

# CrossFit Reckoning – April 800g Challenge Guide

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## What Is the 800g Challenge?

The challenge is simple: eat 800 grams of fruits and vegetables by weight every day.

You don't eliminate any foods—you simply add fruits and vegetables until you hit 800g per day.

The goal is to build a simple habit that improves nutrition without complicated dieting.

## The Only Rule

Eat 800 grams of fruits and vegetables daily.

That equals roughly:

- About 6 cups total
- Roughly 400–500 calories
- Spread throughout the day

You can eat anything else you want—pizza, burgers, whatever—but only fruits and vegetables count toward the 800g.

## How Much Is 800g?

You don't have to estimate—use a food scale.

A basic food scale costs about \$15 on Amazon and makes this challenge very easy to track.

Rough estimate:

1 cup  $\approx$  130g

So the goal is roughly:

- 6 cups per day
- About 6 closed-fist portions

## **What Counts**

Any whole fruits or vegetables count.

Examples:

Fruits: apples, bananas, berries, oranges, pineapple

Vegetables: broccoli, carrots, spinach, peppers, potatoes, tomatoes

They can be:

- Fresh
- Frozen
- Cooked
- Canned

## **What Does NOT Count**

- Fruit juice
- Dried fruit
- Smoothies made mostly with juice
- Processed products made from vegetables

Rule of thumb: if it looks like a fruit or vegetable, it counts.

## **Challenge Timeline**

The challenge runs the entire month of April.

Your goal is to reach 800g of fruits and vegetables each day.

## How To Log Your Progress

Each day you complete the challenge, log it in Wodify.

Steps:

1. Go to the daily workout
2. Click the top left where it says 'CrossFit'
3. Scroll down to '800g Challenge'
4. Log your completion for that day

## EARN Points

You can earn points by:

- 1) Check in daily on Wodify
- 2) Share on social media and tag @crossfitreckoning (each day counts!)
- 3) Attend more than 18 classes in the month of April.
- 4) You can earn points by having some other goal you want to accomplish (weight loss, body recomposition, health markers. Must record results)

## Winning Prizes

Participants who gain the most amount of points will receive:

- 1) 1st place will get \$100 gift certificate to Lindsay's Lunchbox
- 2) 2nd place \$75 gift certificate to Lindsay's Lunchbox
- 3) 3rd place \$50 gift certificate to Lindsay's Lunchbox

## Goal of the Challenge

This challenge is not about perfection.

It's about building a simple habit that improves nutrition, recovery, and overall health.

Small habit. Big impact.