

802CROSSFIT

FITNESS & NUTRITION CHALLENGE

SUN 4/30 - SAT 5/6

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #1 TEAM CHALLENGE: MYSTERY WOD

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY WED 5/10

SUN 5/7 - SAT 5/13

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #2 TEAM CHALLENGE: ROWING FOR CALORIES: MEN 500 CAL/WOMEN 400 CAL

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY WED 5/17

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SUN 5/14 - SAT 5/20

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #3 TEAM CHALLENGE: BURPEES: 250 MASTERS (55+): 175

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY 5/24

SUN 5/21 - SAT 5/27

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #4 TEAM CHALLENGE: RUN: 3 MILES/4,800 METERS *400M MINIMUM PER SESSION **RUN GROUP DOES NOT COUNT

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY 5/31

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FITNESS & NUTRITION CHALLENGE

SUN 5/28 - SAT 6/3

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #5 TEAM CHALLENGE: MOVE WEIGHT: DL: 20K#/14K# BENCH: 14K/8K FS: 14K/10K = 48K #/32K # *SEE OFFICIAL RULES

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY 6/7

SUN 6/4 - SAT 6/10

DAY	WOD 2PTS (10MAX)	MOBILITY 1PT (7MAX)	X-WORK 1PT (5MAX)	PEAK 8 8PT MAX	RUN GROUP 8PT MAX	NO SUGAR 2PTS	NO GRAINS 2PTS	NO PROCESSED 2PTS	NO ALCOHOL 1PT	NO TOBACCO 1PT	8HR SLEEP 1PT	WATER INTAKE 1PT	TOTAL
SUN													
MON													
TUES													
WED													
THUR													
FRI													
SAT													

WEEK #6 TEAM CHALLENGE: KINDNESS/GOOD DEED: GET TEAM TOGETHER AND GIVE BACK *SEE OFFICIAL RULES

TOTAL WEEKLY POINTS (DO NOT INCLUDE CHALLENGE POINTS): _____ *SUBMIT GOOGLE DOC BY MONDAY 6/12

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FITNESS & NUTRITION CHALLENGE

FITNESS POINTS:

DAILY WOD PARTICIPATION: 2 Points (**max 10 points/week**). Because rest days are important, only 10 points per week max. If you cannot make it to 802, 30 minutes of rigorous exercise will gain you your 2 points. **YOU ALL KNOW WHAT RIGOROUS MEANS, DONT CHEAT THE SYSTEM!**

MOBILITY: 1 Point (7 weekly point max). **20 minutes** of Daily Mobility. And No, this ain't just sitting on a foam roller!

EXTRA WORK: 1 Point/Day (**5 weekly point max**). Completing Daily Prescribed Extra Work in Full

RUNNING GROUP: 8 Points. One group run on Tuesday or Saturday OR performance of Running Group work on your own will get you 8 points. ***Remember our running group is only to be executed one time per week by an individual (**8 weekly point max**)

PEAK 8: Gain up to 8 points weekly. Each Peak you do (30 seconds at 100%) will gain you .5 points. If you can go all 8 Rounds you will gain 4 points for the day. THERE WILL BE AN 8 POINT CAP ON PEAK TRAINING PER WEEK (2 days per week allowance only)

What is Peak 8? *On the Assault Bike: 30 sec. MAX effort followed by 1.5 minutes working rest. This is programmed on the monitor. Ask a coach to show you how! Max 8 Rounds/16 minutes. **IT IS IMPORTANT YOU ARE WORKING AT 100%** during work rounds. **IF UNABLE TO GIVE MAX EFFORT**, complete as many rounds as possible giving yourself .5 points for each successfully completed round.*

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NUTRITION POINTS:

***EAT REAL FOOD. MEATS, PROTEINS, NUTS, SEEDS, FRUIT, LITTLE STARCH, NO SUGAR.** ANY ONE SERVING OF ANY OF THE MENTIONED BELOW WILL LOSE ALL POINTS FOR THE CATEGORY FOR THAT DAY.

NO SUGAR: 2 Daily Points (READ Labels in full, sugar is in everything) Pure Honey and Pure Maple Syrup is allowed but recommended in moderation for optimal results. Stevia in SFH products will not cause for deduction in this category.

NO PROCESSED FOODS: 2 Daily Points

Good rule of thumb: If man made it, its in the center isles of the grocery stores, its shelf stable for years and it contains preservatives, don't eat it... beware of flavors!

NO GRAINS: 2 Daily Points Grains are very simple carbohydrates. That means they break down into sugar quickly. This causes a spike in your blood sugar levels, which in turn causes a spike in your insulin levels. High insulin levels prevent your body from burning fat because they cause your body to focus on converting the excess glucose in your bloodstream into energy and storing the rest as fat.

NO ALCOHOL: 1 Daily Point

NO TOBACCO: 1 Daily Point

SLEEP: 1 Daily Point. Sleep 8 hours a night

WATER: 1 Daily Point. Consume ½ your bodyweight in ounces of water per day.