

NUTRITION Challenge



In conjunction with the “Diane” challenge and summer coming up, we offer the first CCF nutrition challenge.



The **CHALLENGE:**
How much can you **lean out** and **improve** your performance in 8 weeks?

Qualifying: Monday, **October 11th**
Finals Day: Monday, **December 6th**
Entry Fee: **R100** (all goes towards prizes)
Prize: Win the pot!
Winner: Biggest improvements!

How the Challenge Works

1. **GET REGISTERED** - Get your name on the list and pay the R100 entry (remember, ALL of it goes back in the “pot” for prize money and prizes). You have to determine the diet that you stick with for 8 weeks so that you can be held accountable. You cannot switch during the challenge.
2. **Measure YOUR BASELINE** - Appoint with us for taking **BEFORE pictures** and have your **body fat** measured. Also, you need to participate in the workout on Monday, October 11th: Set your **baseline “Diane” time**. This is the time off of which we will calculate your performance improvement.
3. **Take on the challenge** - For 8 weeks, stick to your diet with the intention of achieving your body composition goals and improving your performance.
4. **SHOW UP for the FINALS** - Schedule with us to have **AFTER** pictures taken and body fat measured until Monday. Also: Go for your best “Diane” time on Monday, December 6th!

PRIZES will be awarded for:

- **Biggest improvement overall:** 1st, 2nd and 3rd place.

Rules:

- You **must choose a diet** when signing up and sticking with it throughout the challenge.
- CCF strongly suggests you pick the **PALEO diet** (or a variation of it), but you may pick other diets such as the ZONE, as well.
- **Rankings for IMPROVEMENT:**
 - The overall ranking is a **combined ranking** of the participants improvement in **body composition, body fat** and **performance**. All 3 components will be valued **equally**.
 - For example: A participant ranks **1st** in body composition, **1st** in body fat and **3rd** in performance improvement will receive a **score of 5** (adding up the ranks) and be ranked accordingly. If 5 is the lowest score out of all participant, she will be ranked first overall.
 - For **body composition**, a jury of CCF coaches will rank the **BEFORE and AFTER pictures** of all participants by improvement. Biggest improvement will be ranked first.
 - For **body fat**, participants will be ranked based on the **percentage decrease in body fat**: Going from 20% to 15% BF equals a 25% decrease. Biggest decrease will be ranked first.
 - For **performance increase**, participants will be ranked by performance increase according to the rules of the **Diane challenge**: Biggest improvement will be ranked first, etc.
- Once you have signed up, **you cannot bail out**. Not finishing will result in a **R100 penalty** :)

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General Guidelines

Yes, you can pick your diet, but the following Guidelines will be helpful, regardless of what you do:

- **STAY AWAY FROM ANY FOODS THAT CONTAIN GLUTEN!!!**
- Try having **protein** in every meal.
- Consider supplementing with pharmaceutical grade (**high quality**) **fish oil**. They help burn fat, speed up recovery, minimize inflammation etc. Great stuff.
- **Drink plenty of water** throughout the day.
- **Get as much sleep as you can** without getting fired or divorced. Seriously: Try to get at least 8 or 9 hours a night.
- Fill the fridge accordingly to establish good habits.

Picking a diet

No, we don't ask you to try anything bogus you may have read in a "health magazine". We encourage you to make an **informed decision about your nutrition** that will seriously impact your health, fitness and well being and **may completely change your life**.

Here are some ideas of what we at **CCF suggest for doing best at the challenge**, including pros, cons and sources we provide:

"Diet"	Pros	Cons	Sources
strict Paleo	- promotes fat loss significantly - decreases health issues - enhances performance	pretty restrictive	"Paleo Food List"
Whole30	- similar to "strict Paleo" - a bit less restrictive		- "Whole30 Diet" - "Paleo Food List"
Gluten + Dairy Free	- decreases health issues - promotes fat loss - only 2 "rules"	not the entire benefit of "Paleo"	Stay away from all dairy and gluten (watch it though b/c it is contained in many foods)
Zone	- promotes fat loss - clear quantity guidelines - enhances performance	- some health issues may remain - weighing/measuring	CrossFit Journal 21

One word about strictness: Tough Love & Support

Tough Love: As Melissa and Dallas at Whole9 say: "It is **not** hard. Don't you *dare* tell us this is hard. Giving up heroin is hard. Beating cancer is hard. Drinking your coffee black. Is. Not. Hard." That being said, keeping at it for 60 days requires some effort. **Here is how you stay out of trouble:**

- **You are not alone:** Your brothers and sisters at CCF are mostly doing what you do right now and face similar challenges. Connect with them and help each other get the most out of it. During the challenge, every Friday, the topics are going to be nutrition related and you are very welcome to post your experience etc. in the comments and use this as a forum.
- **Need advice?** Your coaches (and fellow participants) will help and support you where we can. **Let us know.**
- Challenge Gone Bad? **In case you actually do "slip"** and fail to keep to the chosen Guidelines, **do not dramatize it**. Chances are you have done the right thing over 95% of the time so far, so don't let this keep you from your mission. **Just get back into the race!**

'Nuff said. This is going to be very exciting, **so let's get started!**