

Get STRONG Get LEAN in 2016

6-Week CHALLENGE

January 18 - February 29

This New Year's Challenge is designed to bring clean eating, regular exercise and weight loss goals back to front and center. It's for anyone that could use a little extra inspiration (to go with their perspiration) to get their plate back in shape and recommit to their 4-5 WODs each week. We believe that if you refocus for the next 6 weeks on the areas mentioned below, that you will see amazing and measurable results that will motivate you to make 2016 your healthiest and strongest year ever. And you've got a team of Coaches that are so excited to help you do WEIT - What Ever It Takes to get there!

Goals Of The Challenge: Eat mostly whole foods, eat 3 meals and 2 snacks daily, exercise 4-5 times weekly, increase lean muscle & strength, reduce body fat, increase stamina & endurance.

3 WAYS TO JOIN:

	OPTION 1	OPTION 2	OPTION 3
Sign Up Fee	\$25	\$45	\$95
Weight & Measurements	✓	✓	✓
Benchmark WOD Logged	✓	✓	✓
Custom Macros Calculation		✓	✓
Weekly Group Strategy Meeting With Weigh-in & Macro Adjustments		✓	✓
Customized Weekly Meal Plans with Recipes & Shopping Lists			✓
Weekly One-On-One Meeting			✓

OPTION 1- You have an eating plan and a tracking system in mind and know what you need to do to improve on your own. You always love a new challenge, and could really use the extra cash of not paying for your membership for 3 months!

OPTION 2- You have some goals in mind and you generally know what you need to do, but you have trouble doing it on your own and could use guidance as to the exact macros (calories, protein, carbs, fat) that you should meet every day to see the results that you want. You would benefit from a simple tracking system to see how close you are to reaching your macros every day. It's also great to know that there is a weekly

support and strategy meeting every Wednesday evening at 7:30pm throughout the challenge to get your questions answered, get new pointers for the week, weigh in to check your progress, and get help adjusting your macros (as needed) based on results from the previous week.

OPTION 3- You definitely want to lose weight and work best with a very specific eating plan and someone to hold you accountable. Choosing the foods you like and having someone hand you recipes, a shopping list and a schedule of when to eat it sounds like a dream come true for you. You get the best results with guidelines, specific parameters, and a cheerleader to keep you motivated and on track.

RULES & POINTS:

The goal of the challenge is to refocus every member on the daily habits that are necessary to get the results that they want. Specifically, eat clean, train often and hard, and track your results.

The challenge will be scored by points accumulated in the following 4 ways:

A. WORKOUTS- One point for each **checked in** workout- Max of 5 per week.

B. BODY MEASUREMENTS & WEIGHT- Before and after measurements will be done and one point will be awarded for every inch lost in the chest, waist, hips, thighs & arms. Weigh-ins will be done and a point earned for every percentage point of body fat that is lost from your total body weight.

Example: If athlete A weighs in at the beginning of the challenge at 200, and loses 20 pounds his score will be $(20/200 = .10) = 10\%$ or 10 points added. If athlete B weighs in at the beginning of the challenge at 150 and loses 10 pounds her score will be $(10/150 = .0666) = 6.7\%$ or 6.7 points added.

C. BENCHMARK WODS- Each athlete will complete 2 benchmark workouts at the start and finish of the challenge. The total number of seconds that you shave off of your time is the number of points that will be added to your score.

D. NUTRITION LOG- Submit or show your weekly food log to a Coach for initials. Log must show a minimum of 3 meals and 2 snacks eaten each day- yes a protein shake or bar counts as a snack! Note: Those joining under OPTION 2 or OPTION 3 will be using the "My Fitness Pal" tracking system and can share their log with a Coach automatically under their settings. .5 points for each day logged with at least 3 meals and 2 snacks. Max 3.5 points per week, reviewed and initialed by a Coach at the end of the week.

EXTRA POINTS: Extra points will be added to your final score for the following activities.

Before & After Photo- a quality full body image of you taken in the same location with the same clothing both before and after the challenge.- 5 Points.

Social Media Photo Sharing to Facebook/Instagram- Post an action shot of workouts, healthy eats, progress photos, etc. & Tag @crossfitstimulus. Max one per week, 6 total.

PRIZES: Now for the best part! First every person wins with improved health, healthy new habits, and a body that looks better naked than it did at the start!

3 Prize Categories:

Highest Points Overall- The athlete at the end of the challenge with the highest point total of: % of bodyweight lost + total inches lost + total WODs checked in + total nutrition logs + seconds taken off benchmark times + extra points = TOTAL

Prize: Three Months Free Membership, Pair of Nano 5.0s, Challenge Swag Bag -VALUE \$625

Highest % Weight + Inches Lost- The athlete that loses the highest percentage of body weight plus total of inches lost.

Prize: One Month Free Membership, Bag of Protein Powder, Challenge Swag Bag -VALUE \$245

Best Benchmark Improvement- The athlete that reduces their time the most in the benchmark workouts.

PRIZE: One Month Free Membership, Case of Kill Cliff, Challenge Swag Bag VALUE \$245

POINTERS:

- Eat 3 meals and 2 snacks containing protein everyday and HIT EVERY ONE OF YOUR MACROS GOALS EVERY DAY!
- Never, ever skip breakfast! Your metabolism does not start until you eat so break the fast of the night (hence break fast) early and you will shed bodyfat.
- Flush your system with plain water- a minimum of 100 ounces+ daily
- If it wasn't once living, don't eat it! Yes, that's the pasta, bread and processed lunch meats!

- Eat whole foods-These include meats (ideally grass-fed or free range), vegetables, nuts & seeds, healthy fats and fruit. These do not come from the freezer or in a box!
- Eat mostly meats and greens and little carbs- choose healthy carbs like fruits, rice, sweet potatoes- and always eat way more veggies than carbs!
- Plan your meals ahead for the week! If you fail to plan, you plan to fail. Don't wait until your appetite is raging to choose your dinner! Plan out your breakfasts, lunches, dinners and snacks for the week and have the stuff at home ready to go!
- Exercise 4-5 times a week, no matter what! Make your exercise a priority on your calendar just like any other appointment.
- Turn up the intensity on your workouts! Yes, this means rest less during WODs and choose the heavier weight when you can do so with good form. You get out of every WOD exactly what you put in. Ask yourself, do you give 100% of everything you've got to get every rep you can with the best form possible? Try it and the results will absolutely hunt you down!
- Succeed in your mind first. Anything that has ever happened in this world has happened in someone's mind first. Every building, every car, every kettlebell and every bumper plate! So visualize yourself lean with the body you want! Picture your shirt tucked in your work pants with your new slim waist, picture your belt size going down a notch, imagine sitting at your desk without the discomfort of your stomach pushing against your pants. Imagine those burpees with your tight abs launching you up off the floor! What the mind can conceive, you can achieve! Dream Big!

Sign Up TODAY @ Honor System Table

KICK OFF MEETING

Wednesday January 13th 7:30pm