

# CrossFit BMW Whole Life Challenge\*

## August 19<sup>th</sup> - September 30<sup>th</sup>

The Challenge is simple—you will spend 6 weeks improving your health, happiness, and overall connectedness.

### The Rules

Here's how it works—Each day, you get points for completing each of the 5 Daily Habits:

- Nutrition—eat healthy, nutritious foods from the nutrition level you choose
- Exercise—be active 10 minutes a day
- Mobilize—stretch 10 minutes a day
- Sleep—sleep for a duration you select, one that leaves you feeling rested
- Hydrate—drink ounces of water equal to your body weight (in pounds) divided by 3

Each habit is worth 1 point per day upon completion. Scores will need to be recorded on CrossFit BMW Whole Life Challenge spreadsheet, keeping you on track and accountable for your results. All scores are yes or no with 1 point being award for completion and 0 points for non-completion. For example, if you are compliant for all 5 Daily Habits, you will record 5 points for that day. Or if you are non-compliant on nutrition and sleep, but compliant on all other Daily Habits, you will record 3 points.

### Get Started

Step 1: Pick a Nutrition Level—choose Kickstart, Lifestyle, or Performance nutrition level, depending on your goals.

Step 2: Choose Sleep Duration and Water Intake—commit to a certain amount of sleep each night and calculate your daily water intake (body weight in lbs.  $\div$  3 = your intake in ounces)

Step 3: Take your baseline measurements—you'll repeat these measurements at the end of the challenge and see how far you have come.

Step 4: Start recording your daily points on the CrossFit BMW Whole Life Challenge Spreadsheet. Additional copies of the spreadsheet will be available at the box. The athlete with the most points at the end of challenge will receive a prize.

\*adopted from Whole Life Challenge, Inc.

# CrossFit BMW Whole Life Challenge

## Nutrition Levels Comparison Chart

PROTEIN	PERFORMANCE	LIFESTYLE	KICKSTART
Beef, pork, chicken, turkey, duck, fowl, fish, seafood, shellfish, eggs	Yes	Yes	Yes
Bacon (with nitrates or sugar or celery salt)	No	Yes	Yes
Deli meats (with ingredients other than meat, water, salt)	No	No	Yes*

VEGETABLES & LEGUMES	PERFORMANCE	LIFESTYLE	KICKSTART
Most veggies	Yes	Yes	Yes
Winter squashes	Yes	Yes	Yes
Sweet potatoes, yams	Yes*	Yes*	Yes*
White potatoes, corn	No	Yes*	Yes*
Beans and legumes	No	Yes*	Yes*
Fermented soy (tempeh, miso)	No	Yes*	Yes*
Soy (edamame, tofu)	No	No	Yes*

FRUIT	PERFORMANCE	LIFESTYLE	KICKSTART
All fruits	Yes*	Yes*	Yes*
Lemon and lime juice	Yes	Yes	Yes
Dried fruit with added sugar	No	No	No

NUTS & SEEDS	PERFORMANCE	LIFESTYLE	KICKSTART
Most nuts and seeds (including nut butters)	Yes*	Yes*	Yes*
Peanuts (including peanut butter)	No	Yes*	Yes*

FATS & OILS	PERFORMANCE	LIFESTYLE	KICKSTART
Olive oil, coconut oil, avocado oil, butter, pork fat (lard), beef fat (tallow), duck fat, nut oils, flaxseed oil, grapeseed oil	Yes	Yes	Yes
Avocados, coconuts, olives	Yes	Yes	Yes
Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soy, sunflower	No	Yes**	Yes**
Hydrogenated oils	No	No	Yes**

GRAINS	PERFORMANCE	LIFESTYLE	KICKSTART
Rice (white, brown, wild), quinoa, oatmeal, buckwheat, amaranth	No	Yes*	Yes*
Corn tortillas	No	Yes*	Yes*
Flour of any grain (rice flour, quinoa flour, corn flour, wheat flour)	No	No	No
Bread, bagels, muffins, flour tortillas, Ezekiel bread	No	No	No
Pasta or noodles of any kind (bean, rice, quinoa), couscous, barley, farro	No	No	No
Cereals (other than oatmeal)	No	No	No

<b>ALCOHOL &amp; BEVERAGES</b>	<b>PERFORMANCE</b>	<b>LIFESTYLE</b>	<b>KICKSTART</b>
Coffee, tea, kombucha, coconut water	Yes	Yes	Yes
Vegetable juice	Yes*	Yes*	Yes*
Wine and spirits	No	1 per week	1 per day
Fruit juice, milk	No	No	Yes*
Soda - regular & diet	No	No	No
Beer	No	No	No

<b>DAIRY</b>	<b>PERFORMANCE</b>	<b>LIFESTYLE</b>	<b>KICKSTART</b>
Butter	Yes	Yes	Yes
Yogurt, kefir, whey protein, cottage cheese	No	Yes	Yes
Milk, cream, buttermilk, sour cream	No	No	Yes*
Cheese	No	No	No

<b>SUGAR &amp; SWEETENERS</b>	<b>PERFORMANCE</b>	<b>LIFESTYLE</b>	<b>KICKSTART</b>
Stevia, monkfruit	Yes	Yes	Yes
Coconut sugar and nectar	No	Yes*	Yes*
White / brown sugar, honey, maple syrup, agave, other sweeteners	No	No	Yes*
Dessert, candy, and sweets	No	No	No

<b>SNACKS &amp; ARTIFICIAL INGREDIENTS</b>	<b>PERFORMANCE</b>	<b>LIFESTYLE</b>	<b>KICKSTART</b>
Sweet potato or vegetables "fries" or chips, BAKED	Yes*	Yes*	Yes*
White potato "fries," BAKED	No	Yes*	Yes*
Sweet potato "fries," FRIED	No	Yes*	Yes*
Hummus	No	Yes	Yes
Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial	No	Yes*	Yes*
Nitrates, nitrites, benzoates, MSG, hydrogenated oils	No	No	Yes*
Popcorn	No	No	No
Fried chips of any kind, White potato "fries," FRIED (french fries)	No	No	No

When you see a \* next to "Yes", it indicates food that are compliant but should be eaten in moderation, as there are potentially negative effects from overconsumption. \*\* means foods are technically allowed on a given level, but not recommended.

# CrossFit BMW Whole Life Challenge Spreadsheet

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

<u>Daily Habits</u>	<u>Points</u>
Nutrition	_____
Exercise	_____
Mobilize	_____
Sleep	_____
Hydration	_____
<b>Total</b>	_____

<u>Daily Habits</u>	<u>Points</u>
Nutrition	_____
Exercise	_____
Mobilize	_____
Sleep	_____
Hydration	_____
<b>Total</b>	_____

<u>Daily Habits</u>	<u>Points</u>
Nutrition	_____
Exercise	_____
Mobilize	_____
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Hydration	_____
<b>Total</b>	_____

<u>Daily Habits</u>	<u>Points</u>
Nutrition	_____
Exercise	_____
Mobilize	_____
Sleep	_____
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<u>Daily Habits</u>	<u>Points</u>
Nutrition	_____
Exercise	_____
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Hydration	_____
<b>Total</b>	_____

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Nutrition	_____
Exercise	_____
Mobilize	_____
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Hydration	_____
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Nutrition	_____
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Mobilize	_____
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Sleep	_____
Hydration	_____
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Date: \_\_\_\_\_

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Nutrition	_____
Exercise	_____
Mobilize	_____
Sleep	_____
Hydration	_____
<b>Total</b>	_____

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Nutrition	_____
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Hydration	_____
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