



## 2021 January **Resilience** Nutrition Challenge

It's here! The annual January Nutrition Challenge! And after the year of 2020, we're all ready to tackle 2021 with enthusiasm.

For those of you who have participated in past challenges, you know we evolve our approach each year to make it better than the last. We have done Paleo, Macros, containers, 800g... you name it! What we learned is that while each of these are effective in their own way, they need to be effective for each individual based on their needs and where they are in their own nutrition journey. Nutrition is not a one-size-fits-all prescription.

So, we're mixing it up this year and bringing you three options!

1. Paleo-ish
2. 800 Gram Challenge
3. Resilience Reset Button

All three options are focused on developing healthy habits to help you achieve appropriate *quality*, *quantity* and *consistency* within your nutrition. This isn't just about weight loss and getting back on track from the quarantine 15, (yes - it's a fun side effect). This challenge is about developing sustainable habits that take you through the year, but also through life. We want you to find a way to be eating in a more consistent, balanced way to support performance in the gym and give you more energy at home and work.

### Important Dates:

- **Sunday, 1/10** -- Kick Off Meeting (Zoom)
- **Monday, 1/11** -- Sign Up Deadline
- **Monday, 1/11 - Friday, 1/15** -- Ramp Up Week, Benchmark WOD, InBody Scans
- **Monday, 1/18** -- Challenge Begins!
- **Friday, 2/19** -- End of Challenge, Final Points Due At Midnight
- **Saturday, 2/20** -- Winners Announced / Wrap Up

**Cost:** \$40 Cash

### Format:

- Teams based on the Tier you choose, lead by a coach
  - Paleo-ish -- Josh
  - 800g Challenge -- Jaclyn
  - Resilience Reset Button -- Becca
- Three off-challenge *meals* to use when you wish. A meal consists of any time you sit down to eat or drink. Superbowl Sunday lunch or having a beer; they both count as a meal.
- Weekly information, recipes and tips provided
- Prizes will be awarded to the first-place person within each Tier
- Team prize(s) will be based on sign ups

## The Tiers

- **Paleo-ish** -- Closer to a true Paleo Diet, with the inclusion of Gluten Free grains to support performance and overall balance.
  - What Is Out?
    - Gluten
    - Dairy
    - Corn
    - Soy
    - Added Sugars
    - Alcohol
  - What Is In?
    - Gluten Free Grains: Oats, Rice
    - Legumes
    - Natural Honey / Maple Syrup
    - Grass Fed Butter / Ghee
- **800g Challenge** -- Centered around eating fruits and vegetables that are weighed and measured. Any fruit and vegetable counts.
  - 800g Fruit and Vegetable Build Up
    - Week 1 - 400g Daily
    - Week 2 - 600g Daily
    - Week 3 - 800g Daily
    - Week 4 - 800g Daily
  - What Is Out?
    - Added Sugars
    - Alcohol
- **Resilience Reset Button** -- Focused on establishing balance and healthy habits. Fruits and vegetables will be weighed and measured. *Recommended if just beginning, or re-starting your nutrition journey or this is your first nutrition challenge with Resilience.*
  - Fruits and Vegetable Build Up
    - Week 1 - 150g Daily
    - Week 2 - 300g Daily
    - Week 3 - 450g Daily
    - Week 4 - 600-800g Daily
  - Removal of...
    - Week 1 - Highly Processed Item
    - Week 2 - Gluten
    - Week 3 - Dairy
    - Week 4 - Highly Processed Item
  - What Is In?
    - Lean Meats/Proteins
    - Any Fruit and Vegetable
  - What Is Out?
    - Alcohol
    - Added Sugars

## Points and Tracking

- Points will be submitted to coaches by midnight every Friday
- You'll mark your points each day on a customized calendar we'll share with you
- Daily Points
  - Plan Compliance
  - Water Consumption -- drink  $\frac{1}{2}$  your bodyweight in ounces
  - Workouts
    - One point daily, up to 5 points per week
    - All classes at Resilience count (CF, RUSH, Zoom)
- Weekly Points
  - PR's
    - Each worth 3 points, up to 4 PR's for the challenge (12 total points)
    - PR's are tangible: 5lb PR on X; *not* "I tried harder"
  - Challenges - each worth 5 points per week
    - **Week 1:** Gratitude Journal! 5 out of 7 days, write down what you are grateful for and share with your coach.
    - **Week 2:** Recipe Sharing! Each team comes up with two challenge-approved recipes that they will cook and post to the Facebook Group. Must post a photo, include the recipe list and indicate which team you're posting for.
    - **Week 3:** Food Log! Maintain a food log for 1 week. Send your food log to your coach at the end of the week for points.
    - **Week 4:** Sleep! Get at least 7 hours of sleep each night.
- Pass/Fail Points
  - InBody Weigh Ins (Before and After, each 5 points)
    - Points will be rewarded for simply completing the pre and post-challenge weigh-ins, not any outcome based on said measurements; you'll submit this to your coach for scoring purposes
    - These InBody scans are personal and we strongly recommend that the info is only shared between you and, if you choose, the coaches.
  - Performance WOD (Before and After, each 5 points)
    - If a participant misses the WOD (either the pre or the post WOD), they will receive zero points. Points will be awarded for simply completing the pre and post-challenge WOD; not performance. You'll submit this to your coach for scoring purposes
    - You can choose any of the three workouts listed below, but you must do the same workout "after" that you completed "before"
  - What's Your Why -- fill this out on your score sheet! This serves as your intention, purpose and the "why" behind taking on this challenge. Make this personal to you.

## Benchmark WODS

### OPTION #1

#### **A. 10 Rounds For Time (35:00 Cap)**

- 9 Burpees
- 6 Air Squats (to depth target)
- 3 DB Snatches (Alt. Each Rd)

#### **B. 10 Rounds For Time (35:00 Cap)**

- 12 Burpees Over DB
- 9 DB Goblet Squats
- 6 Alt. DB Snatches (50/35)

### OPTION #2 – Hero WOD: “Hanson”

#### **5 Rounds For Time (35:00 Cap)**

- 30 KBS (70/53)
- 30 Burpees
- 30 Abmat Sit Ups

---

## Where Do I Get Weekly Updates?

Weekly updates, scores, pop-up challenges and information will be shared by email each week, and posted to the [Resilience Nutrition Facebook Group](#) and the Resilience Members Page.

Tips, tricks and challenge information/spotlights will appear primarily on the Resilience Nutrition Facebook Page, but we'll be sure to share highlights by email so you'll stay informed. If you haven't joined the Nutrition Facebook page, it's worth it for staying connected and committed with your teams and RCF Community.

# The Infamous YES / NO List

## YES for ALL TIERS

- Proteins: we recommend sticking to lean cuts of grass-fed, pasture-raised, or wild-caught options, but not a requirement
- Fruits & Veggies: anything & everything you can think of! Yes, even potatoes.
- Legumes - Nuts, peanuts, beans
- Gluten-Free Grains
  - Brown/White rice
  - Gluten free oatmeal
  - Quinoa
- Fats
  - Coconut Oil
  - Grass Fed Butter
  - Olive Oil
  - Safflower Oil
  - Sunflower Oil
  - Ghee
  - Avocado oil
- Natural sweeteners -- Raw Honey, Maple Syrup, and Stevia

## NO for ALL TIERS

- Alcohol (of any kind)
- Added Sugars (of any kind, including sweeteners such as sucralose, etc)
- Highly-Processed oils such as vegetable, cottonseed, etc

## NO for PALEO-ISH

- Dairy Products
- Gluten / Wheat Products
- Soy Products
- Corn

## \*Major Tips:

- Read labels. If you don't know what an ingredient is, odds are you should not eat it
- Minimal Ingredients. Make meals/snacks with 5 ingredients or less.
  - Ex: Ground beef, white rice, sauteed onion and peppers
  - Ex: Sliced apple with almond butter or honey