



*"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](http://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](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](http://www.roguefitness.com/store/rogue_dowins.php)

### Further CrossFit Education:

- [www.crossfit.com](http://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](http://crossfitendurance.com)
- Nutrition:
  - [Robbwolf.com](http://Robbwolf.com)
  - [Paleodiet.com](http://Paleodiet.com)

### Important sites:

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