

REBELHEALTH

EARNING POINTS ON THE PALEO CHALLENGE, #8!

DAILY PTS	X	POINTS			CHALLENGE TOTAL	POINT CATEGORIES
		# DAYS	=			
5	X	21	=	105	PALEO FOOD CHOICES Subtract 1 point for every "cheat" Must complete log by midnight (long blue button at bottom of diary: Complete Diary) Must be accurate with serving sizes (to the best of your ability: buy a scale already!)	
1	X	21	=	21	WATER 64 oz/day Must be entered in My Fitness Pal	
1	X	12	=	12	WOD 4 WODS / week x 3 weeks = 12 points Show up and give us your all. If you can't make the box 4x/wk, grab the Travel WODs by the Schedule Book and do one at home. You can do 7 mins of burpees anywhere!	
1	X	12	=	12	POST-WOD REFUEL 4 post WOD refuels / week x 3 weeks = 12 points Within 60 minutes of your WOD or can be the next meal following your WOD as long as it's within 60 minutes of your WOD.	
1	X	9	=	9	MOBILITY/STRETCHING 3 times a week for 3 weeks = 9 points 15 minutes of focused work *You can stay up to 15 min past your WOD to do it at the box, so do it!	
1	X	9	=	9	VITAMIN D/SUNSHINE 3 times a week for 3 weeks = 9 points 10 minutes of exposure or 600+*IU Vit D *Doses up to 5,000IU are considered safe	
1	X	9	=	9	OMEGA 3'S / COLD WATER FISH 3 times a week for 3 weeks = 9 points Either consume cold water fish or supplement 3 days a week. 3+ grams/day or 1 svg cold water fish	
1	X	21	=	21	SLEEP Minimum 7 hours per night; naps count Report previous night's / day's sleep	
?	X	?	=	TBD	BONUS POINTS FOR CORRECTLY ANSWERING QUESTIONS FROM BLOG, SO READ THE BLOG! Text your coach the answer	
1	X	?	=	Up to you	BONUS POINT FOR NOT ACCEPTING A SCHEDULED "CHEAT"	
198+						