

COST:

\$100 per person and submit a paragraph for success.

INCLUDED: Each participant will be given food and workout logs, a challenge t-shirt, 8 seminars for challenge members only, guest speakers, a benchmark workout, personalized coaching, weekly score updates, paleo pot luck midway party, unknown weekly challenges, a paragraph to the coach for success, a prize to the 1st place male and 1st place female for the entire challenge, and before/after: pics, body measurements, body fat comp measurements, and weigh ins.

PARAGRAPH FOR SUCCESS: In order to participate in the challenge, each participant must submit a paragraph for success. This paragraph must state why you are doing this challenge, some performance goals you have set for yourself, and have at least 3 ideas you can implement to help motivate you to keep pushing through the challenge when, not if, it gets hard.

SEMINARS: There will be 1 seminar each Saturday starting January 18- March 10 (a total of 8 seminars). The seminars will be (but not necessarily in this order): What the challenge is and how it works, foam rolling/trigger point therapy, supplement information, mobility work, hands on gymnastics training, eating paleo for different goals, how to program strength training, and a goal setting seminar.

DATES: January 21- March 17

HOW TO WIN: The male and female that accumulate the most total overall points win the grand prize!

***EVERY MEAL, DRINK, AND WORKOUT MUST BE LOGGED IN ORDER TO RECEIVE ANY POINTS!**

***FOOD/WORKOUT LOGS MUST BE EMAILED TO TEAM@MILESTONECROSSFIT.COM BY 10 P.M. EVERY THURSDAY NIGHT OF THE CHALLENGE. A 200 POINT DEDUCTION WILL BE TAKEN FOR EACH DAY YOUR FOOD/WORKOUT LOG IS LATE.**

NUTRITION POINTS:

- 1.) 20 points will be given for each “balanced paleo meal logged” (in order to be balanced must contain a protein, carbohydrate, and a fat... **60 point max per day**)
- 2.) If at least 2 of the “balanced paleo meals” each day contain only veggies for the carbs used 20 points will be awarded. (This is a yes or no 20 points each day)
- 3.) 20 points will be awarded if each day at least 3 grams of fish oil is consumed.
- 4.) 20 points will be deducted for every meal, snack, or drink that does not fall under paleo.
- 5.) 50 points deducted for any day that sugar is consumed (real or artificial).
- 6.) 100 points deducted for each day alcohol is consumed.

EXCERSICE POINTS:

- 1.) In order to receive any exercise points each week participants must workout at least 3 days for the week. If the participant has worked out at least 3 days, the participant receives 100 points for each day worked out in that week.

(ex. 2 workouts in 1 week=0 workout points, 3 workouts in 1 week=300 workout points for the week, 6 workouts in 1 week= 600 workout points for the week)

****600 point max workout points each week****

****This is for each day worked out, not each workout. 2 workouts in 1 day doesn't count for 2 different workout days****

BODY MEASUREMENT POINTS:

- 1.) It is up to each participant to schedule a time to have body measurements taken at the beginning and end of the challenge. Cut-off date for the 1st measurements is Thursday, January 26th. Cut-off date for the final measurements is Thursday, March 15.

****1300 points for any improvements in any of the measurements****

****400 points deducted off of the total possible measurement points if the 1st measurements are not completed on time (unless arrangements have been made and approved).****

****If the final measurements are not completed on or prior to the last Saturday of the challenge no measurement points can be awarded to the participant****

PERFORMANCE POINTS:

- 1.) Cindy will be the benchmark WOD for the challenge, and will be performed the 1st and last Saturday of the challenge. If a participant cannot make one of the benchmark workouts for any reason, arrangements must be made before the date of that particular benchmark.

****1300 points awarded for any improvement in the benchmark****

****400 points off of the total possible benchmark points if the 1st benchmark is not completed on time (unless arrangements have been made and approved).**

****If the final benchmark is not completed on or prior to the last Saturday of the challenge no benchmark points can be awarded to the participant****

BONUS POINTS:

- 1.) 10 bonus points for each challenge seminar attended (80 possible)!
- 2.) 50 bonus points for each week a participant gets 100% of all of the nutrition points every day of the week (400 possible)!
- 3.) 5 bonus points for each night participants get at least 8 hours of sleep (280 possible)!
- 4.) 5 bonus points for each workout participant consumes approved post workout nutrition within 30 minutes after a workout ****30 point max per week**** (240 possible)!
- 5.) Unknown weekly challenges that if (completed and/or won depending on the challenge) can earn bonus points (UNKOWN POSSIBLE???)!

TOTAL BASE POINTS: 13,000

TOTAL POSSIBLE BONUS PIONTS: AT LEAST 1,000!