

Nutrition Challenge Update: Week 1

01/17/2022

Challengers,

Today is the first official day of the challenge! Here are a couple reminders to get you started off on the right foot:

- Start keeping up with your [challenge checklist](#) daily
- Remember to sign-in and record your scores in Wodify

We've sent macro recommendations to everyone who has completed the [activity-level form](#) and their InBody scan. If you'd still like your recommendations, please fill out the form, and let us know if you still need to complete your first scan.

**If you filled out the form later on Friday or this weekend, we'll send your recommendations sometime today.*

Quantity

- If you're using the **plate method** or **hand method**, eat as close as you can to the full maintenance quantities (3-5 meals for plate, 4 servings for hand).
- If you're counting macros, eat as close as you can to the recommended daily amounts we sent. Our goal is to hit maintenance for a couple weeks; then we'll increase or decrease calories if need be.

Regardless of method, the recommended amount may seem like **a lot of food to you**, but you need those nutrients.

Odds are, many of us are in the boat of chronic undereating or chronic dieting (with occasional caloric spikes on weekends) - We eat too low cal for extended periods of time, so our body down-regulates to adjust to the lower intake.

To get a better understanding of energy balance, and how undereating can affect your body composition, check-out this article from Renaissance Periodization:

[Chronic Dieting](#)

Don't stress if you're not perfect with your quantities the first few days. This is a learning process. Work on getting closer and closer each day.

Meal Prep

Hopefully you were able to do some healthy shopping and food prep this weekend. Prepping some convenient protein, carb, and veggie sources for the week is one of the most important habits to build if you want to be healthy and have control of your body composition in the long run.

[If you need more ideas on meal prep, check-out this infographic from Precision Nutrition.](#)

Reminder: We didn't include it on the challenge checklist because not everyone has a step counter, but try to get **at least 10k steps per day**. Take a short walk around the office every hour... Walk a mile after dinner... Remind yourself that housework is exercise... In general, the more you move, the better it is for your health and body composition.

Lastly, if you've missed anything leading up to this point of the challenge. All of the links and documents we share can be found at our [Challenge Resources Page](#).

Keep up with your checklists and put in the effort to eat healthy. Pay attention to your quantity (energy balance) and your macronutrient balance (some protein, carb, and fat at every meal).

Consistency is key. Work toward more and more each day as we kick-off the challenge.

Let us know if you have questions, and we'll send out another update next Monday.