



THE ZONE

Welcome to Harvest CrossFit's Zone Challenge! This is a 6-week food challenge where, among other things, you will learn how to use food as fuel. You will find your Zone prescription and then, using a scale and measuring cups, weigh and measure your food (it becomes easy after the first week). When in The Zone, you will reap the benefits of knowing not only what foods, but what amounts of food, help your body perform at its best.

Starts:	March 6 th
Ends:	April 14 th , the day before the Partner Throwdown!
Cost:	\$20 – Use the iPad at the box to charge your account
Prizes:	Yes! Prizes along the way and a cash prize for the winner! Amount is determined by participants, so make your friends do it!

Points, Points, Points! How do I win?! How do I not let Chris win?! ☺

I have included a score sheet where you will keep track of your points. You can earn points in several different ways. Getting your food correct will be worth the most points because this is a *food* challenge. You can get extra points for exercising, drinking water, sleeping for 8 hours, and practicing other beneficial habits along the way. The extra points available only have potential to make up for 1 meal, so as not to take away from the reason for the challenge. In addition to your scorecard, we will have a visual tracker at the box where each day you will move your marker by the points you earned. Your marker will show where you are in relation to everyone else. Here is the breakdown of the points:

Breakfast	100
Lunch	100
Dinner	100
Snacks	100
Water 75oz/day for F// 100oz/day for M	40
Sleep - 8 hours in bed. Oh, try to sleep, too!	30
Ten minutes of uninterrupted alone time. This is for intentional, focused thought. It can be meditation, prayer, reflection, or personal goal setting	20
Read an article that will improve your knowledge about CrossFit, share it on FB and tag us so others can read it	10

Now remember, this is a process. Adherence to a new, positive lifestyle change requires effort. There will be times when you have questions – please ask them! We want you to finish these 6 weeks having found *your* specific Block prescription, not settling for a general guideline and not just having toughed it out for 6 weeks. This should be the start of a new lifestyle!

Step 1// Read CrossFit Journal Issue 21

http://library.crossfit.com/free/pdf/cfjissue21_May04.pdf

This will give you the basic understanding of The Zone from CrossFit's perspective. The next steps will make sense once you read the article.

Step 2// Find your estimated Zone Prescription

Go to www.zonediet.com, hover over **Resources** and click **Body Fat Calculator**. If you have not visited this website before, it will ask you to give your email for access to resources. After you input your email, you will choose the **Male** or **Female** tab and input the numbers necessary for calculating your body fat percentage. For the **Activity Factor** option, choose **Moderate**. This information will generate your Zone Block Prescription and will be somewhere between 10-19. As you read in the CFJ above, you will now divvy out your blocks throughout the day between 3 meals and 2 snacks.

Step 3// EAT! Woo!

Now that you have your prescription, find your resources for food suggestions:
*****You will need a food scale!** Amazon has them for as little as \$10 and Walmart has some in stock for \$15.

DO IT YOURSELF! On the Zone Diet website, hover over **Resources** and then click **Food Blocks**. Read through the page and then search for a food you want to eat. Once found, the table will tell you what kind of Block it is, the quantity of 1 Block and the rating of the food. Keep in mind, you will need to multiply the quantity by the amount of Blocks you are to eat for that meal. The same will need to be done for all three categories- Protein, Fat and Carbohydrate. Upon deciding what you are going to eat and how much, dig in!

I NEED RECIPES! The website has lots of recipes under Resources, Zone Recipes. There are also countless websites with recipes others have created.

Step 4// Check and Adjust

There will be two points at which we ask you to check and adjust, if necessary, your Block prescription. Every two weeks, we will take a look at what is working or not working with your eating habits. Especially if you currently have an erratic eating schedule, and are just eating whatever is available in the moment, it will take about two weeks for your body to adjust to your new routine. Asking any questions you have during this first two weeks is welcomed and encouraged.

Please use the Zone Food Journal we have included from <http://www.zonediet.com/uploads/zh-food-journal.pdf>. This will give you the proper information to check and adjust at the 2 and 4 week marks. Your hunger level and the way you're feeling between meals will be very important in the checking and adjusting step.

Step 5// Start Racking Up Points!