



2018 OCF New Year/New You Challenge

The start of a new year and our 3rd annual nutrition/fitness challenge begins yet again. This year we have made many new positive changes to how we coach you in nutrition and how you build a lifestyle of healthy living with a body that continues to improve to peak performance whether it is inside or outside our gym. We want you to experience life to the fullest and there is no better way to do that than to learn how to feed your body, what to feed your body, and when to feed your body. We are confident that during this challenge you will learn how to structure your eating in such a way that is sustainable, rewarding, and also can be applied to friends, relatives, and community because they will all see the change in YOU! Whether you have participated before or this is brand new we assure you it is a completely new experience and our hope is that as individuals you succeed but most of all to encourage, support, and relay what you learn to others. You will be OCF's Ambassadors for Health. During this period, you will be doing the exact same thing as 60 or more people so help lift each other up and reach for those goals as a community.

What: A 9-week nutrition and fitness challenge

When: Feb 5 – April 5, 2018

To Participate:

1. \$100.00 entry fee which includes before and after body composition testing
2. Click the link on our webpage to schedule your bod pod appointment.
3. Take 3 pictures: front, back, and right side (profile). These pictures are for you to see how much progress you make! You'll be glad you did.
 - a. Men – take pictures in shorts, no shirts. Ladies – sports bra and shorts.
These pictures will not be shared with anyone else!
 - b. The “after” pictures should be taken in the exact same clothes, same lighting, same room.
 - c. Submit photos to ocfnutritionchallenge@yahoo.com no later than Friday, Feb. 2, 2018
4. Participate in a baseline WOD that will measure your fitness improvement.
 - a. The WOD will be performed during class so time validation is done by a coach.
 - b. We will repeat the WOD at the end of the challenge.
 - c. WOD cannot be done during open gym hours or other times not designated by a coach.

Winners:

1st place Men and Women Winners – 6-month free membership

2nd place Men and Women Winners – 3-month free membership

Overall Team Winner – To be determined



Points and Scoring

Total scoring will be based on body change and fitness change. Points awarded for both categories.

One baseline WOD– improvement by time each second is 1 bonus point capped at 120pts or 2 mins

Body fat – 10 points for each percent lost

Muscle gained – 10 points for each pound gained

Extra points:

Weekly check in with weight – All weeks gets 50 points

Group check in with coach – All weeks gets 50 points

Total Score =

BF lost + LBM gain + Performance Improvement + Ind Check In + Group Weekly Check in

*Groups

- Create a group name
- Groups of 5 or more
- 1 person in group is assigned as the leader by the group
- Each week the leader must acknowledge that everyone has participated in group follow ups with each other either via text or email thread
- Leader checks in with an assigned coach each week to verify participation

**Individual

- Individuals will check in every Sunday with their weight.

*All group and individual check ins will be via link as done before.

We will hold nutrition seminars in both locations depending on number of contestants from the individual location. These seminars are to explain the why, how, what, and when for nutrition and you will learn a general view of how biochemistry and your body responds to food at the right amounts and at the right time of day. We will no longer teach “Blocks” or use the “Zone Based” plan. We want you focused on MACROS and we have standardized templates per ranges of Lean Body Mass (LBM) levels so it’s easy to follow and utilize. This is a big change from previous challenges but we feel it will better help you to focus on proteins, carbs, and fats in their purest form. We will review this template and how to use it during these seminars. This will also be the time to ask all the questions you may have about anything under the sun. If you ask it, then we will answer it!



Finishing:

Our aim is to arrive at the end of the challenge with people seeing the hard-earned results of making better food choices, fueling the body properly, and pushing harder in workouts to challenge the body system, but our main goal is to educate you so that the longevity of eating can be maintained and easily followed so that you become the master of your body and not a slave to it.

You will be asked to check in weekly not only as a team but as an individual. While we are not fans of people using a scale, we will ask you to weigh once per week and submit your weight. This helps us ensure the trend is appropriate or explain why things are or are not happening with the number. Remember that the number on the scale is not important because it merely states where you are that day. Numbers on a scale vary greatly on whether you are male or female, what time of day you weighed, “women” related schedules, etc. so again, please don’t let the scale dictate your success. Give us the numbers each week and we will determine if adjustment needs to be made or at least explain what the scale could be telling you. The bod pod test is the only true way to determine success.

What will you sacrifice for a better YOU? Can you commit 100% to making YOURSELF better and realizing that YOU are worth that effort? How bad do YOU want change?

This is your time to find out!!! Let’s DO IT!!!!