

MAYHEM AFFILIATE



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EASY NUTRITION CHALLENGE FOR YOUR GYM

This resource includes an easy-to-use nutrition challenge that you can offer at your gym. Feel free to modify or add any of your own suggestions to the healthy habits that are listed. Any areas that need to be changed are highlighted in **red**, for your convenience.

IMPORTANT POINTS TO NOTE:

- For this challenge, you'll need a sign-up sheet and a scale at the gym. Advise coaches on where to record athletes' weight numbers, where to store the cash payments, and how to mark off who has paid. All weights should be kept private from other members.
- We recommend that you create a Nutrition Challenge Facebook Group for challenge participants where you and your coaches can answer questions and provide nutritional advice throughout the challenge. Members can also post healthy recipes here for everyone to share.
- The details below state that all cash collected in the challenge will go to the winning team. Feel free to modify this any way you like (such as having a runner-up prize).
- If you offer nutrition coaching at your gym, consider incorporating this in some way into the challenge. For example, the challenge could include a 15-minute session with a nutrition coach at the beginning and end of the challenge. During the beginning session, the coach can answer their nutrition questions and help set them up for

success in the challenge. During the end session, they could discuss progress, and any obstacles they faced, and then tell them about the nutrition coaching services you offer.

- Determining the winner: The winning team is whatever team has the highest combined percentage change in body weight (and may include the optional bonus 0.5%, as detailed below). To determine this number:

First find total pounds lost:

$P1 \text{ Start Weight} + P2 \text{ Start Weight} - P1 \text{ End Weight} - P2 \text{ End Weight}$

Then divide that number by $(P1 \text{ Start Weight} + P2 \text{ Start Weight})$

Then add the 0.5% bonus if they successfully earned it (see details below)

- You can set up this challenge any way you like. However, my suggestion is to not penalize participants for eating “bad” foods. In my opinion, this kind of thinking sets people up to have a poor relationship with food and can easily lead to eating disorders and roller coaster diets that are rarely successful long-term. You’ll likely find much more success by promoting healthy eating habits that are sustainable for life, instead of penalizing “unhealthy” choices. Please feel free to follow your own beliefs, but these are mine. If you would like to discuss this further, or if you have any other questions about this challenge, you can email me at Christi@mayhemnation.com.

Ready to get started? Review the nutrition challenge instructions below and create your own Nutrition Challenge document to share with your athletes. Make sure to change any details in **red**.

Click [here](#) for an unformatted version that is easy to copy/paste from. It will automatically download when you click the link.

2023 [Gym Name] NUTRITION CHALLENGE

This 30-day nutrition challenge is designed to kick-start your nutrition journey!

- feel free to change the number of days. My suggestion is 3-6 weeks.

CHALLENGE DATES: list dates here

COST: \$10 per person (\$20/team). You can't put a price on being healthy and we want a sweet jackpot for the winners! - make the cost whatever you think is best.

THE PRIZE: Cash! All proceeds from the challenge will go directly to the winning team.

WHAT AM I GETTING MYSELF INTO?

We encourage healthy eating and viewing food as fuel. If you follow these suggestions, you'll not only be looking and feeling better, but you'll also be well on your way to a healthier lifestyle.

1. Eat whole foods as much as possible: Whole foods are foods that are minimally processed. They are typically natural and unrefined, and are close to their original form as they are found in nature. Examples of whole foods include:

- Fruits and Vegetables
- Grains (such as whole wheat, oats, quinoa, and brown rice)
- Legumes (such as beans, lentils, and peanuts)
- Nuts and seeds
- Lean meats (such as chicken, turkey, and fish)
- Dairy products (such as milk, cheese, and yogurt)

In contrast, processed foods are typically heavily altered and may have added ingredients, such as sweeteners, preservatives, and artificial flavors and they are usually much less nutritionally dense than whole foods. That being said, we encourage post-workout protein shakes. Yes, they are processed. But, as athletes, we feel that the recovery benefits are important and that a whole food option isn't always feasible post-workout.

- If you sell protein/shakes at your gym, mention it here.

2. Sleep: Sleep is a major part of a healthy lifestyle! We recommend that you get at least 7 hours of sleep per night. If you're normally far from that amount, then try to gradually increase your current sleep as much as you can. Any improvement will help!

3. Water: Plan on drinking water and A LOT of it! Your goal is to drink a minimum of half your body weight (in pounds) in ounces of water per day. For example, if you weigh 200 pounds, your goal is a minimum of 100 ounces of water per day.

HOW DOES A TEAM WIN?

The team with the highest combined percentage change in body weight wins! But wait, there's more...

You can earn extra credit by submitting healthy recipes! If both you and your partner each post three of your favorite, healthy recipes in our Nutrition Challenge Facebook Group sometime during the challenge, you'll earn an additional 0.5% weight loss added to your final team total.

NOW WHAT?

1. Find a gym partner that will help hold you accountable for your nutrition choices. Teams may be same-sex or coed.
2. Write both names on the sign-up sheet at the gym by **X date**. If you do not have a partner but would like to participate, let us know and we will help get you matched up.
- provide additional information here on sign-ups, as needed
3. Get your starting body weight taken from a coach any time between **(insert dates here)**. All numbers will be kept private. Each partner's entry fee money is due at the weigh-in. Cash only, please, since it will be the prize money. Also, please don't wear shoes or excessive clothes (like a coat) during weigh-ins.
4. Make sure that you're added to our Nutrition Challenge Facebook group **(provide details about the group name here)**. We will use this group to post recipes and for nutrition support, tips, and questions. Check it out often! We're here for you!

FINAL MEASUREMENTS: final weight measurements can be taken any time between **(insert dates here)**. Winners will be announced on **(insert date here)**.

Stop overthinking it. If you've made it this far in the explanation, just commit. We'll help you figure out the rest. Go for it, you won't regret it!