

# 4B Fit Nutrition Challenge Rules

What Should I Eat?
Meat, vegetables, nuts/seeds, some fruit, little starch, and no sugar.
<i>*A more extensive list will be provided in the challenge presentation</i>

How Much Should I Eat?			
<i>Keep intake to levels that will support exercise, but not body fat. Use one of the options below.</i>			
<table border="1"> <tr> <td>Plate Method</td> <td>Hand Method</td> <td>MFP</td> </tr> </table>	Plate Method	Hand Method	MFP
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When Should I Eat?
Eat 3-5 times a day (this includes snacks and workout shakes).
Stop eating 2 hours before bed.
Have at least a 12 hour window (no eating) between dinner & breakfast.

What Should I Avoid?
Processed Foods (most packaged foods)
Added Sugar (look for added sugar on label)
Artificial Sweeteners (saccharin, acesulfame, aspartame, neotame, sucralose)
Alcohol
Processed Grains
Vegetable & Seed Oils
"Healthy" Junk Food / Treats

What Should I Limit?
<i>Keep the following foods to 1-2 servings a day.</i>
Dairy (milk, yogurt, cheese, whey)
Legumes (beans, peas, peanuts, etc)
Unprocessed Grain (quinoa, rice, oatmeal)
Nonnutritive sweeteners (stevia, monkfruit, allulose)

How Much Sleep Do I Need?
Adequate sleep is a huge factor in your health, recovery, and body composition. Get 7-8 hours each night.

What Should I Drink?
Water
Coffee
Tea
Sparkling Water (Perrier, La Croix, etc)
Nut Milk (almond, coconut, cashew)
Women - 80oz or more of water daily
Men - 100oz or more of water daily

Should I Take Supplements?		
<i>Supplements are a small piece of the puzzle; nail your other nutritional factors first.</i>		
Krill / Fish Oil	Vitamin D	Zinc + Quercetin
Magnesium	Creatine	

What Should I Eat Post Workout
Consume a protein shake + a piece of fruit -or- a meal (minus fat) within 30 minutes of finishing your workout.

How Will Scoring Work?
Lean tissue gain as a percentage of bodyweight
Fat tissue loss as a percentage of bodyweight
Workouts recorded in Wodify between 1/18 & 2/26
Tracking sheet completed and turned in

Important Dates
1st InBody Scans = 1/8 - 1/15
Challenge Start Date = Monday, January 18th
Challenge End Date = Friday, February 26th
2nd InBody Scans = 2/22 - 3/5

