

Update 4, Nutrition Challenge 2023

2/3/23

Challengers,

We're finishing up our second week of tracking for the challenge. Here are some reminders to keep you on track:

- **Quality** - Am I eating mostly whole foods? Avoiding alcohol, processed snacks, and eating healthy when I dine out?
- **Quantity** - Am I sticking to the plate method, hand method, or weighing & measuring (for the full day)? Am I avoiding snacks between meals?
- **Water** - Am I getting $\frac{1}{2}$ my bodyweight in ounces each day? Do I have some system of measurement for this?
- **Sleep** - Am I hitting my sleep target (or above) that I listed on my tracking sheet?
- **Meal Prep** - Am I completing my bulk meal prep each week?
- **Exercise** - Am I resistance training (ex. class) at least 3x a week? Am I completing the prescribed amount of additional Zone 2 training each week?

****Don't forget to check-in to class.** This is how we'll track your exercise progress during the challenge. Coaches will check you in when they can, but that doesn't always happen. You can check-in to class prior to it starting on your Wodify app, or if class has already started, you can check-in on the Wodify screens.*

These are the behaviors that will lead to long term results. Our hope is that these will become habits by the end of the challenge.

Reduce Your Daily Intake to Spark Fat Loss

Your body WILL lose fat if you're burning more calories than you're consuming. Many times, people lose fat simply by being diligent with the behaviors listed above.

Filling your plate with quality foods, cutting out snacks, and avoiding alcohol & other calorie dense drinks often helps reduce your caloric intake by enough to put you into a caloric deficit.

In addition, consistent strength training, increasing your time in Zone 2, and getting more general daily movement pushes your caloric burn up, and can help put you in the required deficit for fat loss.

We're only a few weeks into the challenge, so you may not see drastic changes to your body yet, but if you stick to the baseline behaviors above for long enough (months), your body will trend towards its ideal composition.

That said, if you feel like your **weight / fat level is stuck**, or you want to increase your rate of fat loss, you can do so by reducing your total daily caloric intake.

**To do this, you need to be sure you've been very consistent with your daily intake for the past week or two. If not, focus on the consistency piece first.*

If you have been consistent, and you feel you need to reduce your calories, keep your **daily protein intake the same**, and **make an adjustment to your carbohydrate and fat intake only**.

Here's how to make this adjustment based on the quantity method you're following:

- **Plate Method** - Starchy carbs (grains, bread, fruit, etc) should make up roughly $\frac{1}{4}$ of your plate. At each meal, simply fill a little less of your plate with starchy carbs. Make a reduction in your fat intake by staying light with your cooking oils, and dressings, keep your protein sources as lean as possible, and try to reduce your quantity of other fatty foods like cheese and nut butters.
- **Hand Method** - Reduce your carb & fat intake by $\frac{1}{2}$ of one meal. If you've been having 2 cupped hands of starchy carbs at each meal, reduce that by 1 cupped hand at just one of your meals. So your total daily intake would go from 8 hands of carbs to 7 hands. The same goes for your fat intake. Reduce by $\frac{1}{2}$ meal - 2 thumbs of fat, becomes 1 thumb at one of your meals.
- **Weigh & Measure** - This requires some math. Reduce your total daily calorie intake by 10%, with all of those calories coming from carbs and fat. Here's an example of someone who's currently eating 2000 cal per day:
 - 10% of 2000 = A 200 calorie reduction from their daily intake.
 - Take half of your reduction (100 cal) from fat and half from carbs.
 - There are 4 calories in a gram of carbohydrate, so $100 \text{ cal} / 4 =$ a 25 gram reduction in daily carbohydrate intake.
 - There are 9 calories in a gram of fat, so $100 \text{ cal} / 9 =$ an 11 gram reduction in daily fat intake.

All three methods are accomplishing the same thing - A small reduction in total daily calories. Once you've made a reduction, **stick with this new level for a couple weeks** before reducing quantity again (using the same methods above).

You typically have room to make 3-4 reductions before your caloric intake gets *so low* that you're sacrificing mood / energy, muscle mass, and recovery.

We're hitting the midpoint of the challenge. This is when motivation typically starts to wane. Now is the time to rely on a little discipline and hard work to get you through the rest of the challenge. Be diligent in completing the action items below before our next update:

Action Items

- ☐ Stick to the challenge ["Rules to Follow"](#)
- ☐ Complete Meal Prep #3 before Monday 2/6
- ☐ Keep your Daily Checklist up to date
- ☐ Check-in to class
- ☐ Record 45+ min of Zone 2 this week (before Sunday)
- ☐ Record 60+ min of Zone 2 next week