



## **CROSSFIT LAWRENCE PALEO CHALLENGE**

JANUARY 9<sup>TH</sup> - FEBRUARY 11<sup>TH</sup> 2012

### **WHAT?**

- A one-month commitment to solid nutrition, sleeping, and training.

### **WHEN?**

- **Kick-off Meeting 1: Saturday, January 7<sup>th</sup> at 12:00pm at CFL.**
- **Kick-off Meeting 2: Sunday, January 8<sup>th</sup> at 5:00pm at CFL.**  
We will take **Before** photos on this day, as well as go into further depth about Paleo Nutrition, and answer your questions about the Challenge.
- The Challenge will officially **begin on Monday January 9th and end on Saturday, February 11th.**

### **WHO?**

- All CFL members looking to improve their health and fitness with a little extra motivation and support from others.

### **HOW IT WORKS:**

- Participants entry fee is \$10 minimum. All entry fees go into the Prize Pool.
- Participants will receive a score sheet that allows them to track their performance in 4 categories:
  1. **Nutrition:** 1 point for a full day of no cheating (see list of Good and Bad foods)
  2. **Hydration:** 1 point for drinking half your bodyweight in ounces of water/herbal tea
  3. **Sleep:** 1 point when you get at least 7 hours of sleep
  4. **Training:** 1 point for attendance in a class at CFL or working out on your own
- At the end of the month, we will tally your total points and choose **3 Men and 3 Women finalists** based on the highest point totals.
- We will be using the **honor system!**
- We will take '**After**' **pictures** on Saturday February 11<sup>th</sup>.
- The CFL Coaches will choose the **winning man and woman** based on which of the 3 finalists made the most improvement in a combination of their **Quantifiable Results and their Before and After pictures.**

### **PRIZES:**

- The winning Man and Woman will **split the prize pool.**