

WHAT IS THE FFBC?

See Description under [FFBC landing Page](#)

How many people are on a team?

4 people. Can be 2 male/2 females. All male. All Female. Etc...

I don't know 3 other people to ask?

No worries, follow the steps at [FFBC landing Page](#) and step #2 is to fill out the questionnaire. This is where we will gather data on how many people need teams and do the match making there!

Can I do the FFBC Independently?

Yes, you will still reap all the benefits of the challenge besides eligibility for prizes.

Do I need to do the CrossFit open to score points?

NO, you just need to do any workout!

What if I have a SWIFT/YOGA membership?

No Worries. You can come over and join in the fun for Friday CrossFit classes and still partake in the challenge. Or don't worry about doing those workouts and stick to the SWIFT workout of the day. Points are for if you worked out or not. Not based on score

SHOULD I MODIFY MY WORKOUT WHILE ON THE FFBC?

Now that you've cut the processed foods and eating plenty of healthy whole foods, reap the benefits especially if you are competing in the CrossFit Open. Typically what we see during challenges are people go into a caloric deficit, and sometime to much of a deficit. Looking at lower calories as well as a lower carbohydrate intake on a daily basis, you will likely feel the effects in your High Intensity Workouts. **Listen to your body and scale the intensity back as needed. Going carb free may not work for you if your exercise intensity is high! Our recommendation for performance is to maintain a balanced intake of 40% carbs, 30% protein & 30% Fat.

WILL I EXPERIENCE ANY WITHDRAWALS OR SYMPTOMS? #DETOX

This will vary from person to person. Are you eating candy, pizza, donut and booze every weekend? Some withdrawals may get serious. If you find yourself eating a little more towards paleo (lower carb than 45%) and have already cut a lot of grains or refined processed carbohydrates, then it may not be as bad.

The first couple of days will seem like a breeze especially with the support of others. Something new and exciting, but soon the sugar withdrawals will set in! You may experience headaches, cramps, mood swings, low energy, crankiness, and more. We have had participants in the past hit Ketosis, so there are the effects that go with that as well. The carb cravings will be real, and you will find yourself longing for something sweet after a meal, or actually thinking about your kryptonite!

For past participants, some of their biggest struggles were constant hunger! After about a week of this, you may find that the food choices or caloric intake that you've made are too low. Especially if you plan to up your activity level. If this happens, throw in some sweet potatoes, plantains or green tip bananas pre and post workout. Doing this will make you feel a lot better, helping you to feel full after eating, and increase your energy levels.

CAN I TAKE SUPPLEMENTS WHILE ON THE SSS?

Of course. We always encourage eating whole foods, but when convenience isn't there or you need something quick, we sell some of the top protein on the market, [Ascent Protein](#). We also highly recommend taking a quality Fish Oil, which too is sold at the gym! For any other supplement questions or needs, please speak with your coach during your consult.

CAN I DRINK ALCOHOL?

NO. With that being said, this is your challenge to do as you please. Your definition of success may be different than others.

I just did the SSS in March, WHAT IS THE DIFFERENCE BETWEEN SSS AND FFBC?

The main difference is that participants will be competing and graded on daily nutrition, amongst other item. See the section on scoring.

There are more fruits permitted in the FFBC along with some naturally occurring sugars, like honey.

Teams of 4 will be competing and holding each other accountable.

SHOULD I TRACK FOOD?

Yes, always recommended. Specially to see how much sugar you are consuming daily.

HOW MANY MEALS SHOULD I EAT EACH DAY?

We recommend 3 main meals per day with the optional/occasional snack. Or pre-workout snack.

SNACK LIST

Under Construction

WILL I RECEIVE LITERATURE OR EDUCATION?

Under Construction

WHAT KINDS OF FOODS WILL I BE EATING ON *THE Fall Full Body Challenge?*

See the food chart. Yes, Some and No foods.

IS THE FFBC THE SAME AS A PALEO DIET?

No. While the FFBC may eliminate added sweeteners, gluten, and soy and all processed foods, depending on your activity level you may include some whole grains and dairy, which are not considered Paleo.

IS THE FFBC THE SAME AS A LOW CARB DIET?

No. While *The FFBC* may be lower in refined carbohydrates than the Standard American Diet (SAD), it includes carbohydrates from select grain, fruit and vegetable sources depending on your plan and modifications.

IS *THE FFBC* THE SAME AS A KETO DIET?

No. The FFBC is not a ketogenic program specifically. You are welcome to follow a very low-carb/ketogenic approach to the FFBC but the program as-intended isn't specifically ketogenic and going that low in carbs WILL have an effect on your performance in the gym.

IS *THE FFBC* APPROPRIATE IF I FOLLOW A STRICTLY GLUTEN-FREE DIET?

Yes! This program is gluten-free. It's also soy-free, corn-free, and very allergen-free friendly. You can also make the choice to go dairy-free.

IS *THE FFBC* APPROPRIATE IF I FOLLOW A PALEO OR PRIMAL DIET?

Yes! You will continue with your current diet but adding in a few changes specific to the FFBC if wanted.

IS *THE SSS* SAFE IF I'M PREGNANT OR BREASTFEEDING?

Yes! Pregnant and breastfeeding moms should ask questions on how to add more FFBC friendly carbs to their plates within the program. We also have a New Pregnancy workbook that will help get you through workouts and tips on nutrition.

IS *THE FFBC* FOR ME IF I AM A HIGHER LEVEL ATHLETE?

Yes! Athletes train for more than one CrossFit/SWIFT/Yoga class per day, please ask questions on how to add more FFBC friendly calories to their plates within the program.

IS *THE FFBC* FAMILY-FRIENDLY/SAFE FOR CHILDREN AND TEENS?

Yes! With some small adjustments for young family members, the FFBC is absolutely family-friendly. We don't recommend suggesting dietary limits for infants or toddlers that are beyond simply eating real, whole foods. So, for kids, we typically recommend they enjoy any food you're making on the program, in whatever portions they need, and that they do not limit their whole fruit intake.

IS *THE FFBC* SAFE FOR DIABETICS?

First, *The FFBC* should not be seen as a substitute for professional medical advice, diagnosis, or treatment.

The FFBC is a whole-foods based program, and is safe for anyone, including YOU. That said, if you are under the care of a medical professional, are insulin dependent, or are taking blood sugar regulating medications, we recommend that you consult with your doctor before beginning any new nutritional program. You may find that your medications need to be adjusted with your new way of eating and enlisting the support of your doctor will be important.