



Frequently Asked Questions

What is the Alcohol Free for 40 Challenge?

This is a 40-day self-experiment where participants abstain from alcohol between Mardi Gras and Easter. The program includes pre- and post-challenge metrics such as labs, body composition analysis, weight, blood pressure, and before-and-after photos to measure the impact on mind, body, and spirit.

How much does it cost to participate?

The registration fee is \$59 + tax per person.

What is included in the challenge metrics?

Participants will receive:

Pre and Post Bloodwork

Body composition analysis (using the InBody machine)

Weight and blood pressure measurements

Before-and-after photos

What are the benefits of going alcohol-free for 40 days?

- Participants may experience:
 - Improved sleep quality
 - Increased energy
 - Better focus and mood
 - Clearer skin
 - Reduced inflammation
 - Potential weight loss
 - The challenge also provides insights into long-term benefits by comparing pre- and post-challenge metrics.
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How do I register?

- You can register by visiting www.AlcoholFreeFor40.com to choose your region's registration link.
- Ensure your email is entered correctly, as most communications will be sent via email. After registering, you'll receive a confirmation email from Eventbrite.

Why is my registered name important?

The name you register with is essential for:

Scheduling appointments: Ensuring your lab appointments and body composition metrics are accurately recorded.

Medical records: Ensuring that your test results, photos, and progress reports are linked to your correct medical profile in the MyOchsner system.

Tracking your progress: Your registered name is used to track your before-and-after metrics, such as weight, body composition, blood pressure, and lab results.

Is the challenge only for those looking to quit alcohol permanently?

No, the challenge is a temporary commitment designed to help participants evaluate the impact of abstaining from alcohol for 40 days. It's an opportunity to reset habits and learn how alcohol affects your overall health.

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What are the lab tests included in the challenge?

The specific labs include markers that reflect your overall health, which may include:

Liver function

Inflammatory markers

Blood sugar levels

Lipids (cholesterol and triglycerides)

These tests help you see the effects of going alcohol-free on your physical health.

What is the InBody machine, and why is it used?

The InBody machine provides a detailed body composition analysis, including:

Muscle mass

Fat mass

Body fat percentage

Basal metabolic rate (BMR)

This data offers a comprehensive view of your physical changes over the 40 days.

How do I schedule my lab appointment?

Appointments are scheduled manually by the Ochsner team based on your preferred time. After registration you can expect to find your assigned appointment time in MyOchsner within one week.

Do I need to fast before my lab appointment?

- No, fasting is not required for lab tests.
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What happens if I don't have a MyOchsner account?

- If you don't already have a MyOchsner account, please email us at AFF40@ochsner.org.
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How will I receive my results?

- Lab Results: Available in your MyOchsner account usually within 48 hours.
 - Body Composition and Blood Pressure Results: Provided immediately on-site.
 - Before-and-After Photos: Emailed to you after the challenge.
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Can I invite friends or family to participate?

Absolutely! Encourage friends or family members to sign up for added motivation and support during the challenge. Just remind them that spots are limited in each region.

What should I do if I have technical issues with MyOchsner?

For any technical issues with MyOchsner, contact the support team directly via the MyOchsner portal or ask the Eat Fit team for assistance at AFF40@ochsner.org.

Can I do my body composition analysis later?

The InBody machine is only available for Alcohol Free for 40 participants on February 19th and April 2nd, 2026. It's recommended to complete your body composition analysis immediately after your scheduled lab appointment.

What if I miss my scheduled appointment?

If you miss your appointment, contact the team immediately at AFF40@ochsner.org to discuss options. However, the availability of alternate appointment times may be limited.

How can I maximize my success during the challenge?

Here are some tips:

Keep a journal to track changes in mood, energy, and overall wellness.

Stay hydrated and focus on nutritious, balanced meals.

Join the Facebook group for support and encouragement.

Explore alcohol-free beverages to enjoy social occasions without feeling left out.

Set clear goals for what you hope to achieve during the 40 days.

How can I stay informed and connected during the challenge?

Follow @eatfitochsner on [Facebook](#) and [Instagram](#). Join the [Alcohol Free For 40 | 2026 Facebook Group](#) for updates, tips, and support from the community.

What if I have a medical condition? Can I still participate?

If you have medical conditions or are under treatment, consult your healthcare provider before registering to ensure it's safe for you to participate in the challenge.

Will there be support after the challenge ends?

Yes! Post-challenge, the Ochsner Eat Fit team will share your results and photos, and you'll continue to have access to the [Alcohol Free For 40 | 2026 Facebook Group](#) for ongoing support and resources.

How can I contact the organizers?

For any additional questions or assistance, email the team at AFF40@ochsner.org.

Who can I contact for more information?

If you have additional questions, email the team at AFF40@ochsner.org.

Are there any hidden fees or additional costs?

No hidden fees. The \$59 plus tax covers all services included in the program (lab tests, body composition analysis, photos, and metrics). There are no additional charges unless you choose to purchase optional items outside the program, such as zero-proof cocktail guides or Eat Fit merchandise.

Will I receive a receipt for my payment?

Yes. After registering, you'll receive a confirmation email from Eventbrite, which will include your receipt and payment details for your records.

Is the program fee covered by health insurance?

No, the Alcohol Free for 40 Challenge is not eligible for insurance reimbursement. It is a self-funded wellness program.

What happens if I receive a bill from Ochsner?

No one should receive a bill for additional fees. If you receive a bill, no worries, just email AFF40@ochsner.org with your full name and date of birth and the bill and we will get it changed.

What happens if MyOchsner is showing an estimate for AFF40 labs??

No one should receive a bill or an estimate for additional fees. If you receive a bill or show an estimate on your account, no worries, just email AFF40@ochsner.org with your full name and date of birth and the bill and we will get it changed.

Is this program only for people with alcohol-related health concerns?

No. The challenge is open to anyone interested in exploring the benefits of abstaining from alcohol for 40 days, regardless of drinking habits. It's an opportunity for self-discovery and improved health.

What happens if I consume alcohol during the challenge?

The challenge is about self-exploration, not perfection. If you slip, reflect on what led to the moment and re-commit to the challenge. Progress is more important than perfection!

Are the lab results shared with my doctor?

Lab results will be accessible in your MyOchsner account. If you would like to share them with your doctor, you can do so directly through the portal or by printing them for a consultation.

What should I wear for the body composition analysis?

Wear light, comfortable clothing for accurate measurements during your body composition analysis. Avoid wearing heavy accessories or shoes during the session.

Can I schedule my lab and metrics appointments on different days?

No, lab and metrics appointments must occur on the same day (February 19th for pre-challenge and April 2nd for post-challenge) to ensure accurate comparisons and smooth participant flow. If you have concerns about your appointment time, please contact AFF40@ochsner.org.

How long does each appointment take?

Each appointment (lab work, metrics, and photos) typically takes 30-45 minutes. Times may vary based on participant flow, so plan accordingly.

Can I bring a support person to my appointment?

Yes, you are welcome to bring a friend or family member for support.

What kind of alcohol-free beverages can I try during the challenge?

The Eat Fit team will provide resources and recipes for zero-proof cocktails and other alcohol-free options. You can also find inspiration by following @eatfitochsner on [Facebook](#) and [Instagram](#).

Can I track additional metrics during the challenge?

Yes, you're encouraged to track personal metrics such as mood, energy levels, sleep quality, and fitness performance to gain additional insights into the benefits of the challenge.

How will the before-and-after photos be used?

Your photos are confidential and will only be shared with you at the end of the challenge. They are taken to help you visually document your progress.

Can I use this program as part of a New Year's resolution or other goals?

Absolutely! The Alcohol Free for 40 Challenge can align with broader health and wellness goals, whether you're kickstarting a New Year's resolution or creating new habits.

What kind of support is offered during the challenge?

Participants have access to:

The [Alcohol Free For 40 | 2026 Facebook Group](#) for community support.

Regular updates, tips, and motivation on @eatfitochsner on [Facebook](#) and [Instagram](#).

Email support through AFF40@ochsner.org.

What happens after the challenge?

After the 40 days:

You'll receive your lab results, body composition analysis, and photos.

You'll be able to compare pre- and post-challenge data to evaluate your progress.

Continue to apply insights gained during the challenge to your daily routine for long-term benefits.

Can I refer others to the program?

Yes! Encourage friends, family, or coworkers to join you in the challenge.

Simply share the Eventbrite link and let them know about the registration deadline and limited spots.

Will there be more Alcohol Free for 40 challenges in the future?

Yes, the program is an annual event. Stay connected with the Eat Fit team for updates on future challenges.

What are Mindful Mondays?

Mindful Mondays are a dedicated time to reflect, reset, and find purpose during the week. They include tips, guided exercises, and resources to help participants stay present and motivated in their 40-day journey.

How do I participate in Mindful Mondays?

Follow along on the [Alcohol Free For 40 | 2026 Facebook Group](#) and @eatfitochsner on [Facebook](#) and [Instagram](#). New content is posted every Monday during the challenge.

What are the benefits of Mindful Mondays?

By dedicating time to mindfulness, you can:

Reduce stress and anxiety.

Build healthy habits for emotional and physical well-being.

Stay focused on your "why" for going alcohol-free.

Connect with the community for support and accountability.

What if I miss a Mindful Monday?

No worries! All resources, posts, and videos will remain available in the Facebook group, so you can revisit them anytime.

Can I share my own experiences or tips?

Absolutely! Participants are encouraged to share their insights, favorite activities, and tips in the [Alcohol Free For 40 | 2026 Facebook Group](#). This fosters community and inspires others on the journey. You can email your testimonial or stories/experiences to AFF40@ochsner.org.

Weekly Emails for the Alcohol Free for 40 Challenge

Participants of the Alcohol Free for 40 Challenge will receive weekly emails to stay informed, inspired, and motivated throughout the 40-day journey. These emails serve as a roadmap, offering guidance and encouragement to help you stay on track. Be sure your email is entered correctly during registration, so you receive the weekly emails.

What to Expect in the Weekly Emails:

Themes for the Week

Each email highlights a theme to focus on, such as mindfulness, nutrition, hydration, or community support.

Motivational Messages

Quotes, stories, and tips to keep your spirits high and remind you why you started.

Practical Tips

Wellness Tips: Sleep, exercise, and managing cravings.

Alcohol-Free Alternatives: Recipes for zero-proof cocktails and mocktails.

Mindfulness Exercises: Guided meditations or journaling prompts.

Exclusive Resources

Links to webinars, blogs, or videos from the Eat Fit Team or guest experts.

Progress Check-Ins

Reminders to reflect on how you're feeling physically, emotionally, and mentally as you move through the challenge.

Updates from the Alcohol Free for 40 Facebook Group.

Links to upcoming events or live Q&A sessions.

Looking Ahead

A preview of what's coming in the following week, including resources, support options, or any updates regarding the program.

Weekly Email Schedule

Kickoff Email: Sent after registration, outlining what to expect and tips for preparation.

Weekly Updates: Every Monday morning, starting the week of February 19th, 2026 (pre-challenge metrics day).

Final Reflection Email: Sent after the challenge ends, with tools for sustaining the progress you've made.

What If I'm Not Receiving the Emails?

Check Your Spam or Promotions Folder: Add AFF40@ochsner.org to your contacts or safe sender list.

Verify Your Email Address: Ensure you used the correct email during registration.

Contact Support: Email AFF40@ochsner.org for assistance if emails are missing.