

# Here are the questions you may have!

*Fit Chicksl*



NUTRITION ISLAND

**Q: Do I earn points if I check all the boxes in a category except for one?**

**A:** Sorry....but **no**. All your food must be eaten (20 points), complete all restorative rituals (20 points) and stay away from all the forbidden foods (20 points) that correspond to your island's itinerary. There are three category and you must do all your "x" in each one to earn that 20 points points.

**Q: How do I track my points I'm earning?**

**A:** You'll receive a Survivor Scorecard that's posted in the studio where you will record your points. So, keep track of your 14 days on your phone, in a notebook or on the Itinerary Game Board

**Q: Does it cost \$5 to play?**

**A:** Yep. Ante up \$5 to play! Stay on your island and get your money back! *Or the local food pantry will thank you for the donation!*

**Q: Can I get points if I'm on the **My Chaos** or **Progress** Islands and take a fish oil supplements?**

**A:** To earn points you only have to take the supplements/vitamins on your list for your island. More will **not** earn you "more" points but if you are on a vitamin regimen by the doctor...keep taking them!

**Q: Where is the approved fruit list?**

**A:** You can't find it because oops; its not there!

✨ Here you go: Strawberries, Blueberries, Cranberries, Kiwi, Lemon and Lime

**Q: Can I use any protein powder?**

**A:** YES!!! But only if you are visiting **My Chaos** or **Progress** Islands. It must be a whey-free, high quality variety. We suggest the plant-based Vega brand. Note clear isolate protein powder and drinks, although lactose free, are still whey-based, so forbidden!

**Q: Can I have coffee, or some other caffeine and still earn points?**

**A:** If you are visiting **NO Limits Island...NOPE**. If you are visiting **My Chaos Island** or **Progress Island** you can have a 12 oz of non-caloric caffeine drink, 1 tea bag, or 1 K-cup each day and still earn points. For example, black coffee or tea, with no sugar substitute sweeteners

**Q: What's the 40-Point Abhyanga excursion and why do I use "cured" sememe oil**

**A:** Abhyanga a therapeutic, self-massage using sememe seed oil, that's usually done in the evening. Sesame oil is called the "king of oils", because it's the only oil (apart from ghee) that's able to penetrate the seven layers of our skin. An abhayanga excursion is a head to toe gentle, methodical *rub down* (see pic for more instructions).