

CrossFit EXP 6-Week "Paleo-Fit" Challenge

Over the next 6-weeks you will be entering into a challenge unlike anything we have ever done before. During this time you will be challenged to not only lose any excess weight and start eating better but also to overcome many of the obstacles we all face with living to our fullest potential and achieving a balanced healthy lifestyle. This challenge will be fun, rewarding and ultimately one of the best things you will do to improve your body, health and life.

Start: January 14th, 2012, 10:30-noon, (starting weigh-ins and info session)

End: February 25th, 2012, 10:30-noon, (final weigh-ins, finals submission deadline)

Awards: March 3rd, 2012, 7:00pm-10:00pm (awards night and social)

Buy-in: A single \$20 bill (cash only, no CC/checks please)

Prizes: **100% of purse will be used for cash prizes for top 3 winners**

1st Place Overall - 50%

2nd Place - 30%

3rd Place - 20%

Pre-reqs: All participants are **strongly encouraged** to attend info session on **Saturday, January 14th from 10:30-noon** and do their starting weigh-in and pay \$20 buy-in. (If you are doing 7am or 9:15am classes make sure to weigh-in before class). If you are unable to attend info session you may still participate but will need to complete weigh-in **after** Saturday's info session and submit \$20 buy-in to Patrick, Nick or Tiffany.

*If you want to earn the maximum number of points possible you will also need to complete the 6 standardized gymnastics performance tests we did on **1/9/12** as soon as possible, ideally before the challenge start date.

The Challenge: During the 6 week challenge you will earn points in **5 separate categories**. At the end of the challenge your point totals in each category will be submitted along with any additional materials required to be in the running for 1st, 2nd and 3rd places overall. All materials must be completed and turned in by the **finals submission deadline** of **2/25/12 by noon** in order to be eligible for placing.

How to Earn Points?

Category 1: Weight Loss: (50 points/1% lost)

You will have a starting and ending weigh-in completed on or inside the starting and ending dates of the challenge. You will earn **50 points** for **every 1%** of body-weight lost during the challenge. (Percentage loss will maintain a level playing field between men and women and those who have more or less to lose than others.)

Category 2: Performance: (10-20 points/increase in reps/exercise)

On 1/9/12 we performed the following 6 standardized Gymnastics performance tests which will be used to determine your points earned in the Performance category . From your initial testing you will earn points for each rep/second you increase when we retest in 6-weeks on 2/20/12.

HSPU:	15 points/rep	Pull-up/V-Row:	15 points/rep
Ring Dip/Push-up:	15 points/rep	Pistol/Air Squat:	15 points/rep
L-Sit/Chair Sit:	10 points/sec	Row:	20 points/sec

*If you scaled any exercise during your starting tests you will retest using the exact same scaling option and standards you used during your initial test.

Category 3: Daily Scorecard: (Up to 24 points/day)

Each day you will earn points for sleep, water intake, exercise and nutrition according to the following points table. You will receive an electronic daily tracking sheet and master scorecard which can be used to track all of these areas each day for the entire 6-week challenge. You will also receive a printable version if you prefer logging on paper.

SLEEP	5hrs/1 pt	6hrs/2pts	7hrs/3pts	8hrs/4pts
WATER	24oz/1pt	48oz/2pts	64oz/3pts	96oz/4pts
NUTRITION	25%/2pts	50%/4pts	80%/6pts	100%/8pts
EXERCISE	15min/2pts	30min/4pts	45min/6pts	60min/8pts

Category 4: Before & After Pictures/Testimonial: (up to 1,000 points)

Your before and after photos **DO NOT** have to be submitted in order to be in the challenge and are your to keep if you want to keep them private. If you do however want to earn up to 1,000 points then you will be required to submit before and after photos along with a typed testimonial of your challenge experience.

Category 5: Surprise Pop-up Challenges: (??)

Keep your eyes out on the daily EXP web post for some surprise challenges where you can earn bonus points through the 6-weeks.

Tracking: We have made it very easy for you to track your points and stats during the challenge by creating an electronic tracking sheet in Excel. On this workbook you can track your sleep, water intake, nutrition and exercise for each day and enter your points in each area on the tracking sheet. There is also a master scorecard where you can enter your results from your weigh-ins and performance tests and calculate your total points earned at the end of the challenge. You can choose to track everything in Excel or if you prefer paper we also have downloadable pdf. files on the EXP website where you can print daily journals and track your sleep, water, exercise and nutrition on paper.

Nutrition: For your daily nutrition we have created 4 food lists that you will use to score your daily food intake. There is the 100% Paleo Food List, 80% Paleo, 50% Paleo and 25% Paleo. At the end of each day you will assess your food intake and determine which list you ate off of for that day. If you ate completely off the 100% paleo list and nothing on the other lists then you will earn max points for the day. On the other hand if you ate even just one item on the 25% Paleo list then you would earn minimum points for the day. If you just plain blow-it for the day then be honest and give yourself a ZERO. So for each day you can earn points based upon how strict you were with your nutrition and eating as close to Paleo as possible. If you have one bad day you are not out, just get back on track and do better the next day. It's the constant awareness of what you are eating day after day that will add up to huge results and changes over the 6-weeks.

Photos: **YOUR PHOTOS ARE 100% PRIVATE AND YOU KEEP THEM UNTIL THE END OF THE** challenge at which point you can decide if you want to submit then to be in the running for 1 of the top 3 prizes. Although most dread seeing their own before photos we highly encourage you to fulfill this part of the process. In 6-weeks almost everyone says "I wish I did before photos". Don't be one of them. Once again, you do not need to submit your photos unless you would like to be in the final running for winning the challenge.

Winning photos should display your physical condition before and after the challenge. Men should wear shorts only with no socks or shirt. Women should wear a bikini swimsuit or sports bra and shorts. All pictures should be taken in a well illuminated room against a solid dark wall.

There are 4 photos required for both the before and after portfolio:

- 1) A full body front pose
- 2) A full body back pose
- 3) A full body side profile
- 4) A full body flexing pose

All photos must be submitted electronically via e-mail to Patrick@CrossFitEXP.com by the challenge deadline. Please be aware that if you submit your photos you are acknowledging that your pictures may be used for public display on the EXP website, posters or promotional materials. (Total max points = 500)

Testimonials: Your 500-1000 word typed testimonial is your way of sharing your challenge experience with others. Judges will be looking for your reasons for entering the challenge, the problems you faced, how you overcame them and how the challenge changed you and helped you in all areas of life. Testimonials also must be submitted via e-mail to Patrick@CrossFitEXP.com by the challenge deadline. (Total max points = 500)