

HIT PAUSE

Daily Tracking Journal



CRISTY "CODE RED" NICKEL

Date:

Weight:

Sleep score:

Water consumed:

Protein consumed:

Steps:

Off plan meal or off plan eating?

YES

NO

If **YES**, details here:

Additional thoughts:

Date:

Weight:

Sleep score:

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Cristy “Code Red” Nickel has been in the health and fitness industry since 1994. After seeing her first female bodybuilder at age 13, she vowed to compete someday and finally got on stage in 2002, placing in the top 4. Since bodybuilding didn’t pay the bills, Cristy began fighting as a professional boxer to earn money for college and became one of the most dangerous females on the planet. She was featured on MTV’s MADE, magazine covers, and other media outlets, even earning the title of **“New York’s Best Trainer”** from Allure Magazine.

After struggling with her own weight as a “fat athlete,” Cristy created the Code Red Lifestyle to help overweight people get healthy with real food, water and sleep. Upon the release of her best selling book, **“The Code Red REVOLUTION,”** Code Red exploded into an 8-figure company in only 31/2 years, landing Cristy on huge stages and becoming one of the fastest growing entrepreneurs in the country.

In April 2024, Generation Iron released a worldwide documentary called **“Code Red: Diaries of MADNESS”** about her life and her comeback to competitive bodybuilding at 46 years old.

Based out of Boise, Idaho, Cristy splits her time between the city and mountains. She has a passion for weightlifting, snowboarding, hiking and running. You’ll always find her Belgian Malinois, Hazel, glued to her side and together they travel the country looking for new adventures.