

Whole Life Challenge Worldwide

How the Challenge Works

1. **GET REGISTERED** – Go to wholelifechallenge.com on August 15th, create your account and pay for the challenge. The fee for entering the challenge is \$45
2. **CHALLENGE PRELIMS** – Saturday, September 15. Participate in your affiliate's challenge prelims where you will be measured and do a preliminary workout, just like in a PR challenge. These measurements will be used as part of the determination of your affiliate's winners. If you cannot make the prelims, be sure to schedule a make-up with a staff member at your affiliate.
3. **PLAY THE GAME** – The game consists of four areas: Nutrition, Workout, Mobilization, supplementing with Fish oil.
 - a. **Nutrition** – No grains or starches (legumes ARE permitted), corn or soy, sugars or artificial sweeteners, juice, alcohol, dairy (butter IS permitted), artificial or processed foods. **You will start every day with 3 points for nutrition. Subtract 1 point for every violation of the nutrition rules. You can finish the day with 0, 1, 2, or 3 points.**
 - b. **Workout** – In this challenge you will train EVERY DAY. The minimum requirement for your workout is 10 minutes of active recovery. That means that even if you are taking a day off from intense workouts, you must still engage in at least 10 minutes of activity (e.g. jogging, skating, biking, yoga, etc). Intensity is not the goal, consistency is. **You will earn 1 point for your workout each day.**
 - c. **Mobilization** – Stretch or mobilize for 10 minutes every day. **You will earn 1 point for mobilizing each day.**
 - d. **Fish oil** – Take a fish oil or EPA/DHA omega-3 supplement every day. There is no minimum dose for omega-3 for this challenge. You may take any brand you like. Your fish oil supplement need not comply with the nutrition rules (wheat, corn, soy, artificial ingredients, etc). **You will earn 1 point each for taking a fish oil supplement each day.**
4. **REPORT YOUR SCORE** – Every day during the challenge, starting Sunday, September 16, log into the WLC website and report your score for the previous day on the worldwide scoreboard. You will be able to log your score starting at midnight. The cut-off time for logging is 3pm local time each day. After 3pm you will lose the opportunity to enter your previous day's score and will be given a 0 for that day.
5. **CHALLENGE FINALS** – Saturday November 10. Repeat the prelim's measurements and workout. You will be ranked according to your improvement in both areas as a part of the determination of your overall ranking in your affiliate. If you cannot make the finals, be sure to schedule a make-up with a staff member at your affiliate **prior to the finals event.**
6. **BONUS** – Each week you will have the chance to earn up to 3 bonus points by participating in weekly challenges that will be announced every Friday and by sharing your daily experiences with other players in the "Reflections" portion of the daily scoring. If you have a perfect score, these bonus points can be saved and "spent" during the course of the challenge.
7. **WINNERS** – Winners will be determined at the affiliate level. You will only be competing against the members of your affiliate. Your improvement rankings will be combined with your ranking on the scoreboard to determine the final winners. Number of winners and prizes will be determined by your affiliate.