

12WC MEMBER INFO BOOK





WEEK 01

WEEK12



WHAT IS THE BFT 12WC?

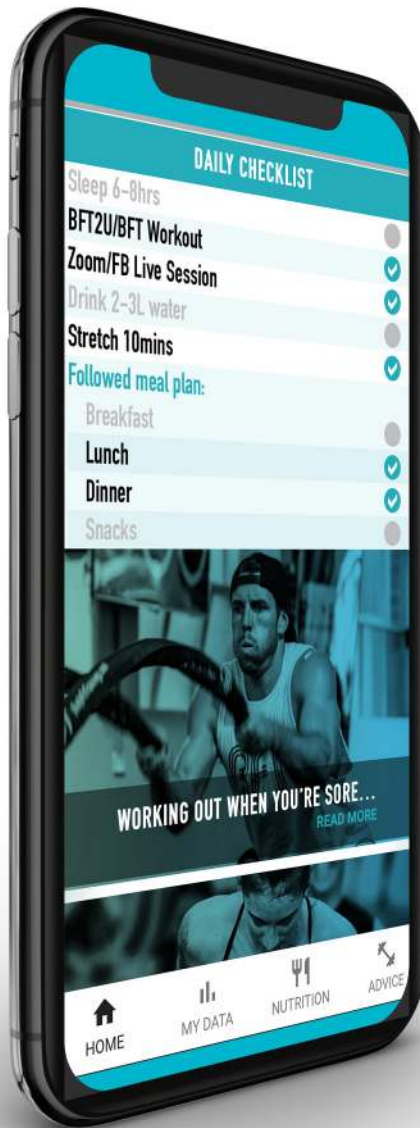
THE 12WC IS ALL ABOUT TRANSFORMATION. CHANGING YOUR BODY COMPOSITION, YOUR TRAINING ROUTINE, YOUR MENTAL HEALTH AND YOUR LIFESTYLE HABITS.

THE AIM OF THE BFT 12WC IS TO PROVIDE YOU THE TOOLS, HELP AND SUPPORT TO MAKE PERSONAL CHANGES TO YOUR HEALTH AND WELLBEING. CHALLENGING YOURSELF TO PROGRESS - UP YOUR WORKOUTS AND MAXIMISE YOUR RECOVERY BY SLEEPING, STRETCHING AND EATING RIGHT.

THIS CHALLENGE COMBINES A 12 WEEK NUTRITION PLAN WITH BFT PROGRAMMING ALONG WITH THE SUPPORT AND ACCOUNTABILITY OF OUR COMMUNITY OF TRAINERS AND MEMBERS TO HELP YOU REACH YOUR OWN HEALTH AND FITNESS GOALS.

THE CHALLENGE MEAL PLAN, RECIPES AND NUTRITIONAL ADVICE IS DESIGNED BY A TEAM OF ACCREDITED PRACTICING DIETICIANS.

THE BFT 12WC PORTAL



THE CHALLENGE PORTAL IS WHERE IT'S AT! IT'S YOUR 1 STOP CHALLENGE SHOP.

MEAL PLANS, ADDITIONAL NUTRITION CONTENT AND YOUR MYZONE DATA CAN BE FOUND HERE. MAKE SURE YOU GET IN CONTACT WITH US BEFORE MAY 24 IF YOU HAVE TROUBLE ACTIVATING EITHER, TO ENSURE YOU ARE ALL SET TO GO ON DAY ONE.

PLEASE MAKE SURE TO USE THE SAME EMAIL ADDRESS YOU REGISTERED YOUR MYZONE WITH, TO ACCESS THE PORTAL.

IF YOU HAVE A PREVIOUS CHALLENGE OR BFT2U ACCOUNT, YOU CAN USE THE SAME LOGIN.

IMPORTANT: YOUR BFT BOOKING APP LOG IN WILL NOT WORK. IF YOU HAVEN'T PREVIOUSLY PARTICIPATED IN ONE OF OUR CHALLENGES OR BFT2U SESSION, YOU WILL NEED TO "REGISTER" FOR AN ACCOUNT USING THE SAME EMAIL ADDRESS YOU PROVIDED US WITH.

YOU CAN ACCESS THE PORTAL HERE: [HTTPS://CHALLENGE.BODYFITTRAINING.COM](https://challenge.bodyfittraining.com)

THE CHALLENGE APP HAS 4 ESSENTIAL FEATURES:

HOME

THIS IS WHERE YOU'LL SEE YOUR DAILY CHECKLIST TO KEEP YOU ACCOUNTABLE DAY-IN, DAY OUT. YOUR MYZONE LEADERBOARD (BUT REMEMBER IT'S NOT ALL ABOUT MEPS!) AND ANY NEW ADVICE ARTICLES.

MY DATA

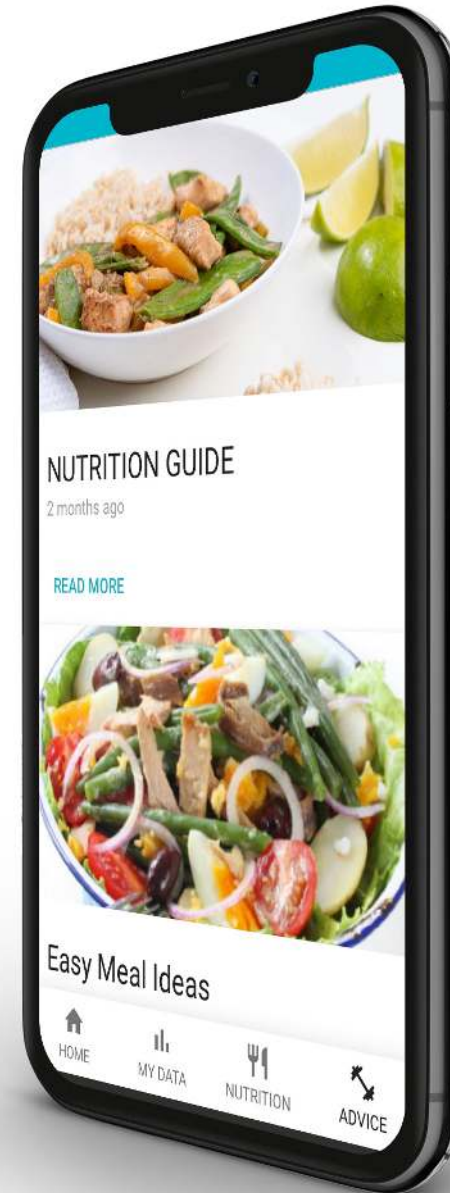
YOU'LL BE ABLE TO SEE YOUR EVOLT SCAN DATA AND TRACK IT AGAINST THE TARGETS YOU SET. THIS IS ALSO WHERE YOU'LL UPLOAD YOUR BEFORE & AFTER PHOTOS. YOU WILL ALSO BE ABLE TO SEE YOUR WEEKLY MYZONE MEPS TO MAKE SURE YOU ARE REACHING YOUR 450 MEP TARGET FOR JUDGING ELIGIBILITY.

NUTRITION

YOUR NUTRITION HUB! YOU'LL FIND THE DAILY MEAL PLAN, THE RECIPES FOR THE WEEK ALONG WITH YOUR WEEKLY SHOPPING LIST IN THIS SECTION. YOU CAN ADJUST YOUR NUTRITION STREAM, SEE YOUR DAILY MACROS, AND STAY ACCOUNTABLE WITH THE TOKEN SYSTEM. SEE CHALLENGE NUTRITION FOR MORE INFORMATION ON THE MEAL STREAMS.

ADVICE

NEW BLOGS AND ARTICLES WILL BE PUBLISHED EVERY WEEK DURING THE 12WC TO EDUCATE MEMBERS ON HEALTH, NUTRITION AND TRAINING.





CHALLENGE NUTRITION

EVERY PERSON IS UNIQUE. YOU MAY HAVE SIMILAR GOALS, BUT YOUR NUTRITION REQUIREMENTS WILL VARY GREATLY DEPENDING ON YOUR GENDER, BODY TYPE, STARTING BODY WEIGHT, MUSCLE MASS, AND PHYSICAL ACTIVITY LEVELS.

IN ORDER TO BETTER MATCH YOUR NEEDS, WE HAVE CREATED 3 MEAL PLAN STREAMS WITH DIFFERENT CALORIE AND MACRO-NUTRIENT RANGES. WE HAVE ALSO CREATED A VEGAN STREAM WITH ITS OWN CALORIE AND MACRO-NUTRIENT RANGES:

- STREAM A: 1500-1800CAL
- STREAM B: 1800-2100CAL
- STREAM C: 2100-2400CAL
- VEGAN*** 1800-2100CAL

*** VEGANS OUTSIDE THEIR CALORIE/MACRO-NUTRIENT PROFILE WILL NEED TO ADJUST THE MEAL PLAN. VEGETARIANS CAN USE THE VEGAN PLAN WITH DOCUMENTATION IN YOUR PORTAL ON HOW TO ADJUST. TO BEST DETERMINE WHICH NUTRITION STREAM TO FOLLOW, MEMBERS SHOULD USE THE CALORIE TARGETS PROVIDED AFTER DOING THEIR EVOLT SCAN. STILL STUCK? YOUR TRAINER CAN HELP YOU CHOOSE YOUR NUTRITION STREAM AFTER YOU'VE DONE YOUR SCAN, BASED ON YOUR GOALS.

SERVING SIZE

THIS MEAL PLAN IS DESIGNED TO SERVE ONE PERSON FOR ALL MEALS AND SNACKS. SHOPPING LISTS AND RECIPES ARE ALSO TAILORED TO SERVE ONE PERSON. RECIPES ARE DESIGNED TO ALLOW FOR EASY ADJUSTMENT OF SERVING SIZES, TO SUIT COUPLES AND FAMILIES. PLEASE REFER TO 'HOW TO ADJUST YOUR MEAL PLAN' RESOURCE FOR ADJUSTING RECIPE VOLUMES. RECIPES CAN ALSO BE EASILY SUBSTITUTED FOR RECIPES PREVIOUSLY USED IN THE CHALLENGE, ACCORDING TO PREFERENCE.

SHOPPING LIST

THERE ARE WEEKLY SHOPPING LISTS, WHICH MATCH THE MEAL PLANS FOR ALL THREE DIETARY CHOICES. PLEASE NOTE, IF MEMBERS SWAP MEALS OR INGREDIENTS, THEY WILL NEED TO ADJUST THEIR SHOPPING LIST MANUALLY. THE SHOPPING LIST DOES NOT AUTOMATICALLY UPDATE.

HOW TO ADJUST THE MEAL PLAN:

NEED TO MODIFY OUR MEAL PLANS TO SUIT YOUR FOOD PREFERENCES, FAMILY NEEDS AND LIFESTYLE? WE EXPECT THAT! WE'VE AIMED TO PROVIDE GUIDELINES TO SUIT MOST OF YOUR MODIFICATION NEEDS IN OUR HOW TO MODIFY YOUR MEAL PLAN ARTICLE FOUND IN THE 'ADVICE' SECTION OF YOUR PORTAL. IF YOU NEED FURTHER GUIDANCE, PLEASE SPEAK TO YOUR BFT TRAINER, POST OR MESSAGE ON THE BFT CHALLENGE FACEBOOK PAGE TO GET IN TOUCH WITH OUR DIETICIANS.

FAQ'S:

DO THE MEAL PLANS CATER FOR ALLERGIES OR DIETARY PREFERENCES?

YES, ALONG WITH THE VEGAN STREAM, WE HAVE MARKED ALL RECIPES WITH GLUTEN FREE ADAPTATIONS, AS WELL AS PROVIDED SUPPLEMENTARY MATERIAL AND GUIDES IN THE 'ADVICE' SECTION OF YOUR PORTAL FOR GLUTEN FREE, DAIRY FREE AND LOW FODMAP DIETS.

CAN I SWAP THE MEALS THROUGHOUT THE CHALLENGE?

YES. REFER TO THE 'SNACK LIST', 'EASY MEAL IDEAS' AND 'HEALTHY PLATE MODEL' GUIDES IN THE BFT PORTAL. YOU CAN ALSO SUBSTITUTE RECIPES FOR ANY OF YOUR FAVOURITE PREVIOUSLY USED RECIPES WITHIN THE PLAN (OR PAST CHALLENGES). WHERE POSSIBLE, SWAP MAIN MEALS FOR RECIPES WITH A SIMILAR MACRONUTRIENT PROFILE. TRY NOT TO SWAP OUT TOO MANY FISH OPTIONS (UNLESS YOU DON'T LIKE FISH), OR TOFU OPTIONS FOR VEGANS, AS THE OMEGA-3 FATTY ACIDS FOUND IN FISH AND TOFU ARE IMPORTANT FOR MUSCLE RECOVERY! TOFU IS ALSO AN IMPORTANT PROTEIN, IRON AND CALCIUM SOURCE FOR VEGANS.

DO I NEED TO ADAPT THIS MEAL PLAN TO ACCOUNT FOR A LARGER WORKOUT?

NO, MEMBERS DO NOT NEED TO ADJUST THE MEAL PLAN. HOWEVER, IF THEY FEEL EXTRA HUNGRY, WE HAVE PROVIDED AN ADDITIONAL SNACK LIST, FROM WHICH THEY CAN SELECT ONE ADDITIONAL SNACK.

CAN I HAVE COFFEE?

YES, OF COURSE YOU CAN HAVE COFFEE (WITH THE EXCEPTION OF THE OPTIONAL 'NO CAFFEINE' NUTRITION MINI CHALLENGE, THAT OCCURS DURING WEEK 7 TO WEEK 9). A MILK COFFEE IS ONE OF THE SNACK OPTIONS THROUGHOUT THE MEAL PLAN. BLACK COFFEE CAN BE ADDED AT ANYTIME TO THE MEAL PLAN.

HYDRATION

STAYING HYDRATED IS ESSENTIAL TO MAINTAINING A HIGH LEVEL OF PHYSICAL AND MENTAL PERFORMANCE. ON AVERAGE, YOU SHOULD AIM FOR FOR 2-3L PER DAY, OR 35-45ML PER KILOGRAM OF BODYWEIGHT. HOWEVER, EXERCISING AT HIGH INTENSITY FOR 50 MINUTES A DAY MAY REQUIRE YOU TO INCREASE YOUR WATER INTAKE.



MINI CHALLENGES

EVERY 3 WEEKS, WE MINI-CHALLENGE YOU TO CUT BACK A FEW THINGS. THE AIM OF THIS IS TO KEEP YOU ACCOUNTABLE WITH YOUR NUTRITION, BREAKING IT DOWN INTO SMALL ACHIEVABLE GOALS AND TIME-FRAMES. THESE ARE OPTIONAL, BUT WHAT HAVE YOU GOT TO LOSE?!

WEEK 1 - 3: CUT BACK REFINED SUGAR

WEEK 4 - 6: LIMIT ALCOHOL

WEEK 7 - 9 : DECREASE CAFFEINE

WEEK 10 - 12: NO PROCESSED FOOD



ACCOUNTABILITY

DAILY CHECKLIST

THE DAILY CHECKLIST IS ON THE HOMEPAGE OF YOUR PORTAL, AND IS YOUR NEW BEST FRIEND. DESIGNED TO KEEP YOU ACCOUNTABLE DAILY, USE IT TO TICK OFF THOSE DAILY ITEMS THAT WILL HELP YOU ACHIEVE YOUR GOALS AND CREATE LONG-TERM HEALTHY HABITS.

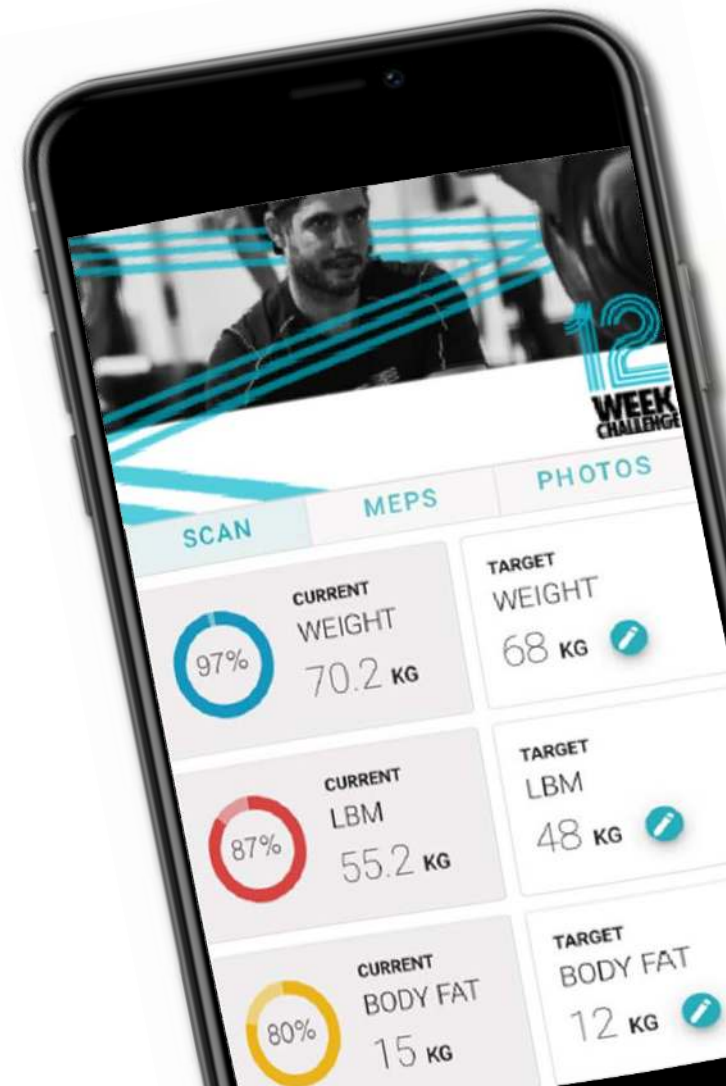
SET GOALS

SETTING GOALS GIVES YOU LONG-TERM VISION AND SHORT-TERM MOTIVATION. IT HELPS TRIGGER NEW BEHAVIOURS, HELPS GUIDES YOUR FOCUS AND HELPS YOU SUSTAIN MOMENTUM THROUGH THE 12 WEEKS. IT ALSO GIVES YOU SOMETHING TO MEASURE AND TRACK YOUR PROGRESS AGAINST!

WRITE THEM DOWN, TELL YOUR TRAINER, SHARE THEM WITH FRIENDS, AND ENTER THEM ON YOUR 'MY DATA' PAGE.

BUDDY SYSTEM

WE DO BETTER AND ACHIEVE MORE WHEN THERE IS ANOTHER PERSON HOLDING US ACCOUNTABLE. USE YOUR TRAINERS, OR PAIR UP WITH A FRIEND OR SOMEONE ELSE AT YOUR STUDIO TO KEEP EACH OTHER ACCOUNTABLE. SHARING YOUR GOALS WITH SOMEONE WILL HELP YOU REACH THEM.





TRAINING & TESTING

TRAINING

BFT RECOMMEND THAT MEMBERS PARTICIPATING IN THE 12WC ATTEND 4-5 BFT SESSIONS A WEEK TO SEE POSITIVE FITNESS OUTCOMES. THESE SHOULD BE A MIX OF OUR CARDIO AND STRENGTH CLASSES.

FOR MEMBERS WHO CANNOT MAKE IT INTO THE STUDIO, OUR BFT2U HOME WORKOUT PROGRAM PROVIDES DAILY WORKOUTS ACCESSIBLE FOR ACTIVE BFT MEMBERS.

STRENGTH TESTING/THE BENCHMARK:

MEMBERS WILL HAVE THE OPPORTUNITY TO TEST THEIR STRENGTH IN WEEK 0 AND WEEK 12 OF THE CHALLENGE TO TRACK YOUR PROGRESS - TRANSFORMATION AND CHANGE DOESN'T JUST HAPPEN IN THE MIRROR!

PHOTO REQUIREMENTS

BFT HQ JUDGING WILL NOT ACCEPT POOR QUALITY PHOTOS.

CHALLENGE PHOTOS MUST:

- SHOW THE MEMBER IN SWIMWEAR OR UNDERWEAR (NO SHORTS, LEGGINGS, TOPS, HATS, SOCKS ETC);
- BE IN FRONT OF A WHITE WALL;
- HAVE BRIGHT LIGHTING, NO SHADOWING (BUT DO NOT STAND UNDER LIGHTS);
- BE TAKEN AT EYE LEVEL;
- SHOW MEMBERS STANDING UPRIGHT, LOOKING AT THE CAMERA WITH GOOD POSTURE AND ARMS AT THEIR SIDES WITH FEET SHOULDER-WIDTH APART.
- AVOID POSING, DO NOT LIFT ARMS, DO NOT FLEX OR SUCK IN THE STOMACH.

IT IS IMPORTANT TO NOTE THAT:

- SELFIES WILL NOT BE ACCEPTED; AND
- PHOTOS SHOULD NOT HAVE ANY EDITING, RETOUCHING, PHOTOSHOPPING OR FILTERS APPLIED.



EVOLT SCANS

IT IS A REQUIREMENT FOR JUDGING THAT MEMBERS HAVE AN EVOLT SCAN BEFORE AND AFTER THE 12 WEEK CHALLENGE.

WE HIGHLY RECOMMEND DOING A SCAN EVERY 3-4 WEEKS, OR AT LEAST HALFWAY. THIS WILL HELP YOU STAY ON TRACK, MANAGE YOUR EXPECTATIONS, AND GIVE YOU THE INFORMATION YOU NEED TO MAKE ADJUSTMENTS AS YOU GO THROUGH THE 12 WEEKS.





CHALLENGE PRIZES

BFT GLOBAL JUDGING SELECTS ONE MALE CHALLENGE WINNER AND ONE FEMALE CHALLENGE WINNER BASED ON THEIR OVERALL TRANSFORMATION.

OUR WINNERS WILL WALK AWAY WITH **\$10,000(AUD)!**
EACH WINNER WILL ALSO RECIEVE A **\$500 DINEAMIC VOUCHER**
(IF IN AUS)

STUDIOS ARE RESPONSIBLE FOR DETERMINING AND PROVIDING THEIR MEMBERS WITH INDIVIDUAL STUDIO CHALLENGE PRIZES.

THE BENCHMARK - A MALE AND FEMALE WILL BE AWARDED WINNERS OF THE BENCHMARK STRENGTH TESTING. THIS WILL BE JUDGED ON POWER/WEIGHT RATIO.



CHALLENGE JUDGING

AT THE END OF THE CHALLENGE, EACH STUDIO WILL SELECT
NOMINATE ONE MALE AND ONE FEMALE TO BFT HQ FOR GLOBAL
JUDGING.

TO BE ELIGIBLE, YOU MUST HAVE:

BEFORE/AFTER EVOLT SCAN BY WEDS AUG 18 12AM

BEFORE/AFTER PHOTOS UPLOADED TO PORTAL BY WEDS AUG 18 12AM

MYZONE MEPS 450 PER WEEK FOR 10 OF 12 WEEKS

FOR ANY FURTHER QUESTIONS PLEASE CONTACT YOUR STUDIO MANAGER AS
YOUR FIRST POINT OF CONTACT, OR ASK A QUESTION ON THE BFT CHALLENGE
FACEBOOK.



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