

Fall 2017 Letrono CrossFit Nutrition Challenge!

- Kick-off/Informational Meeting will be held **Thursday Sept. 28th @ 8:00pm**.
- The challenge runs Monday **Oct. 2nd-Saturday Dec. 9th**
- Participants must be signed up by **8:30pm Monday Oct 2nd**. In order to officially sign-up participants must send an email to Troy, Angi, & Jamie. Our email addresses are as follows: fivet@mac.com, bighairgirl@yahoo.com, jamie.stromberg@fluidthought.com
In the email you must declare whether your goal is to lose, gain, or maintain for the duration of the challenge. You must also attach before pictures. This pictures need to be a front view, side view, and back view. We recommend that these are full body shots. We recommend that men wear compression shorts and no shirt and that women wear form fitting shorts and a sports bra.
- The total cost of the challenge is \$149. This is broken up as follows: \$89 for the nutrition challenge, \$30 for before body composition testing, & \$30 for after body composition testing. If you are participating in the challenge you must participate in the body composition testing. Your \$89 goes toward the cost of administering the challenge, throw-downs, & prizes. This nutrition challenge will provide an environment of accountability as well as a methodology for reaching your goals. As administrators of the challenge, we feel that your level of commitment/investment to the process is tied to your wallet.
- Body Composition Testing will be performed **Saturday Sept. 30th 6-8am**. We will post a sign-up sheet on the community board. You will sign-up for a 10 minute time slot. Please be on time. Make sure that you use the restroom before testing, that you fast at least 2 hours before the test, do not exercise for at least 6 hours before testing, & do not consume diuretics such as caffeine, alcohol, or medication.
- We will hold three team throw downs. They will be held
Saturday Oct. 28th
Friday Nov. 17th or Saturday Nov. 18th
Friday Dec. 8th or Saturday Dec. 9th
Points will be awarded for participation so make sure you mark your calendars and plan on attending.
- We will be using MyFitnessPal to log and track nutrition. You will need to "Friend" Troy, Jamie and Angi on MyFitnessPal. Use our email addresses to find us & request us as a Friend. You will also need to go into settings and allow us permission to view your diary. Here are the steps to do so.
Settings
Sharing Privacy
Diary Sharing
Select "Friends Only"
- You need to Friend "Tramgi Christromblade" on Facebook. We will then add you to our Nutrition Challenge Group. This is one way that we will communicate with all of you. This is also a great forum for you to post questions, recipes, success, and motivation.
- Points will be earned as follows:
1 Point per day for daily log in MyFitnessPal. At a minimum 4 meals must be logged each day in order to receive the point and you must select complete diary for that day! In order for you to be successful in this challenge it is incredibly important that you log everything that you eat. This will be a useful tool for you to track calories and macros and for your coach to facilitate you on this journey.

5 Points per week for checking in with your Coach and turning in your tracking spreadsheet. We will be emailing you a tracking spreadsheet (see attached sheet) that you will need to fill out and return to your Coach by Sunday @8pm. You will fill out carb, protein, fat and calorie totals for each day that week as well as workouts and weigh-ins. This will also be a fantastic tool to help you stay on track and for your Coach to know how you're doing. You must workout 4x per week and weigh yourself at least 3x per week.

1 point per day will be given for each day that you hit your macros +/- 15g for each macro (protein, carb, fat).

4 points will be given if you workout 4x per week. If you workout less than 4x per week than you do not receive the 4 points.

A total of 23 points per week can be earned per week. 7 pts per week for MyFitness Pal, 7 pts per week for hitting your macros +/- 15g, 5 pts per week for turning your spreadsheet into your Coach, & 4x per week for workouts.

- Points will also be earned for "Goats". Athletes will select 2 performance based goals that they would like to work on for the duration of the challenge. For example an athlete may want to increase their back squat weight, decrease their mile run time, or complete a certain number of unbroken DU's, act. These goals need to be challenging, something that you will need to work on frequently throughout the challenge, to accomplish. Goats must be approved by Tramgi (make sure that they are included in your email with pics and goals) and they must be passed off by a Coach.

10 pts will be awarded for passing off 1 goat

30 pts will be awarded for passing of 2 goats

- Tramgi will update the scoreboards in the gym with point totals from the previous week by Tuesday morning each week.
- Points will be awarded for lbs lost, gained, or maintained and body fat % lost, gained, or maintained depending on your goal.
- Winners will be announce **Saturday Dec. 9th**
- We reserve the right to change, add, or modify the challenge at anytime.

