

Look Better Naked Challenge

Our 2nd Nutritional Challenge will start on May 7th. The Challenge will run for 45 days and conclude on June 20th. Cost will be \$25 a person with all of the entry fee going towards the challenge. The LBNC is not strict Paleo, though you may chose to go Paleo. It is our belief that you should work hard and occasionally cheat. Your diet should be a realistic way of life and healthy, but not a source of stress. You should eat to fuel your body to perform efficiently.

Daily Points & Bonus Points

Each participant will have the opportunity to accumulate up to 6 points daily. You must meet the criteria in each individual section to earn that point. (For example, No Grain means no grain. If you have 3 crackers, you can not claim 1 point for #3.)

1. **Eat real food.** Meat, eggs, vegetables, nuts, seeds, fruit, oils (like EVOO or coconut). Eat foods with very few ingredients, all pronounceable ingredients, or better yet, no ingredients listed at all because they're fresh and natural.
2. **Do not eat grains.** This includes bread, rice, pasta, corn, oatmeal, and also any gluten-free pseudo-grains (quinoa, etc).
3. **Do not eat sugars of any kind, real or artificial.** No maple syrup, honey, agave nectar, Splenda, Truvia, Stevia, etc.

We are going to exclude post WOD supplements (whey protein shakes with water). You may consume without penalty.

4. Earn one bonus point per day that you get **8+ hours of sleep.**
5. Earn one bonus point per day (maximum of 5 per week) for each **WOD you complete at CrossFit Florian** (do not overtrain).
6. Earn one bonus point per day that you supplement with fish oil.

Points are awarded on the honor system and you will be responsible for logging your daily total at CFF on the "Official" board which will be hung at the front of the gym.

In order to participate you must:

- Weigh in @ CFF between May 7th and May 9th.

- You must photograph yourself from the front, side and rear. **3 pics.** In each picture you should be holding a copy of the day's newspaper with the front page visible. Guys should be in shorts / shirtless and ladies shorts and sport bra.
- You will be responsible for photographing yourself at the conclusion of the challenge as well. Again, the front page of the day's newspaper should be visible on all three pics.
- These photos will be taken by you (or a loved one) and held until the end of the challenge, if you wish to be considered for a prize you must pass them in to us.

Standards used for judging:

1. Weight loss
2. Body Composition
3. Point total
4. % of your improvement in the Benchmark WODs
5. Measurements

The challenge is designed to reward those who stay dedicated to maintaining a healthy diet, getting quality sleep and consistently WOD'n over eight weeks. **It's not a weight loss contest!!!** Eating clean is about providing your body with the optimal fuel that it was designed to run on. It's about feeling your best, mentally and physically. Looking better naked just happens to be a nice side effect.

The Benchmark WODs must be completed within the 1st 3 days of the challenge (**by May 9th**) and within the last 3 (**by June 20th**). Your score will be the percentage you improved by.

LBNC Benchmark WODs

#1 Fran

21-15-9

Thrusters 95/65

Pull-ups

Thruster weight will be scaled accordingly and your depth on the squat will be documented
Pull-ups may be modified as needed (Banded or Ring Rows)

#2 2 Rep Max Deadlift

Athletes will warm up and establish a 2 rep max for the Deadlift. The standard for a 2 rep attempt shall be touch and go with a four fingered release - with no regripping between the 1st pull and the 2nd.

#3 Timed - 400m Sprint

Athletes will establish a 400m time.

Measurements

Each participant will have the following measurements taken when weighing in and weighing out:

- Neck
- Bicep
- Waist
- Hips
- Thigh

** Participants will weigh in and get measured during non class hours. Coaches will be available 20-30 minutes before/after class, please factor this in when registering for the LBNC.

