

# Level Up Your Nutrition - 6-Week Challenge

## Challenge Overview

- Duration: 6 weeks
- Start Date: January 10, 2026
- Number of Participants: Unlimited
- Participation Fee: 15 EUR

## How It Works

You will progress through 4 levels, each designed to help you build stronger habits, boost your energy, potentially lose weight, gain muscle, or simply live a healthier lifestyle.

- Complete the habits of your current level.
- Stay consistent for at least 5 days per week.
- Report your level at the end of each week.
- Then level up to the next stage.

## Level Breakdown

### Level 1 - The Basics

Build your foundation with protein, plants, and hydration.

- 2 protein-rich meals per day (at least 30g protein each)
- 2 servings of fruits & vegetables
- 1.5 liters of water

### Level 2 - Consistency

- 3 protein-rich meals per day
- 4 servings of fruits & vegetables
- 2 liters of water
- 7 hours of sleep per night

### Level 3 - Performance

- 3 protein-rich meals per day
- 5 servings of fruits & vegetables
- 2+ liters of water
- 7 hours of sleep
- 10,000 steps per day or 60 minutes of activity outside of your workout

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## Level 4 - Mastery

- Everything from Level 3
- 1-2 protein-rich snacks (15-20g protein)
- At least 2 classes or open-gym sessions per week

## Points & Extras

- Level 1 = 1 point, Level 2 = 2 points, etc.
- Weekly challenges offer opportunities for extra points.
- Short speed workshops will be offered on selected topics.
- Weekly WhatsApp check-in (10-15 minutes, not a 1:1 coaching session).

## Weekly Winner

Each week, a winner will be selected - not necessarily the person with the most points, but potentially someone who shows outstanding effort, team spirit, or support for others.

## Sign-Up & Payment

- Sign-up Deadline: Friday, January 9
- Payment via PayPal: [isa.kipp@gmx.de](mailto:isa.kipp@gmx.de)