

Fiduciary Investment Trusts, LLC
Form CRS – Relationship Summary, December 2021

Item 1. Introduction

Fiduciary Investment Trusts, LLC doing business as Financial Fitness for Life (“FIT, LLC”) is an investment adviser registered with the United States Securities and Exchange Commission since July 16, 2018. We offer investment advice and investment advisory services for a fee. Please note, brokerage and investment advisory services and fees differ and that it is important for the retail investor (you) to understand the differences. Free and simple tools are available to research firms and financial professionals at [Investor.gov/CRS](https://www.investor.gov/crs), which also provides educational materials about broker-dealers, investment advisers, and investing.

Item 2. Relationships and Services

Q: What investment services and advice can you provide me?

FIT, LLC offers several investment advisory services to retail investors like you including, (1) managed account allocations for 403(b) retirement plan participants, (2) financial planning, and (3) seminar(s) for fee(s). For more information about our investment advisory services available to retail investors, please see *Item 4 of FIT, LLC’s Form ADV Part 2A*.

Monitoring: Portfolio securities and markets are monitored on an on-going basis. FIT, LLC’s asset management allocations for retail investors are reviewed on a monthly basis. Please see *Item 13 of FIT, LLC’s Form ADV Part 2A* for more information about how we monitor and review advisory accounts.

Investment Authority: We have investment authority (discretion) over your assets invested in a FIT, LLC managed account allocation for 403(b) retirement plan participants. This means we have the authority to determine the type and amount of securities that can be bought or sold for your portfolio without obtaining your consent for each transaction. You, the retail investor, are responsible for the purchase or sale of investments in connection with FIT, LLC’s “non-discretionary” services such as financial planning and seminar(s) for fee(s). There is no trade execution for these non-discretionary services.

Limited Investment Offerings: We do not primarily recommend one type of security to retail investors. Instead, we recommend investment portfolios designed to be suitable for each client relative to that client’s specific circumstances and needs. However, we are limited in investment selection in that we can only invest your account in securities which are available on your custodian/recordkeeper/broker-dealer’s platform and which are permissible investments allowed under your retirement plan. When providing you services, we do not recommend or offer advice on any proprietary products. For a full list of the investment types or products that our firm may provide investment advice on, please see *Item 4 of FIT, LLC’s Form ADV Part 2A*.

Account Minimums and Other Requirements: There are no minimum investment amounts or conditions required for establishing a retirement account managed by our firm.

Conversation Starter: Given my financial situation, should I choose an investment advisory service? Why or why not? How will you choose investments to recommend to me? What is your relevant experience, including your licenses, education and other qualifications? What do these qualifications mean?

Item 3. Fees, Costs, Conflicts, and Standard of Conduct

Q: What fees will I pay?

The amount of fees you pay us will depend on the services we provide you. Our advisory fees are negotiable. FIT, LLC’s fees vary among clients for the services provided due to such differing client needs, circumstances, objectives, services, and other factors that are deemed at the time to be relevant. We utilize non-wrap fee programs to provide asset management. Under a non-wrap fee program, you may be charged transaction costs separately depending on the custodian/recordkeeper/broker-dealer’s retirement plan platform. Our asset-based advisory fees for services to retail investors are charged on a monthly or quarterly (most often) basis, in arrears.

Fees for FIT, LLC’s Managed Account Allocations for 403(b) Retirement Plan Participants: FIT, LLC’s standard annual fee for 403(b) retirement plan participant managed account allocations generally ranges from 0.25% to 1.00%.

Fees for FIT, LLC’s Financial Planning Services: FIT, LLC’s annual fees for financial planning services most often range between \$500 and \$5,000 (or as an equivalent percentage), but will not exceed \$25,000, and can be on an annual recurring or a monthly subscription basis depending on your arrangement with FIT, LLC.

Fees for FIT, LLC Seminars: FIT, LLC will not charge an attendee a seminar fee greater than \$499. Such fees are charged on a one-time basis.

Other Fees and Costs: FIT, LLC's advisory fees do not include fees and expenses charged by investment company securities that may be recommended to you. A description of these fees and expenses is available in each investment company security's *prospectus*. Our advisory fees do not include other fees and expenses charged by third-parties (including your custodian/recordkeeper/broker-dealer). Please review your *retirement plan custodian/recordkeeper/broker-dealer's fee disclosures*.

You will pay fees and costs whether you make or lose money on your investments. Fees and costs will reduce any amount of money you make on your investments over time. Please make sure you understand what fees and costs you are paying.

Please see *Item 5 of FIT, LLC's Form ADV Part 2A* for more information about our standard advisory fees and expenses.

Conversation Starter: Help me understand how these fees and costs might affect my investments. If I give you \$10,000 to invest, how much will go to fees and costs, and how much will be invested for me?

Q: What are your legal obligations to me when acting as my investment adviser? How else does your firm make money and what conflicts of interest do you have?

Standard of Conduct: **When we act as your investment adviser**, we have to act in your best interest and not put our interest ahead of yours. At the same time, the way we make money creates some conflicts with your interests. You should understand and ask us about these conflicts because they can affect the investment advice we provide you. Here are some examples to help you understand what this means. When we charge "asset-based fees" we have an incentive to encourage the retail investor to increase the assets in his or her account. This is a conflict of interest. Such arrangements also create an incentive to charge an ongoing investment fee without providing any substantive ongoing investment services. A conflict of interest arises when we, including your financial professional, receive expense reimbursement for travel and/or marketing expenses from product distributors and third-party providers. A conflict of interest also arises when FIT, LLC makes recommendations about plan distributions and rollovers ("rollover recommendations"), if it results in FIT, LLC receiving compensation that it would not have received absent the recommendation. FIT, LLC has an affiliate named PCRM, LLC that is an insurance agency. PCRM, LLC will often times receive override commissions on the sale of insurance products which is a conflict of interest. Please see *Items 5 and 14 of FIT, LLC's Form ADV Part 2A*, for more information about the conflicts of interest associated with our services and how we control or mitigate them.

Conversation Starter: How might your conflicts of interest affect me, and how will you address them?

Q: How do your financial professionals make money?

We compensate our investment adviser representatives based on the level of assets that the representative brings in to us. This creates a conflict of interest as it gives your representative an incentive to recommend you invest more in your account with us due to the potential for increased payments. Your financial professional will also be faced with the same conflicts of interest referenced above in **Item 3 of this Form CRS**. Some of FIT, LLC's investment adviser representatives also earn commissions by selling securities, insurance products, or both, in a separate and independent capacity. This receipt of commissions creates a conflict of interest. Please see *Item 14 of FIT, LLC's Form ADV Part 2A* for more information about the conflicts of interest associated with our financial professionals' receipt of additional compensation and economic and non-economic benefits, how they make money, and how we control or mitigate these conflicts.

Item 4. Disciplinary History

Q: Do you or your financial professionals have legal or disciplinary history?

No, there are not any FIT, LLC financial professionals with legal or disciplinary history. Please visit [Investor.gov/CRS](https://www.investor.gov/crs) for a free and simple search tool to research us and our financial professionals.

Conversation Starter: As a financial professional, do you have any disciplinary history? For what type of conduct?

Item 5. Additional Information

To find or request up-to-date information about our firm and its services, and to request a copy of the *Relationship Summary*, please contact us at (855) 937-3578 or ff4life.com/disclosures.

Conversation Starter: Who is my primary contact person? Is he or she a representative of an investment adviser or a broker-dealer? Who can I talk to if I have concerns about how this person is treating me?