

2021 802 Crossfit Nutrition Addition Challenge!

After a year of losing out, let's celebrate the things that we can DO and ADD! The goal of this challenge is to not take anything away, or restrict anything from what you already do, but to ADD in things that are maintainable long after this challenge is complete!

THE LOGISTICS:

Fruits and Veggies (goal is 800g - MAX 2 POINTS/DAY, 14/WEEK)

- If you already consume 800g of fruits and veggies a day—great! No ADDITIONS necessary! (2 POINTS)
- If you consume 600g of fruits and veggies, try and ADD 200g next week! (1 POINT)
- If you do not consume any fruits and veggies, try and ADD up to 800g a day! (0 POINTS)

Processed Foods and Added* (goal is to have NO processed foods and added sugar - MAX 2 POINTS/DAY, 14/WEEK)

- If you eat real, unprocessed foods* and/or foods that contain no added sugar* - great! (2 POINTS)
- If you consume ANY processed foods* and/or foods that contain added sugar*, try and have NONE tomorrow! (0 POINTS)

Sleep (goal is 8 hours/night - MAX 2 POINTS/DAY, 14/WEEK)

- If you already get 8 hours of sleep – great! No ADDITIONS necessary! (2 POINTS)
- If you get 7 hours of sleep, try and ADD 1 hour tomorrow! (1 POINT)
- If you get little to no sleep, try and ADD up to 8 hours a day! (0 POINTS)

NAPS COUNT!

Water (goal is ½ body weight in oz./day. MAX 2 POINTS/DAY, 14/WEEK)

- If you already consume this amount – great! No ADDITIONS necessary! (2 POINTS)
- If you consume ¼ body weight in oz of water, try and ADD ¼ body weight in oz. tomorrow! (1 POINT)
- If you consume little to no water, try and ADD up to ½ body weight in oz a day! (0 POINTS)

Working out/Physical Activity (goal is 5x/week. MAX 2 POINTS/DAY, 10/WEEK)

- If you already go to the gym or complete >30 min strenuous activity 5x/week – great! No ADDITIONS necessary! (2 POINTS)
- If you do little to no strenuous activity, or go to the gym, try and ADD up to 5 days this week (0 POINTS)

Run Group (goal is 1x/week. MAX 4 POINTS/WEEK)

- If you already do run group 1x/week – great! No ADDITIONS necessary! (4 POINTS!)
- If you do not do run group (as prescribed), try and ADD 1 time this week! (0 POINTS)

NO alcohol (goal is NONE. MAX 1 POINTS/DAY, 7/WEEK)

- If you do not drink alcohol – great! No ADDITIONS necessary! (1 POINTS)
- If you drink alcohol, try and not drink alcohol tomorrow. (0 POINTS)