

## Update 1, Nutrition Challenge 2023

Challengers,

Thanks for joining our New Year Nutrition Challenge. Over the next 6 weeks we'll be providing education and building habits that will help you take control of your body composition and long term health.

This year's challenge will be based around building new habits each week, and will include some tasks beyond nutrition (like sleep and exercise) to help you optimize your health.

There will be more tasks to complete in early weeks, so be ready to put in some work up front - With the hope of switching many of these tasks to auto-pilot in later weeks.

**Challenge scoring** will be based on changes in body composition seen on your InBody scans, class attendance, and completion of your challenge checklist.

*\*Daily tracking on your challenge checklist isn't required until week 2 of the challenge - starting on Mon 1/23*

Our big focus for week #1 will be preparing for and executing your first **Food Prep**. If you've done challenges with us before, you'll know that this is probably the single biggest habit tied to long term health (and control of your body composition). Knowing how to shop for, and prepare healthy food in an efficient manner, gives you the biggest chance of eating healthy consistently, and in the long run.

*\*Even if you're already practicing some form of weekly meal prep, we encourage you to refocus and try some new things during the challenge.*

All of the tasks you need to complete for week 1 are below.

### Tasks to Complete - Week 1:

- Sign-up for an InBody scan on the table in the lobby
- Complete a [Kitchen Clean Out](#)
- Read [Food Prep Basics](#) and complete Food Prep #1 (before Mon 1/23)
- Pick-up (table in the lobby) or print out a [Challenge Tracking Sheet](#)
- Drink ½ your body weight in oz of water each day
- Check in / Record scores in Wodify - This is ⅓ of your challenge scoring.

If you want to get a jump start on your healthy intake, start by getting on a consistent eating schedule this week. Breakfast, lunch, dinner, and a couple snacks if needed. Also, try to build each meal around a protein source. We'll dive deeper into exactly how much protein next week.

I'll send our next challenge update with more info on the tracking sheet, week 2 tasks, as well as how to stick to our food quality and quantity guidelines on Friday 1/20.