

“Eating Well the Farmgirlfit Way” Challenge Rules

Participation:

Participation in this challenge is a complimentary benefit with your membership. We welcome and encourage you to join us. “Participation” means following the 10 Rules for Eating the Farmgirlfit Way, and doing the Pre- and Post-Tests to track your results.

Buy-In:

There will be a \$20 buy-in to be eligible for prizes or to “win” the challenge. **This buy-in also allows you to attend FGF an extra day each week for the month of September!**

Prizes:

Weekly: Prizes will be randomly drawn every Friday (4th, 11th, 18th, 25th) from those who have paid; 1 winner per location per week. You can only win once!

Overall Winners: Determined by the metrics below; there will be a 1st, 2nd, and 3rd place winner at each location. To be announced the first weekend in October.

Metrics for Winning:

There are 4 -- the member with the greatest **improvement** across all 4 metrics will be the winner.

- **Body Fat %** – percentage change
- **1-Mile For Time** (If injury requires, 2000m Row for Time) – percentage change
- **1-Rep Max Back Squat** (If injury requires, 1RM Deadlift) – change in pounds
- **3 Minutes Max Rep Wall Balls** – change in reps

Body Fat %:

Short of having a full bloodwork profile, body fat percentage is generally accepted as the best “number” **indicator of overall health**. We will be measuring with a hand-held BIA, which has a certain degree of variance (i.e. the number it gives you might vary from your TRUE body fat percentage), but it will be accurate in measuring change. For the most accurate reading, please be properly hydrated (i.e. do NOT measure right after working out).

Performance Tests:

Our approach to health and fitness has always been to focus on **performance based results**. All three tests will be done at the same time, and in the order listed above.

Pre-Test:

All pre-tests must be completed prior to September 1st. The Performance Tests will be your Grind on Thursday, August 27th. This will be a free bonus workout for members, so please plan to complete them that day. If Thursday is not possible, please make arrangements with a Coach.

Post-Test:

All post-tests must be completed by the evening of Friday October 2nd. Again, the Performance Tests will be your Grind on Thursday October 1st, and will be a free bonus workout for members. Please plan to complete them then, or make arrangements with a Coach.

Your Scores:

| BODY FAT % | 1-MILE | BACK SQUAT | WALL BALLS |
|--|---|---|---|
| <i>BIA #: 1 -or- 2 Gender = Female Body Type = Normal Age = Height =</i> | <i>1-Mile -or- 2k Row If Row: Rower #: _____ Damper #: _____</i> | <i>Back Squat -or- Deadlift Barbell: 35# / 45#</i> | <i>Ball: 10# / 15# Height: 8' / 9' / 10'</i> |
| Weight: PRE %: | PRE Time: | PRE Pounds: | PRE Reps: |
| Weight: POST %: | POST Time: | POST Pounds: | POST Reps: |
| CHANGE: | CHANGE: | CHANGE: | CHANGE: |