

40 Days

"2011 CRUISE CHALLENGE"

WASATCH CROSSFIT SPRING NUTRITION CHALLENGE



Challenge Kick-Off:

6 weeks - \$49 Buy in, \$75 for couples

We will be meeting at WCF from **7-8pm Thursday, February 23rd** to discuss program details, everyone should attend if possible.

Measurements will take place from **February 10th-February 24th.**

**See sign-up sheet on Whiteboard to schedule your 10 minute meeting.

Extra Edge:

Sign up for Michaela's 6-week Nutrition Coaching Program and waive your \$49 Challenge fee.

She will guide you to maximize your results with one-on-one food journal feedback, as well as answering all necessary questions and holding you accountable to your goals.

Call or email Michaela for details:

Michaela@Wasatchcrossfit.com

801-710-7115

Weekly Challenges:

- Week 1** – Drink 1 gallon of water/day
- Week 2** – Sleep 8 hours/night
- Week 3** – 1g/EPA/DHA per 10lbs BW
- Week 4** – Do every GamesLab session
- Week 5** – Do 3 WODs & 2 Oly classes
- Week 6** – Bring Damon a bottle of wine/beer/Single malt Scotch (Ok, just kidding. Kind of. No challenge during week 6.)

Prizes

Included in Challenge:

- \$60 in goodies, weekly prizes, and the chance to win a Cruise!
- Body composition tested before and after (Ultrasound body fat/lean body mass testing, \$40 value)
- Wasatch T-shirt (but only if you actually friggin do the challenge! \$20 value)

Total Challenge: 40 Days (Feb 24th thru April 3rd)

Options: Paleo, Zone, Carb Control, or "The Athlete."

Scoring: (Entered weekly, must fill out web-form which will be posted to Blog)

Rules of 5:

- 5 or more training sessions per week, 3 of which must be WODs at Wasatch.

Scoring: 20 points per session, Max 100 points/week

- 5 meals per day (3 meals, 2 snacks) strict to your plan.

Scoring: 2 points per, plus 10 points for a perfect day. 20 points/day possible

- -5 points for every drink of alcohol.

800 Nutrition Points available
580 Training Points available
250 Weekly Challenge Points available

Bonus Points

- Participate in Crossfit Open: Bonus of 100 points. Do NOT have to participate on Open to be eligible for Cruise drawing.
- Refer a friend to Wasatch Crossfit: Bonus of 100 points. Do NOT have to refer a friend to be eligible for Cruise drawing.
- Weekly Drawing Challenges (Winner drawn from all who participate, gets a bag of Progenex Recovery Protein)

Prizes:

0-750: 200 Burpees

751-1250: Free body composition checkup good anytime in 2012 (\$20 value)

1251-1500: Checkup card listed above plus a sweet t-shirt.

800 Nutrition Points + 750 other points- Eligible for Cruise Drawing