

BFT 8 Week Challenge Rule Book:

1. 8-week challenge ONLY.

Such a large energy deficit is created to entice a shock to your metabolism and reduction in body fat.

We do not recommend this diet any longer than 8 weeks continuous as this may contribute to bodily stress and hormonal disturbances with damaging consequences (e.g. fertility and reduction in bone mineral density etc) when followed long term. After 8 weeks a period for an energy balance and recovery from training will be strongly recommended to allow your body to rebalance itself. If greater weight loss is wanted further action can defiantly be taken. There will be an important information session available towards the end of the challenge to support your health and transitions depending on your goals.

2. This challenge is designed to help those who are over their most healthy weight.

Losing weight below a healthy weight is just as unhealthy and dangerous if not worse than being above your healthy weight. Being underweight can contribute to nutrition deficiencies, malnutrition, illness and hormonal disturbances that can have long term, irreversible consequences such as a decline in bone mineral density and increased risk of bone fracture.

Females who are underweight (not enough body fat), are in an energy deficit for too long, or are over exercising and not allowing their body to have adequate recovery between intensive training sessions are at high risk of losing their periods (amenorrhea) effecting their fertility, mental health and bone health.

We recognise that everyone is individual in where their body naturally sits under healthy conditions. The BMI scale (a population-based measure for healthy weight based on height and weight only) can provide good estimations on a healthy weight range. Caution must be taken as the BMI doesn't consider differences in muscle mass. Muscle weighs more than fat so someone could be very lean and be classified as being 'overweight' or 'obese'.

Measuring body composition is a valuable tool with DEXA being the Gold Standard. Less than 20% body fat for females is often associated with amenorrhea (loss of period) and detrimental consequences. Sensitivity will vary between individuals in where things may "switch off" and low body fat is not the only cause. If you are a female and experience a loss of period for more than 3 months we recommend seeking professional advice. It is not a sign of fitness.

BMI Calculator:

<https://www.betterhealth.vic.gov.au/tools/body-mass-index-calculator-for-adult>

If you have any concerns or questions, please contact our expert dietitian Amy Giannotti.

A larger energy deficit will naturally be created in this plan in those that have larger bodies, are more active and have a higher muscle mass. This is because their energy expenditure is much higher compared to a smaller body, who is sedentary and lacks muscle mass (metabolically active tissue).

Although energy is restricted, our plans aim to provide you will 100% of your nutrient requirements to support a healthy and sustainable weight loss!

3. *The information provided in this program and manual does not constitute as medical advice.*

Consult your health care professional to ensure this plan is right for you before commencing this program. If you decide not to obtain consent of a health care professional throughout the duration of the program using these recommendations you are agreeing to accept full responsibility for your actions.

This nutrition program is not suitable for pregnant or breastfeeding women, diabetics or those with any known allergies or intolerances. We do provide alternatives for vegetarians, those with coeliac disease and lactose intolerance.

If you have suffered from a previous eating disorder or currently struggling with one, we do not recommend this program. Please contact Amy and she can help find the right support for you, your most healthiest and happy self!

4. *Up to 2 FREE meals or snacks away from the plan per week.*

With a combined 35 meals and snacks over 1 week, 2 works out to be just 5.7% of your weekly intake, highlighting the importance of being prepared and forming habits.

This is not your chance to binge eat but instead support those unexpected events or situations that naturally arise. If you also have a craving for something e.g. pizza or a burger then enjoy this. To support your goals why not have a burger with a side of salad or 2 slices of pizza with a bowl of steamed vegetables or salad? The fibre and high-water content will naturally help satisfy you and won't leave you feeling heavy and lethargic.

The key is for the next meal or snack to be back to your plan and supporting your goals. Don't get hung up on it, move forwards!

Please also avoid calling these "free" meals/snacks "cheat meals". You are not cheating, we are just helping to make this more sustainable for you over the 8 weeks and to help develop long lasting, enjoyable habits.

For long term results and overall health you need to learn how to enjoy your sometimes foods in moderation. We hope you can do this without the guilt and shame and learn to be more mindful with your eating, rather than binge eating on foods you have defined as "bad" and then having feelings of guilt and shame that often lead to unhealthy compensatory behaviours.

We are not about banning any foods. We understand food also plays an important part of your social and mental health. Food often plays a significant role in family and cultural traditions and celebrations. During the 8 weeks it will be challenging changing some of your behaviours! It will be a great chance to look at where your habits come from and asking yourself if they support your current goals and values. Daily meditation and daily journaling is highly recommended.

5. *Up to 2 alcoholic drinks per week.*

This could be 2 standard glasses of wine, beer or a cocktail. We won't get complicated with standard drinks. Enjoy them. Over the 8 weeks we encourage you to do the things you enjoy, go out, socialise but "limit your drinking to up to 2 drinks per week".

6. Up to 2 caffeinated tea or coffee beverages per day.

Black tea or coffee can be enjoyed on top of your meal plan. A tea or coffee made with milk, for example a chai tea made with milk or a latte will count towards a snack.

7. 3 main meals and 2 snacks per day.

Fuelling your body every 3-4 hours will help stabilise blood sugar levels, support a speedy metabolic rate and prevent energy lows and sugar cravings.

8. Fuel your training and replenishing post training to support a speedy recovery, optimize training adaptations, health and energy.

Our meal plan is specifically designed to maximise your training adaptations (results) and support optimal health.

Carbohydrates are our bodies preferred fuel source for moderate to high intensity training. Our body stores carbohydrate (glycogen) in our muscles and liver. This allows for about 60 minutes of high intensity exercise.

Those training early and soon after waking can skip breakfast. For those that feel they get a bit dizzy during the session and or really fatigued towards the end of the session I recommend trying a small carbohydrate rich snack before training. Try a small banana (or half a large) or 1 slice of toast with vegemite, honey (1 tsp) or jam. (1-2 tsp). A coffee pre-training to support concentration and perceived effort is also allowed if enjoyed.

Dizziness can be from low blood sugar levels and fatigue or an inability to maintain high intensity training can be due to glycogen depletion (carbohydrate stores). Having a small carbohydrate rich, easy to digest snack pre-training can replenish liver glycogen stores (depleted from your overnight fast) and provide circulating glucose to the brain and working muscles. This may make a big difference in the quality of your training and thus adaptations (results) so recommend for those that feel a difference.

Post training, we want to supply our body with carbohydrate and protein. Carbohydrates help fuel the recovery process, replenish glycogen stores, support immunity and prevent our body from going into a starvation state where it starts to find ways to limit energy expenditure and slow down our metabolic rate. The complete opposite to what we want it to do! We want a speedy metabolism!

Protein helps support muscle recovery, hormonal responses and prevent muscle wastage.

Early morning trainers can have breakfast straight after providing protein and carbohydrate to promote a speedy recovery. Those training later in the morning who have time to have a proper breakfast (e.g. 1-2+ hour before) will get their recovery fuel and tools from their next meal or snack.

Those training in the evening can enjoy a carbohydrate and protein containing lunch and afternoon snack to fuel training and then support a speedy recovery with a protein + carbohydrate dinner.

All of this will be clear and designed into your meal plan.

9. 3 L of water per day minimum.

Just like your car needs oil, your body needs water!

Dehydration increases your heart rate and stress on the heart, perceived effort and can have detrimental and even fatal consequences. Be mindful of humidity, temperature, your clothing and the duration of your training sessions and adjust your fluid to support additional losses. Thirst is not a good indicator of hydration. Your urine colour can be good indicator of daily hydration status (if not taking high dose vitamins supplements). Always aim for a pale-yellow colour.

10. You may choose to enjoy the same meal multiple times (e.g. your favourite breakfast or lunch), we are just offering variety.

We will be providing stacks of tips for making meal prep easy and enjoyable. For long term results it needs to be a lifestyle change. We are committed to helping you develop these healthy habits!

11. Supplements – Females (higher requirements) who may be low or borderline in iron we recommend an iron supplement during this intensive training period.

A blood test is recommended if often feeling tired, dizzy, have a suppressed immunity (always getting sick) and a delayed recovery from exercise. These are signs of iron deficiency and if low supplementation will be required to bring you back up to healthy levels.

12. Prepare! Wednesday and Sunday write down your meals and snacks for the next 3/4 days.

Create a shopping list and go grab the tools (ingredients) you need to create your goal and fuel your body!

13. Bulk cook!

Many of meals and snacks can be made in batch. We highly recommend saving time and often money by doubling or tripling up on your meals. Dinners can be bulk cooked or can be enjoyed for lunch the next day. It is 8 weeks, make it easy for yourself. Use the extra time you saved getting a massage, manicure, a walk with a friend or get on that foam roller!

14. Tracking your dietary intake is not required for this program as we rather focus on forming habits rather than counting calories.

If participants prefer to track their intake we would recommend using “Easy Diet Diary App”.

15. If 1:1 support, a thorough nutrition analysis and consultation is desired Amy is available via phone at a discounted rate of \$100.

USE ‘BFT8WEEKCHALLENGE’ as your promo code to purchase ‘Initial Consultation ONLINE’ to receive your discount. <http://eatingfit.com.au/nutrition-plans>