

January Nutrition Challenge



- **InBody “Weigh-in” Schedule:**
 - Primary weigh in will be on Saturday 1/7 from 6:30am to 9am. You should weigh in prior to the WOD.
 - We will also try to have someone before your classes during the week (starting on Tuesday) so try to get there 15-20 minutes ahead of schedule if you want to “weigh-in” early
 - It is the responsibility of the athlete to leave the weigh-in sheet on Drew’s desk in the appropriate folder
 - All coaches will be trained to do the weigh-in’s
 - To get the most accurate reading: do the InBody prior to your WOD and try to avoid a meal or coffee 3 hours before weigh in. Also, please make sure to get your height extremely accurate- it makes a difference.
- **Performance WOD details and timing**
 - Performance WOD is on Saturday 1/7 in all 3 classes
 - If athlete can’t make Saturday then should be done on either Thursday or Friday during WOD portion of the class
 - All workouts need to be judged and a scorecard completed
 - It is the responsibility of athlete to leave a scorecard on Drew’s Desk with complete workout details (time, reps, scaling modifications)
 - For those that miss the performance WOD, we will have them do the WOD on Monday or Tuesday (1/9 or 1/10)
- **How to report your weekly team results**
 - An official scorecard for each team will be on Google docs. The scorecard will be provided by CFR in the next few days.
 - A week runs from a Monday to a Sunday. Results for the

first 3 weeks must be reported no later than Monday at midnight. For every day that the team is incomplete they will lose 5 points.

- The final week will run from Monday through Friday (a short week). All results must be entered on Friday night by midnight. If late then 5 points will be deducted.
- The assigned coach will affirm that their teams complied with the deadlines.

- **Pop Up Challenge Suggestions from the teams:**

- By 1/8 each team must submit at least 1 suggestion for a pop-up challenge. The challenge should be something that the teams need to accomplish together (even the athletes are in different locations). The time frame for completion should be 24 hours. The best ideas will be those that are somehow fitness/nutrition related.
- These ideas should be submitted to dcarnase@me.com
- If your idea is selected from the hopper then your team will receive 2 bonus points
- The Pop Up Challenge will be picked from a hopper each Tuesday at 7:30pm

- **Getting your Vitamin D and Fish Oil**

- We will not have an inventory of Fish oil or Vitamin D. Your will need to purchase these in the store or on line.
- The amount required daily is 500 mg of Fish oil daily and 600 IU of Vitamin D each day
- We recommend Poliquin products: here is the website for Poliquin- <http://main.poliquinstore.com>
- Make sure you order your supply today so you are well stocked and don't lose any points

- **Directions on using MyFitnessPal**

- This is your tracking tool. You can either use a free version of the app or you can buy the version with no ads. That's completely up to you.
- The Coaches will send a one-page sheet that will help you to get familiar with this App and expedite your learning curve.