



PALEO CHALLENGE 8.0 SUMMER 2016
Because without "Challenge"



This Paleo Challenge runs from SATURDAY 6/11 to

FRIDAY 7/1

AFFIRMATION

"I commit to give 100% in the next **21** days of this challenge. It's only 21 days! I can do anything for **21** days because I have a strong will, and I CrossFit. And if I can't hold out for 21 days...not an option...like quitting a WOD: not an option!"

"I will be 100% honest with my entries into My Fitness Pal. Cheaters never prosper, I know! I will document to the best of my ability and detail to the best of my ability so that what I submit each day can be used to help hone my diet to what best fits my lifestyle, likes and health. If I provide low quality information, I may receive the same quality feedback. If I have a beer, it goes on the Log. If I only sleep 5 hours, it gets recorded...I get it."

"I will complete my Food Diary TIMELY." *They're due by midnight each night. We will keep a running log of your points and enter them on the whiteboard in RebelHealth so you can see how you're doing in comparison to your fellow challengers. In the event "something happens" and you cannot document your points or submit your Log, you will contact your Coach VIA TEXT for help.* "If I do not submit my Log and/or don't make prior arrangements, I understand I may lose points or.... be disqualified. (eek!)"

APPLICATION

NAME: _____

Email where we can reach you (if you already provided it, disregard): _____ We have this information already.

Cel Phone: () _____ - _____ Do you accept text messages? Yes No

Is this your 1st Paleo Challenge? Yes No

OUR COMMITMENT TO YOU

We will provide daily blog posts with motivation, information to keep you on track, ideas for variety during the challenge, things to ponder and reminders of WHY you're doing this. The blog posts will be posted at: www.crossfitrebels.com/rebelhealth, or just www.rebelhealth.com. We will also link the posts to our CrossFit Rebels FB page too. We have a RebelHealth FB Page where there may be additional information posted. Lastly, there is a FB Group called Rebels on Paleo. Request to join it. That's where we anticipate a lot of commiserating will occur!

Whether it's to lose some body fat, to have a better Fran time, or reduce your blood pressure and cholesterol, or to just "feel better", the Paleo/Ancestral approach, tailored to you, personally, is a great way to start.

Comments and questions throughout the Challenge should be posted to the RebelHealth Facebook Page. If you're not on Facebook, email questions to Sam or Nicole and we will repost the question and answer to that FB Page. If you wish for your question to be private, simply state that and I won't repost.

I understand that this is voluntary challenge to explore how my body function on 100% whole foods of an "ancestral" type. While robust health and ideal body composition often result from these challenges, I understand this is "not meant to cure disease or lose weight". It's a personal experiment and test of will!

Now, you owe us \$20 bucks, sign below, and we're off! (See back page please!)

SIGNED _____ DATE _____ PD _____ Chk/Cash



PALEO CHALLENGE 6.0
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 ...there is no Change



NAME: _____ COACH: _____

Please provide answers to the following questions to help us tailor our information to meet your needs.

What time do you wake up in the morning? _____ What time do you go to bed? _____

How many hours of sleep do you average per night? _____ Do you sleep well? _____

On a scale of 1-10 with 1 being lousy or never and 10 being fantastic or always, please rate the following:

When I wake up in the morning, I general feel... 1 2 3 4 5 6 7 8 9 10

My body generally feels (speaking of muscle and joint feelings, energy levels)... 1 2 3 4 5 6 7 8 9 10

Are you "stressed out"? 1 2 3 4 5 6 7 8 9 10

Do you have cravings for any types of foods? (sugar, salt, bread) 1 2 3 4 5 6 7 8 9 10

Do you take Advil or Aleve for general body aches (not CrossFit related aches)? 1 2 3 4 5 6 7 8 9 10

What time do you eat breakfast? _____ What does a normal breakfast consist of? _____

What time do you have to be at work? _____ What do you do? _____

What time do you eat lunch? _____ What does a normal lunch consist of? _____

Do you snack? _____ If so on what? _____

What time do you get off work? _____ What time do you eat dinner? _____

What does a normal dinner consist of? _____

What time do you typically train/CrossFit? _____ How many times a week do you train? _____

Do you train/workout outside the box? Run, lift, swim, jiu jitsu? _____ If yes, what? _____

Do you typically consume food or shake **before** your workout? If so what?

Do you typically consume food or shake **after** your workout? If so what?

Do you take vitamins/supplements? YES/NO If yes, what? _____

Are there times of day or stressors that cause you to overeat or make bad choices? If so, when and what?

How much support do you have (family, friends) to help when "the going gets tough"? A LOT / SOME / NOT MUCH

Do you have a partner/friend doing this challenge with you? YES /NO If yes, WHO? _____

If no and you want one, do you want me to try to find one for you? YES/NO

Anything else you'd like to share? _____
