

Paleo Challenge Score Sheet!

The goal here is to be as healthy as possible. That being said, it can be hard to completely switch up your diet this quickly. So we've devised this rulebook/score sheet to help you get through this month. We are CrossFitters, so we do our best to quantify everything. The following is how we will score this month. Honesty is key here, so don't cheat yourself and everyone else. You don't count your missed reps when you're WODing, so use that same mentality here, too.

There will not be any allowed "cheat meals". The goal here is to remove any and all potentially harmful foods for a full 30 days and see how you look and perform and feel. Gluten is a tricky thing because even one cheat will mess you up for the month, so do everything in your power to stay completely clean for the full 31 days.

Ok, here's how it's going to work.

Start with 10 points at the beginning of the day.

Subtract one point for every cheat that you do. For example, putting milk in your coffee, having a beer, eating peanuts as a snack, anything like that. EACH STRAY counts as a point. So if you have a beer WITH your spaghetti at the same meal, that's TWO points down. (Remember, this is OUTSIDE of your allowed cheat meals).

For every WOD you complete at CrossFit 718, ADD one point to your score.

For every night that you get **more** than eight hours of sleep, ADD one point.

Example:

Monday, February 7th

Wake up after six hours of sleep

Breakfast: Chicken with salsa, black coffee with calorie-free sweetener, water.

Snack: almonds and raisins

WOD at CF718

Lunch: Chicken Curry

Protein shake from the deli on the way home

Snack: homemade grass-fed breadless meatballs

Dinner: Salmon fillet with snow peas and carrots

Total score: 8

Subtractions for sweetener in coffee, protein shake, and snow peas with dinner

Additions for WODing at the gym.

This may sound complicated at first, but just keep track of what you eat throughout the day, and write your number down each night. At the end of the month, we'll add up the total from each day, and the largest number wins, obviously. Bonus points for any PRs set during this month, but only for heavy lifts (back squat, etc...), o-lifts (cleans, etc...), girls (Jackie, Angie, etc...), and heroes (Murph, etc...).

We would also like everyone to take before and after photos to have visual records of any transformations that occur. If you wish to take 'during' photos as well, be our guest. The before and after photos should be taken at the same location, whether it's at the box, or at your home.

Good luck, everyone! Let's get healthy together!