



Welcome to our 66-Day nutrition challenge! We aim to help establish healthy, sustainable habits around our nutrition and fueling as cyclists. This challenge is not about restrictive diets or cutting out certain foods but about making mindful and balanced choices.

Based on research by Dr. Phillippa Lally at University College London, it takes an average of 66 days to set a new habit ([Lally, 2010](#)). That is why we have designed this challenge to last for 66 days, giving us plenty of time to establish healthy habits and learn how to fuel our bodies for cycling success.

Remember, it is essential to enjoy treat foods and not feel restricted. This challenge is about making sustainable lifestyle choices, not just a temporary diet. Join us on this journey to better nutrition and improved cycling performance!

Challenge Format

What are we tracking?

- Body weight
- Waist circumference
- Logging food in an app (MyFitnessPal, Cronometer, Noom, etc.)
- Alcohol consumption

What are the dates?

First Day: Jan 14, 2024

Last Day: Mar 20, 2024

Partner Structure

This year, we are forming 3-Person Teams! [Please fill in this form to create a team!](#)

Points

Process Points

Hitting Calorie Target: 1 point/day

Staying within your eating window (see footnote)¹: 1 point/day

No alcohol: 1 point/day

Outcome Points

Rank based on percentage reduction. The score is a combination of both reductions in weight and waist circumference.

Team Score

1. 1st place team: 100 points each
2. 2nd place team: 75 points each
3. 3rd place team: 50 points each

Individual Score

1. 1st place individual: 100 points
2. 2nd place individual: 75 points
3. 3rd place individual: 50 points

Prizes

- You'll be faster
- You'll live longer

¹ Your eating window is self-selected. Some examples include designating meal times, i.e, 8 am breakfast, 12 pm lunch, 6 pm dinner), time restricted eating (ie: 12 pm- pm) or setting a final eating time a few hours before bed.