ONE STEP CLOSER

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Name: _____
Week of: _____
Location: _____

Directions: Complete any of the actvities listed below and document the corresponding points under the day the event occured. At the conclusion of each week, add the totals for each category to establish an overall Weekly Health Score (ex. Nutrition Weekly Score: 430 + Recovery Weekly Score: 72 + Exercise Weekly Score: 110 = 612 Weekly Health Score).

⌂ The first week of the challenge you will establish a Weekly Health Score Baseline. The initial week should be an accurate representation of a "typical" non-challenge week for you.

After the initial Weekly Health Score baseline is established:

⬆ If your current Weekly Health Score is greater than your previously established baseline: Log the variance for your One Step Closer Points. You've also established a new Weekly Health Score PR. Congrats!!

= If your current Weekly Health Score matches your previously established baseline: No points go to your One Step Closer point score and no new PR is established.

⬇ If your current Weekly Health Score is below your previously established baseline: Erase <u>all</u> One Step Closer Points previously accumulated and your current Weekly Health Score is now your new PR.

🏆 The winner will be the individual with the longest streak of adding to their One Step Closer point total. Tie breaker will be the highest total of One Step Closer Points.

Nutrition			Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total
Scaled	Eat whole, minimally processed food based on your selected body profile for one meal.	50 pts								
Rx	Eat whole, minimally processed food based on your selected body profile for two meals.	75 pts								
Rx+	Eat whole, minimally processed food based on your selected body profile for three meals.	100 pts								
Rx	Drink the recommended amount of water in a day (body weight / 2 in ounces)	30 pt								
Rx	Eat your meal mindfully (ex. Eating without the TV, computer or your smart phone on or near) (3pt/meal)	5 pt								
Rx	Avoid processed sugar or artificial sweetners (Stevia, aspartame, etc) throughout the day	30 pts								
Rx	Share a meal/drink with a friend/significant other outside of a work setting. (40 pts max/week)	20 pt								

Recovery			Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total
Scaled	Sleep 7-8 hours	15 pt								
Rx	Sleep 7-8 hours and shut down electronics one hour prior to bed time.	17 pts								
Rx+	Sleep 7-8 hours, shut down electronics one hour prior to bed time and no alcohol or caffiene three hours prior to bed time.	20 pts								
Rx	Complete MobilityWOD, ROMWOD, foam roll or additional stretching before your workout (8 minutes min).	3 pts								
Rx+	Complete MobilityWOD, ROMWOD, foam roll or additional stretching before and after your workout (8 minutes minimum each).	4 pts								
Scaled	Complete 2 minutes of quiet time (meditation, focus on breath, etc.) 1 pt/day	1 pt								
Rx	Complete 5 minutes of quiet time (meditation, focus on breath, etc.) 2 pts/day	2 pts								
Rx+	Complete 10 minutes of quiet time (meditation, focus on breath, etc.) 3 pts/day	3 pts								
Rx	Journal your thoughts around your energy level and mindset related to the challenge. (Ex. I ate (blank) and felt sluggish, I slept 8 hours and felt refreshed and performed much better throught the day.) 5pts/day	5 pts								

Exercise			Sun	Mon	Tues	Wed	Thur	Fri	Sat	Total
Rx	Complete a high intensity activity for 40 minutes (crossfit, HIIT, etc.) Max: 5/week	40 pts								
Rx	Complete a low intensity workout for 30 minutes (running, biking, yoga, pilates, etc.) Max: 3/week	30 pts								
Penalty	If you complete more than 5 high intensity workouts in a week. Subtract 50pts for each workout over the 5 amount limit. If you workout every day of the week without a single full rest day subtract 100 points.									

Note: No additional points are awarded for eating a fourth meal, additional mobility, quiet time etc. beyond what is documented above and only one exercise activity can be logged per day.

Totals

"Eat real food, not too much, mostly plants" - Michael Pollan

"Progress over perfection" - John Berardi

Previous Weekly Health Score PR: _____
One Step Closer points accumulated this week: _____
Baseline for the upcoming week: _____

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FAQ

Body Profiles

Ectomorphs Light and lean. High carbohydrate tolerance. (Think endurance athletes, climbers, ballet dancers, etc.)
Mesomorph Medium and balanced. Naturally muscular. (Think football running backs, soccer players, gymnasts, etc.)
Endomorph Heavier; more body fat. Gains weight easily. Larger bone structure. (Football lineman, powerlifters, etc.)

What food falls into what category?

Protein   Red meat, chicken, fish, eggs, or plant source
Vegetables   Wide variety of non-starchy vegetables
Carbs   Starches = Sweet potatoes, whole grains, bread
Fats   Healthy oils, nuts and seeds
Desserts   Fruits for dessert or after exercise

Meal Portion Sizes

		Ectomorph		Mesomorph		Endomorph	
	Size Guide	Women	Men	Women	Men	Women	Men
Protein	Palm	1	2	1	2	1	2
Veggies	Fist	1	2	1	2	1	2
Carbs	Cupped Hand	2	3	1	2	0.5	1
Fats	Thumb	0.5	1	1	2	2	3

Example: Ectomorph male plate portion size would be two palm size portions of proteins, two fist size portions of vegetables, three cupped hand size portions of carbs and one thumb size portion of fats.

I am unsure which body profile to select. I used to be "light and lean" but now I am heavier with some body fat I would like to lose. I really just want to lose weight, which one should I choose?

Great question. If you are just unsure where to start, a great starting point for anyone is the mesomorph category. If you were "light and lean" or even "medium and balanced", but now aim to lose 25% of your current body weight you can start in the endomorph category, but it is highly recommended to slowly transition to your natural frame portion sizes. If you are looking to lose 5 - 15% of your body weight, I'd recommend just focusing on your natural frame portion sizes.

I use MyFitnessPal to log all of my food. How does the size guide relate to macros?

For the ectomorph the macros would be about 40% protein, 50% carbs, 10% fats. Mesomorph would be around 40% protein, 40% carbs, 20% fats. The endomorph would be about 40% protein, 30% carbs, 30% fats. Even though you are using the app to log your food, we are still challenging you to incorporate the correct allotment of proteins, non-starchy vegetables, starches and healthy fats.

What is "minimally processed"?

Minimally processed food retains most of its inherent physical, chemical, sensory and nutritional properties and many of the minimally processed foods are as nutritious as the food in its unprocessed form. Foods such as sliced fruits and vegetables, bagged salads and leafy greens and roasted nuts are all examples of minimally processed foods. Canned foods such as beans, tuna, fruits and vegetables as well as frozen fruits and vegetables are additional examples of minimally processed foods. Jarred pasta sauces, yogurt and salad dressings have added oils and sweetners and preservatives, which makes some processed food. Find food with six or less ingredients and with ingredients you can pronounce (live cultures in yogurts are acceptable). Oil based salad dressings usually are minimally processed. Examples of heavily processed foods include most crackers, deli meat, breads and granolas. The most heavily processed foods examples include pre packaged and/or frozen meals.

What are acceptable desserts or treats?

Fruits contain natural sugars which are acceptable in this challenge. Also, baking utilizing natural sweetners like organic maple syrup and raw honey are great alternatives to sugar.

The meal portion sizes are too big/small.

Obviously utilizing hands as a measuring tool is not an exact science. The portion sizes are meant to be rough guidelines. If you need to make adjustments, please do. In your adjustments it is HIGHLY encouraged to stay within the Protein/Veggies/Carbs/Fats ratio. Do not increase/decrease one without increasing/decreasing the others. The only one which is acceptable to increase without increasing the others is the amount of high quality fats in your meal. *In the end, eat until satisfied and not stuffed which is to eat to about 80% full.*

I am on (insert any diet), can I do this challenge?

As you will see in the food recommendations we do not designate you have to follow any certain diet. Almost all diets (vegan, paleo, whole 30, intermittent fasting, etc.) fit into the recommended food portions. So you can stay on your diet of choice and still participate in the challenge.

I feel like there's too much to keep track of!!

That is the point. The only way to be successful in this challenge is to be constistent with the areas of health you are already good at and to slowly onboard new habits. Much like we see in the gym, if we try to do too much all at once we feel overwhelmed, defeated and quit. Start with small improvements and focus on making those a habit. Once these new improvements become second nature, start thinking about what is the next improvement you would like to make. As already stated, "Progress over perfection."

Why are we not counting our calories or measuring our progress on a scale?

Calories matter...that's science. I will not argue to lose weight it often comes down to eating fewer calories. However, losing weight does not guarantee a lower body fat percentage or that you are a healthier individual. In the world of healthy nutrition calories take a back seat to building healthy habits centered around eating the right amount of minimally processed food, recovering well and moving our bodies. By focusing on the ideal nutrition for you and your activity level an optimum caloric intake and overall weight will be established. Without establishing this optimum set point for your body, any calorie or weight goal is just a guess. The habit-based approach to healthy nutrition has been proven to be more effective in the long run than calorie and weight management challenges in numerous studies. So for this challenge we will not discuss a scale or calories; this challenge is about building habits to get you one step closer to your ideal self.

Any further questions, please reach out to your coach or health challenge organizer. He/She may have great resources to point you towards like health/nutriton methodology & tips (https://www.precisionnutrition.com), great cooking recipes (https://detoxinista.com) or even ways to stay on track while away from home.