



"Excellence is earned, not given."

CFSF - Checklist for Success

Daily Checklist/Right Away

- Schedule your workouts in advance for the week/month online.
- If you miss a class, make it up that week don't wait or not use it. (Use all 12 classes with your 30 day calendar)
- Read the Blog (www.cfsiouxfalls.com) Monday-Friday and post your thoughts and comments
- Come early and stay late.
- Get your journal and record every workout
- Take a Before Pic: Male: just in shorts. Female: sports bra and workout shorts
- Get general round of blood work done.

Encouraged Nutrition

- Buy "The Paleo Diet" Book right away!
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- Attend the PaleoHolics Class every Saturday at 1030a (it does not count as one of your WOD's)
- Supplements
 - Fish Oils: 4-20g/day
 - Vitamin D: 2,000-10,000 IUs

Encouraged Equipment

- Gymnastic Grips for Calluses 4 Pull-ups: http://www.american-gymnast.com/catalog/detail.cfm?prod_id=121
- Jump Rope: <http://www.buddyleejumpropes.com/>
- Shoes:
 - Nike Free's
 - Vibram Five Fingers: <http://www.vibramfivefingers.com/>
 - Olympic Weightlifting: http://www.roguefitness.com/store/rogue_dowins.php

Further CrossFit Education:

- www.crossfit.com
- Order the CrossFit Journal: <http://journal.crossfit.com/>
 - *Must Read: What is Fitness on the CrossFit Journal it is a free download.
- Endurance Athletes: crossfitendurance.com
- Nutrition:
 - Robbwolf.com
 - Paleodiet.com

Important sites:

- Blog: www.cfsiouxfalls.com
- Mainsite: www.crossfitsiouxfalls.com
- Facebook: <http://www.facebook.com/home.php?#!/profile.php?ref=profile&id=100000125545095>