episodes will be posted each Friday, beginning 9/16/22.

Available for download:

PLEASE CONTACT PMI IF YOU DO NOT HAVE ACCESS.

Site/Host: ftp.pmi.tv

User: Provided to each station

Password: Provided to each station

Folder: Fit N Delicious

CASE SENSITIVE

***You can find the show info / formats by using this direct link:**

<https://pmi.tv/show/fit-n-delicious/>

Should you have any questions please contact either BC or Autumn by phone at PMI 412.281.5900 or by email at bcellelo@pmi.tv or autumn@pmi.tv