HAPPY NEW YEAR EVERYONE! READY TO GET BACK ON THE WAGON??

To get everybody motivated to give the 4 week Paleo Challenge a try. The challenge starts on Saturday, Jan 10th and ends on Friday, Feb 6th. You’ll be measuring your success for the challenge using a system of points. There are a variety of ways that you’ll be able to earn points for the challenge.

1. Eating Paleo (7 points daily)
2. WODs
3. Sleeping 8 hours a day
4. Water intake
5. Mobility WOD
6. Performance WOD
Daily Points
Each challenge participant will start each day with 11 points.

Seven of these points represent the 7 aspects of the Paleo diet.

1. **Eat real food.** Meat, eggs, vegetables, nuts, seeds, fruit, oils (coconut, etc). Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they’re fresh and natural.

2. **Do not eat dairy.** This includes butter, cheese, yogurt and milk (including cream in your coffee).

3. **Do not eat grains.** This includes bread, rice, pasta, corn, oatmeal, and also any gluten-free pseudo-grains (quinoa, etc).

4. **Do not eat legumes.** This includes beans of all kinds, lentils, and peanuts. No peanut butter!

5. **Do not eat sugars.** (If you must sweeten, try these on a limited basis. They are from plants: maple syrup, honey, coconut crystals, Stevia)

6. **Do not eat processed foods.**

7. **Do not drink alcohol.**
The other points are given for the following:

8. **Doing a WOD at the gym.** (Or if your schedule doesn't permit visiting the gym you can workout elsewhere.)

9. **Sleeping 8 hours a day.** (Naps count toward your total.)

10. **Drinking the amount of water that your body requires each day.** Everyone’s body is different and we need different amounts of water each day. This depends on your weight, activity level, temperature, health conditions, etc. I found this need Hydration Calculator on line for you to determine what you need to do to stay hydrated! [http://nutrition.about.com/library/blwatercalculator.htm](http://nutrition.about.com/library/blwatercalculator.htm)

11. **Mobility WOD or Stretching** (At gym or at home)
    See [www.mobilitywod.com](http://www.mobilitywod.com)

You will have 11 points per day that you start out with. For every aspect that you do not conquer for that day, give yourself a 0. (Example: I ate perfect Paleo, besides cream in my coffee (6 out of 7), slept 8 hours, drank my H2O and did not do my mobility wod. So my score for the day would be 9 out of 11.

*Points are awarded on the honor system. So be HONORABLE!
*A spreadsheet to keep track of your points is available for you to print out.
Paleo Performance WOD

We will be doing a WOD at the beginning and end of the challenge.

**Donkey Kong** (for time)

21-15-9 reps of:
- burpees
- KB swings  53/35
- box jumps  24/20

We will record you scores at the beginning and end of the challenge to show your improvement. Every second of improvement on DK is worth 1 point. (Integrity plays a big role here! Are you pushing yourself as hard as you can at the beginning?? A true CrossFitter, would never cheat!)

Body composition

You may have read the Paleo Challenge guidelines and thought to yourself, “Why aren’t we weighing in / measuring body fat / measuring waist circumference / etc?” The challenge was designed to reward those who stay dedicated to maintaining healthy eating, sleep and exercise habits over 4 weeks. The reason it was set up that way is because eating Paleo isn’t a weight loss diet. The concept of Paleo is to provide your body with the optimal fuel that it was designed to run on. Eating Paleo is primarily about feeling your absolute best, mentally and physically. Looking better in your swimsuit will just be a side effect. That said, even though changes in body composition (weight/inches/body fat lost) will *not* be factored into the scores for the challenge, we encourage everyone participating to do before and after weigh-ins, measurements and pictures. These will just be for you, so you have a record of your success. Even for those who aren’t looking to lose pounds, changing how you eat is going to help your body build muscle, and those changes will be measurable.