

Core Four Challenge: Rules, Prizes, and What to Expect

Welcome to the Core Four Challenge! This document will guide you through the rules, point system, and everything you need to know before signing up. Once you join, you'll receive the **Core Four Challenge Handbook**, an exclusive resource packed with tips, strategies, and meal ideas to help you succeed.

Challenge Rules

- Duration:**
 - The challenge runs for **6 weeks** from January 20 to March 02
 - Daily Habits:**
 - Nutrition (20 Points):**
 - Option A: Food Tracking:* Track calories and protein to meet daily goals.
 - Option B: Whole Foods Approach:* Earn 10 points for eating 90-100% whole, plant-based foods and 10 points for adhering to an 8-hour eating window (e.g., 10 AM to 6 PM).
 - Weigh/Measure Daily (10 Points):** Choose to weigh yourself or measure your waist every day.
 - Steps (10 Points):** Set a step goal 1,000 steps above your current average, up to 10,000 steps per day.
 - Bonus Points:**
 - Earn **250 bonus points** if you achieve one of the following milestones:
 - Lose 6 pounds during the challenge.
 - Reduce your waist circumference by 3%.
 - These points are a bonus and can help enhance your total score but are not required to qualify for the prize pool.
 - Streamlined Daily Challenges:**
 - Participate in occasional daily mini-challenges to boost engagement and motivation. These challenges are for fun and accountability but not tied to a prize.
 - Tracking Progress:**
 - Use the Trainerize app to log your habits, steps, and progress daily.
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Point System

- **Daily Maximum Points:** 40 (20 for nutrition, 10 for steps, 10 for weighing/measuring).
 - **Bonus Points:** 250 for hitting the weight or waist milestone.
 - **Total Points Possible:** 1,930 points over 6 weeks (1,680 from daily habits + 250 bonus points).
 - **Threshold to Qualify for Prizes:** Achieve at least 85% of total points (1,428 points).
The 85% threshold is achievable without relying on bonus points, which are an additional boost.
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Prizes

1. **Digital Milestone Prizes:**
 - Awarded at 25%, 50%, and 75% of total points to celebrate your progress. Examples include digital , recipe packs, and additional resources.
 2. **Monetary Prize Pool:**
 - 25% of the challenge fees will go into a prize pool.
 - Participants who reach the top (85% of points) will share the prize pool equally.
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What You Get When You Sign Up

- **Core Four Challenge Handbook:**
 - A comprehensive guide with meal ideas, tips, and strategies to make the challenge easier and more effective.
 - **Access to Trainerize:**
 - A user-friendly app to track your habits, progress, and points daily.
 - **Community Support:**
 - Engage with other participants for encouragement, motivation, and accountability.
 - **Weekly Education:**
 - Insights and tips to help you stay on track and achieve your goals.
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Why Join the Core Four Challenge?

- **Achieve Sustainable Health:** Build habits that support weight loss, blood sugar control, and overall wellness.
- **Personalized Options:** Choose the nutrition pathway that works best for your lifestyle.
- **Incentives to Stay Consistent:** Earn points and prizes as you progress.
- **Exclusive Resources:** Gain access to tools and strategies that simplify your health journey.

Success Story: Zarah

During the last challenge, Zarah lost 6.5 pounds and 3.5 inches from her waist in 6 weeks. Her consistency paid off, and she achieved amazing results. This could be your story too!

Quick Start Guide and FAQ

Quick Start Guide:

1. Decide your nutrition pathway: Food Tracking or Whole Foods Approach.
2. Set your step goal: 1,000 steps above your current average (up to 10,000 steps).
3. Log your daily habits in Trainerize.
4. Track your progress: Weigh or measure your waist daily.

FAQs:

- **What if I miss a day?**
 - Don't worry! Focus on doing better the next day. Progress, not perfection, is the goal.
 - **Can I switch nutrition pathways during the challenge?**
 - Yes, you can adjust to the pathway that works best for you.
 - **How do I track my points?**
 - Use Trainerize to log habits and track your progress.
 - **Do I need the bonus points to reach the top?**
 - No, the 85% threshold is achievable without bonus points.
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Ready to Join?

Sign up today and take the first step toward a healthier, more vibrant you. Together, we'll build habits that last a lifetime!