

clean.

Clean is a team and individual competition based on training consistency, logging of food intake, fitness testing and improved body composition results.

Individuals who sign up for the clean challenge will be allocated to a coaching team who will be responsible for keeping track of the athlete's attendance, food logging and clean eating.

Each Coaching team will have a maximum of 10 Athletes allocated to them. Those 10 athletes will form a team and will be competing against the other 4 teams as well as competing against everyone as an individual.

Individual Competition:

Points system:

Weekly Attendance to class

0 = 0
1 - 2 = 1 point
3 - 4 = 2 points
5 - 6 = 3 points

Food logging and clean eating

4 days logged with a cheat = 1
4 days logged no cheat = 2
*more than 1 cheat and the logging points are redundant

Obviously there is an element of honesty required from all individuals taking part here. We trust that all our members will be up front and honest about their cheat meals and the logging of their diets.

Body composition (optional)

Before and after photos done = 5
Weight and body % done pre and post = 5

Coaches Pick

2 athletes from each group will progress to the next level of competition:

- 1) The athlete with the most points after the 7 weeks
- 2) The coaches pick of another athlete based on their fitness testing results, body composition results and before/after photos (biggest transformation).

The final

Once the 2 athletes from each group have been found those athlete's results will be passed on to the other groups. This means that each group will receive 8 athletes' results from other groups (2 athletes per group / 4 other groups). Each group will then rate those 8 athletes' results from the other teams 1-8.

1 being the athlete they believe has made the biggest transformation, showed most improved results in the fitness testing and displayed the most commitment in terms of training and diet. Once all teams have submitted their rankings the athlete with the lowest score will take home the big prize!

Eg.

Team 1: Helen / grace

Team 2: Bob / Kyle

Team 3: Greg / Dick

Team 4: Tom / Fran

Team 5: Anne / Sally

Team Sandy	Team Wykie	Team Dirk	Team Hine	Team Blake	
1) Tom	1) dick	1) Tom	1) Greg	1) Tom	
2) dick	2) Tom	2) Anne	2) Kyle	2) Greg	
3) Anne	3) Greg	3) Bob	3) Grace	3) Grace	
4) Bob	4) Anne	4) Grace	4) Bob	4) dick	
5) Sally	5) Fran	5) Helen	5) Sally	5) Helen	
6) Greg	6) Sally	6) Kyle	6) dick	6) Kyle	
7) Kyle	7) Grace	7) Fran	7) Helen	7) Bob	
8) Fran	8) Helen	8) Sally	8) Anne	8) Fran	

1) Tom 5

2) Greg 12

3) Dick 13

4) Anne 17

5) Bob 18

6) Kyle 21

7) Sally 24

8) Fran 28

The team competition:

The individual scores will add up to a grand total to determine the winning team. This will purely be based of the points scored from class attendance, food diary completion and sticking to the clean eating rules.

Random weekly challenges:

There will be a number of random challenges through out the 7 weeks that will give teams the opportunity to gain extra points!

2hour meeting on Sunday the 3rd of November 1-3pm.

Teams will be revealed here!

More details about what foods are to be avoided during the 7 week period will be discussed at the testing day. The basics will be bread, rice, pasta and sugar (not including fruit). We'll also discuss the standards that your food diary must meet in order to be valid.

Your baseline testing will also be done on this day. More information about the baseline workouts to be released next week. Before photos, body weight and composition will also be taken on this day.

If you are unable to make the 2 hour session on Sunday the 3rd please email wykie@andfit.co.nz and we'll arrange another time for you to get you initial testing done.

If you have any questions about the 7 week challenge please fire them through to Wykie at wykie@andfit.co.nz.

Looking forward to going hard with you all for 7 weeks!

Andfit team