To get everybody motivated to give the Paleo Diet a try, we’re going to do a 4 WEEK PALEO CHALLENGE. The challenge starts on Monday, May 20th and ends on Sunday, June 16th. You’ll be measuring your success during the challenge using a system of points. And no, these aren’t the Weight Watchers kind of ‘points’. There are a variety of ways that you’ll be able to earn points for the challenge.

1. Eating Paleo
2. WODs
3. Sleeping 8 hours a day
4. Performance WOD: JACKIE

***You will be able to gain BONUS POINTS by doing a Mobility WOD, Hot Yoga Class and drinking the amount of water that your body requires each day.
Daily Points

Each challenge participant will start each day with 9 points. Seven of these points represent the 7 aspects of the Paleo diet.

1. **Eat real food.** Meat, eggs, vegetables, nuts, seeds, fruit, oils (like olive or coconut). 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...Unsweetened Almond or coconut milk is a great substitute.).

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 of any kind, real or artificial.**

   What is allowable to put in my coffee?

   Unsweetened Almond or coconut milk is a great substitute. No dairy or sugar. We are allowing up to 1/2 tbsp. daily of natural sweeteners such as honey, agave or coconut nectar. Also, 1 pack (3.5 grams) of Stevia or Truvia per day is allowable.

6. **Do not eat processed foods.** This includes protein shakes, processed bars like Zone and Balance bars, dairy-free creamers, etc.

7. **Do not drink alcohol, in any form.** (In the Lurong Challenge, they were allowed 1 6oz. glass of red wine a day. So this will be allowed!)

8. **What supplements are you going to allow as part of the challenge?**

   Any supplements that don't contain any non-paleo ingredients are allowed, such as a multi-vitamin, fish oil, etc. We are making one exception for protein supplementation. Due to the fact that this challenge includes top level athletes who have a real nutritional need for protein supplementation we are making one specific accommodation: Protein supplementation is allowed and is not considered a cheat under the following conditions: it is limited to one serving per day, has less than 25 carbs per serving, is taken within 30 minutes post workout, and cannot be used as a meal replacement. Remember, most protein powders have some sugar (natural or artificial), so if you are looking to slim down, be careful. Any other supplement with natural or artificial sugar, or any other non-paleo ingredient is not allowed without a cheat.

9. **Can I take a protein shake during the challenge?**

   Protein supplementation is allowed and is not considered a cheat under the following conditions: it is limited to one serving per day, has less than 25 carbs per serving, is taken within 30 minutes post workout, and cannot be used as a meal replacement. Recommendations: STRONGERFASTERHEALTHIER recovery protein is allowed even though it is whey based, due to the high level of processing in their whey.
Remember, most protein powders have some sugar (natural or artificial), so if you are looking to slim down, be careful.

The other 2 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 WOD elsewhere.) You are only aloud 5 WOD points per week. You need rest days.

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

So, if you follow points 1-9, but have a beer with your dinner, you get 9 points for the day. Subtract a point for the day if you have cream in your coffee. Eat a bagel – subtract a point. Etc. If you have a beer, cream in your coffee and a bagel in one day, you’re down to 6 points for that day. If you have a question about whether something counts as a point or not, ask and we’ll figure out an answer.
Bonus points:
For those of you that are thinking that you don’t want to attempt this challenge because there are certain things you can’t (won’t) give up... we decided to add some bonus point to the equation! You will be able to get a bonus point or make up a point you miss by the following ways.

6. 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

7. Mobility WOD (At gym or at home) See Mobilitywod.com.

3. Hot Yoga class

*Points are awarded on the honor system.

*A spreadsheet to keep track of your points is available at the gym.
"Paleo Pukie" PERFORMANCE WOD:

To measure performance gains, we’ll be doing a Performance Wod at the start and end of the challenge.

“JACKIE”

For Time:

1000m. row

50 thrusters 45/35

30 pull-ups

**Points awarded for improvement on the benchmark skills."
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.
Here are some hints for you to do your measurements on your own.

**Body Measurements**

- Waist size at the belly button
- Hips
- Chest
- Top half of arm
- Thigh

**How to Take Body Composition Measurements**

(All Measurements in Inches to the Nearest 1/8th of an inch)

Remember to wear similar clothing each time you do these and do them around the same time of day. Use the same scale and tape measure. For your measurement to be valid, they must be taken by your affiliate owner or trainer. All measurements are to be taken in inches and must be recorded on your competitor dashboard.

**Waist:** Place the measuring tape about 1 cm above your belly button (at the narrowest part of your waist) to measure around your body. Exhale and measure before you inhale.

**Hips:** Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

**Chest:** Place the measuring tape just under your breasts/pecs and measure around the torso while keeping the tape parallel to the floor.

**Thigh:** Measure around the largest part of one thigh. Measure that same thigh each time.

**Upper arm:** Measure around the largest part of one arm, above the elbow. Measure the same arm every time.
PUKIE

PALEO

CHALLENGE