

FULL NAME:

(CIRCLE DATE RANGE)

APRIL 29-MAY 5 MAY 6-MAY 12 MAY 13-MAY 19 MAY 20-MAY 26 MAY 27-JUNE 2 JUNE 3-JUNE 7

	WOD 4PTS (20PTS WK MAX)	EXTRA WORK 2 PTS (10PTS WK MAX)	NO ALCOHOL 2 PTS (14PTS WK MAX)	7+ HR SLEEP 2 PTS (14 PT WK MAX)	WATER 2 PTS (14PTS WK MAX)	REAL FOOD TRAY/NO SUGAR (4PTS DAILY MAX - 28PT WK MAX)				TOTAL
						1 PT BFAST	1 PT LUNCH	1 PT DINNER	1 PT SNACK/OTHER	
MONDAY										
TUESDAY										
WEDNESDAY										
THURSDAY										
FRIDAY										
SATURDAY										
SUNDAY										

RUN GROUP (8 PT WK MAX)

WK TOTAL

* SEE 802 CROSSFIT WEBSITE FOR FURTHER DETAILS - BELOW IS A SUMMARY ONLY

WOD: Participate in a WOD OR work-out VIGOROUSLY FOR 30 MINUTES on your own (WOD like exhaustion, not a casual walk in the park)

*REST DAYS are important, You can only gain 20 points max/ week in this category

EXTRA WORK: Programmed Extra Work (done in full) is to be done in addition to the daily WOD. You must do the WOD that day in order to gain Extra Work Points. ***REST DAYS are important, extra work is capped at 10 pts/week

NO ALCOHOL: If you drink a beer, wine or straight liquor, lose only alcohol points. If you are mixing with soda/ or a drink that contains sugar, deduct 'snack/other' food point too

SLEEP: If you don't sleep, you will NEVER make progress! Sleep 7+ hours in one day (naps day of count) to gain 2 points. Sleep is calculated from night before.

WATER: Drink 1/2 your body weight in ounces of water

REAL FOOD TRAY: SEE WEBSITE for more information. Food that was once alive, free of processing and ALL SUGAR (honey and syrup too)

Gain 1 Points each time you eat breakfast, lunch, & dinner according to food tray rules. Snack/Other is for 4th meal tray and/or any other food consumed during the day.

RUN GROUP: Participating in Run Group once per week, or doing work (IN FULL including warm-up/cool down) on your own gain 8 pts for the week.

*Only gain 8 points for the week no matter how many times you run. If injury, you may ROW instead.