**Crossfit Amplify Goal Challenge Series**

**Fall 2014**

This fall we’ve gone outside of the traditional Crossfit ‘Paleo Challenge’, and created a series for members of Amplify that will allow them to really get in touch with what is most important to them when it comes to their nutrition. When we get clear on what is most important to us, what we value in terms of our health, we can get focused on what we need to do to achieve those goals. Our job as coaches will be to guide you through the process of not only setting your goals, but understanding what is necessary to achieve them and hopefully giving you the tools to keep you on the right path.

In the past, our challenges have been anywhere from two to eight weeks. Regardless of how long it lasts, there is always a struggle to create new habits. I believe much of the struggle with this challenge will be getting in touch with what we want, and being vulnerable enough to see where we get lost. During the next three months, your partner is there to support you not just in the kitchen but as someone who stands for your goals. Share your vision with your partner and coaches, be honest about where you are and what you want and there is no limit to what you can achieve!

As we’ve said, this challenge will be two weeks on/two weeks off… and it was designed to let you make stress-free plans with family and friends over the holidays. That being said, “two weeks off” is not a vacation from your goals. If you use the time off wisely, you should be reassessing your goals, coming up with new ones and envisioning the next two weeks. You want to come out of this at Christmas looking and feeling like the best version of yourself… so use the time off to prepare for the next two weeks, spend time with your teammate and get in touch with what worked and what didn’t. Maybe you’re not familiar with a paleo approach and you want to explore that for the first two weeks—great! As coaches we will support you in that approach… and as an example, maybe your plan looks like this:

1 month: lose 5 inches, lose 5 pounds

Action--Eliminate all processed foods from my diet, detox sugar

2 month: understand how sugar effects my body, lose 5 more pounds

Action--Slowly reintroduce healthy forms of sugar, while eliminating dairy and grains

3 month: understand how my dairy and grains effect my body, lose 5 pounds

Action--Slowly reintroduce dairy and grains

Obviously this is just a rough sketch of what my goals might look like if I was interested in learning more about the paleo diet. In reality, I would be much more specific. Maybe you want to focus on performance in the gym? Perhaps you have a good idea of which foods effect you more and you need help prepping, cooking, or shopping… use the worksheets we provide to get clear on what is most important to you for the first two weeks, then revisit these before the second two weeks and so on. Use the vision worksheet to get specific on what you want your health to look like one year from now, and then you can break that down in to quarters (3 months, 6 months, etc). When we put the work in ahead of time, our goals become that much more achievable! And remember, we’re writing from the world of possibility… if you knew you could get anything you wanted in terms of your health and fitness, what would it be?!