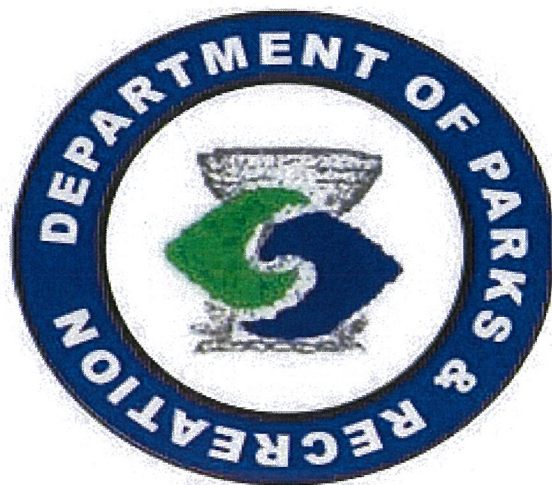


APPENDIX J
DEPARTMENT OF PARKS AND RECREATION



DEPARTMENT OF PARKS AND RECREATION
PROPOSED AGENCY – SPECIFIC
PHYSICAL FITNESS QUALIFICATION TEST



Eddie Baza Calvo
Governor

Ray Tenorio
Lt. Governor

Department of Parks and Recreation

Depattamenton Plaset yan Dibuetsion

Government of Guam

490 Chalan Palasyo

Agana Heights, Guam 96910

Director's Office: (671) 475-6296/7

Facsimile: (671) 477-0997

Parks Division: (671) 475-6288/9

Recreation Division: (671) 477-8279/8280

Guam Historic Resources Division: (671) 475-6295/6270



William N. Reyes
Director

Johnny P. Taitano
Deputy Director

May 15, 2018

Mr. Joseph I. Cruz
Chairman
Guam Peace Officer Standards & Training Commission
P.O. Box 23069 GMF, Barrigada, Guam 96921
1 Sesame Street, Mangilao, Guam

Subject: **Department of Parks and Recreation Physical Fitness Policy**
Re: Proposed Agency-Specific Physical Fitness Qualification Test

Dear Chairman Cruz,

Buenas yan Håfa Adai, Sir!

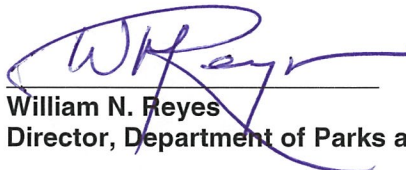
Attached herewith is the Department of Parks and Recreation Physical Fitness Policy. It contains the three (3) components essential to meeting the spirit and intent of Public Law 34-49:

- (1) Physical Fitness Program
- (2) Health and Nutrition Program
- (3) Physical Fitness Qualification Test

The Physical Fitness Program establishes the revised policy and includes a fitness manual. The manual meticulously demonstrates various physical fitness activities essential to improving one's overall health and physical ability. The Health and Nutrition Program provides guidance to employees seeking to improve their health and job performance through proper diet. The Physical Fitness Qualification Test is designed to test an officer's ability to engage real world obstacles and is practical in relation to Territorial Park Patrol Officer duties.

We hope you and the members of the P.O.S.T. Commission will find that this policy is one that is practical, logical and compelling enough to meet approval with the 34th Guam Legislature.

Thank you for your time, sir. Should you wish to discuss this matter further, please contact me at 475-6296 or Joaquin C. Mesa (Park Patrol Officer-in-Charge) at 475-6289.



William N. Reyes
Director, Department of Parks and Recreation

Attachment:

- (1) DPR Physical Fitness Policy



DEPARTMENT OF PARKS AND RECREATION
AGANA, GUAM

GENERAL ORDER

Date of Issue:	Effective:	No. 18-001
Reference: Government of Guam Worksite Wellness Program E.O. 2012-17; Public Law 34-49;	Rescinds:	
Index As: PHYSICAL FITNESS PROGRAM		

SUBJECT: Physical Fitness Program

PURPOSE: To establish a physical fitness program for territorial park patrol officers and recruits of the Department of Parks and Recreation.

THIS ORDER CONSISTS OF THE FOLLOWING NUMBERED SECTIONS:

- I. OBJECTIVE
- II. POLICY
- III. ADMINISTRATION
- IV. HEALTH AND WELLNESS MANAGEMENT
- V. HEALTH AND NUTRITION PROGRAM
- VI. DUTIES AND RESPONSIBILITIES
- VII. ANNUAL PHYSICAL FITNESS QUALIFICATION TEST (APQFT)
- VIII. EXERCISES
- IX. REMEDIAL PROGRAM
- X. DEPARTMENT QUARTERLY FITNESS EVENT
- XI. DEPARTMENT PHYSICAL FITNESS UNIFORM

III. OBJECTIVE

To provide guidelines and procedures to maintain a standard level of physical fitness and wellness of territorial park patrol officers and recruits in the Department of Parks and Recreation (DPR)

II. POLICY

It is the policy of DPR that territorial park patrol officers and recruits maintain a standard of physical fitness and wellness acceptable to the Law Enforcement profession. The nature of the profession often requires making split-second, lifesaving decisions; facing inherent dangers; shift work and long hours; and constantly interacting with people who are upset, angry, or uncooperative - all of which expose officers to increased levels of stress.

Job-related stress is a major health concern for the law enforcement community because it can affect the physical, emotional, and mental well-being of officers. The Department's policy is to require that all sworn law enforcement officers maintain an acceptable level of physical fitness and wellness through physical fitness exercises, a sensible health and nutrition program and fit-for duty testing.

III. ADMINISTRATION

- A. This policy shall include a phase-in process for the newly developed agency-specific annual Physical Fitness Qualification Test (PFQT) and phase-out process of the current Physical Fitness Qualification Test (PFQT) "Interim Standards" as described in Public Law 34-49.
- B. Phase-in: This process will begin upon implementation of this policy. It will include diagnostic testing and an educational component to familiarize and prepare employees for the new standard of this Department. Full compliance with the new standards will be effective January 01, 2020.
- C. Within the first year (December 2018 to December 2019), the Department will ensure that the Physical Fitness Program is operational. Division Chiefs and Precinct Commanders, along with the Training and Staff Development Section (T&SDS) will ensure roll call training is conducted for all sworn personnel under their respective command regarding the PFQT. Before December 31, 2020, the Department will officially begin testing sworn personnel on an annual basis. For the purposes of this policy, a "Test Year" is defined as the twelve (12) month period, or one (1) year period from a test week in December of one year to the appropriate/corresponding test week in December of the following year.
- D. Phase-out: This process will involve the gradual elimination of the current PFQT (Interim Standards). The Department realizes the effort put in by officers who have trained themselves for the last few years to meet or exceed the past/former PFQT standards - Air Force Instruction (AFI) 36-2905 and the current PFQT (Interim Standards). Officers will continue to participate in the

General Order 18-001
Physical Fitness
Page 3 of 13

PFQT Interim Standards events until December 31, 2019, after which the new PFQT standards take effect.

E. The Guam P.O.S.T. (Peace Officer Standards and Training) Commission Fitness Screening Questionnaire (Attachment "A") will be the standard form used to verify that PFQT participants are screened on the date of the test and prior to the performance of any of the test events.

- (1) If an officer is unable to perform the PFQT or stops during the performance of the PFQT for reasons indicated on the Fitness Screening Questionnaire (FSQ), the officer will not be allowed to complete the test.
- (2) A subsequent test or retest will be scheduled upon completion of the FSQ by a licensed health professional. The updated FSQ must be submitted by the subject officer to the Officer-in-Charge (OIC) T&SDS within thirty (30) days of receipt. This process will ensure timely and adequate preparation for the officer and Departmental resources before his or her next PFQT. Failure to provide this information within the required time frame may result in disciplinary action.
- (3) Adherence to a licensed health professional's recommendation(s) will allow for consideration necessary to determine whether or not the officer will participate in a PFQT. A valid waiver of the PFQT by the subject officer's licensed health professional whether in part or in whole will be applicable for the period indicated in the FSQ, or pending the officer's next PFQT in the subsequent test year.

F. Officers who participate and complete the PFQT, but not within the established time limit must retest within ninety (90) days following an "Unsatisfactory PFQT." The Department may not mandate officers to retest any sooner than the end of the forty-two (42) day reconditioning period; however, an officer may volunteer to do so. Retesting in the first forty-two (42) days after an Unsatisfactory PFQT requires agency head approval since recognized medical guidelines recommend forty-two (42) days as the minimum timeframe to recondition from Unsatisfactory to Satisfactory status in a manner that reduces risk of injury. It is the officer's responsibility to ensure he/she retests before the ninety (90) day reconditioning period expires (non-currency begins on the ninety-first (91st) day).

- (1) First Unsatisfactory – A written warning is issued. The officer must retest within ninety (90) days.

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- (2) Second Unsatisfactory – A second written warning is issued. The officer must retest within ninety (90) days.
 - (3) Third Unsatisfactory - A third written warning is issued. The officer must retest within ninety (90) days. The officer shall receive counseling from the agency (Department) head or an individual whom the agency head designates.
 - (4) Fourth Unsatisfactory – The officer's certification shall be temporarily suspended until a determination is made by the POST Commission. The officer shall be assigned to administrative duties. The Department head shall make a recommendation that the POST Commission revoke the officer's certification upon review. The officer shall not be allowed to carry a firearm. Hazardous and increment pay may be denied. The Department head shall take administrative action in accordance with Department of Administration's rules and regulations or applicable autonomous agency personnel rules and the Fair Labor Standards Act.
- G. Failure (defined): An officer is deemed to have failed to comply with this policy when that officer's performance in a Department-sanctioned PFQT is below the standard officially established by this Department and as defined and/or referenced herein after the officer has been previously tested, given the requisite conditioning period, retested, and is still unable to meet the minimum standard. When an officer receives four (4) Unsatisfactory PFQT results within a twelve (12) month period and a Guam licensed health care provider has ruled out medical conditions precluding the officer from achieving a passing score, the POST Commission shall deny, suspend or revoke the individual's certification. All PFQT results shall be provided to the Executive Director (of the POST Commission) within fifteen (15) calendar days after the completion of the PFQT.
- H. The DPR Director shall initiate or recommend administrative action only after the officer has:
- (1) Received four (4) Unsatisfactory PFQT scores in a twelve (12) month period;
 - (2) Failed to demonstrate significant improvement (as determined by the agency head) despite the reconditioning period; and
 - (3) Has had his/her medical records reviewed by a Guam licensed health care provider to rule out medical conditions precluding the officer from achieving a passing score.
- I. An officer who fails to meet the PFQT fitness standards after full mandatory implementation shall be eligible for intra-departmental or inter-departmental

transfer pursuant to the Department of Administration Rule 9.100 or applicable Government of Guam personnel rules.

- J. Officers shall only be allowed a waiver of their fitness test if deemed appropriate by a person licensed to practice medicine; they are considered disabled under the Americans with Disabilities Act (ADA) and Fair Labor Standards Act (FLSA); or via court case decision(s).
- K. Officers who are unable to complete the PFQT shall not hold any supervisory positions acting or otherwise. The DPR Director shall have on or more of the following options as a disciplinary measure for that officer(s).
 - (1) Removal from patrol duties and a suspension in their hazardous pay.
 - (2) Status Quo with concentration on Physical Training for officer(s) to make improvements.
 - (3) Written warning.

IV. HEALTH AND WELLNESS MANAGEMENT

- A. The Department of Parks and Recreation, through the Government of Guam Worksite Wellness Program, requires that all peace officers and recruits receive a health screening through their licensed primary physician or at a DPR-sponsored event prior to participation in the Department Physical Fitness Program. The Fitness Screening Questionnaire Form (Attachment A) will be the standard form used to verify that a valid health screening was conducted. This standard form is to be utilized during any DPR Health and Wellness sponsored event or a health screening with a licensed primary physician.
- B. In addition to the Physical Fitness Assessment Form, a certification by a primary physician indicating a limited fitness profile is acceptable. Territorial Park Patrol officers and recruits who have a medical condition report indicating they are not physically capable of performing at the minimum standard shall be placed on an adjusted fitness program in full consideration of limitations set forth in the medical condition report.
- C. Territorial Park Patrol officers and recruits shall only be allowed a waiver of their fitness test if deemed appropriate by a person licensed to practice medicine; they are considered disabled under the Americans with Disabilities Act (ADA) and Fair Labor Standards Act (FLSA); or via court case decision(s).

- D. Each Territorial Park Patrol Officer and Recruit is solely responsible for compliance with this policy. Nothing herein shall be construed to exempt each Territorial Park Patrol officer and Recruit or place responsibility on any other person or entity. Moreover, if a sworn officer experiences a change in his or her health, it is the sole responsibility of the officer to obtain an updated health screening.

V. HEALTH AND NUTRITION PROGRAM

Territorial Park Patrol officers and recruits of this Department will have immediate access to health and nutrition information by way of the Guam Peace Officer Standards and Training (P.O.S.T.) Commission's "Health and Nutrition Program Guidebook" (*Attachment B*). This ready reference can be reviewed online as well on the website (www.navyfitness.org)

VI. DUTIES AND RESPONSIBILITIES

- A. Territorial Park Patrol Superintendent - The Superintendent is responsible and accountable for, and have authority over, the implementation of the Physical Fitness Program as designated by this General Order and appropriate agency policies and procedures. Implement a physical fitness program that will address physical fitness and wellness levels of law enforcement officers and recruits assigned to their respective units in accordance with appropriate agency policy.
- B. All Officers/recruits are required to have a physical health screening conducted prior to participation in the APFQT or have filled out a Fitness Screening Questionnaire(FSQ) (*Attachment C*) and will be the standard form used to verify that APFQT participants are screened on the date of the test and before the performance of any test.
- C. Officers/recruits shall immediately inform their Supervisors of any possible medical conditions and/or physical limitation that will prevent, inhibit, or limit participation in activities under this program. Under these circumstances, the officer/recruit shall not be allowed to continue participation until written clearance is obtained from a licensed physician.
- D. If a physician does not recommend an officer/recruit participate in the APFQT, the officer/recruit will not be allowed to test during the testing period. If an officer/recruit is unable to test they are considered to have failed a APFQT, unless they have obtained a medical waiver or the Officer is on Military Orders. All medical waivers must be accompanied by a letter

from a physician describing the physical condition that prohibits participation in the APFQT and must be submitted no later than the day of the scheduled APFQT.

E. Territorial Park Patrol Supervisor's - Review all physical fitness records and determine corrective action for those officers requiring additional or specialized training. Submit report on the unit's training status and individual training records in monthly reports which will include the number of personnel who are scheduled to perform their Annual Physical Fitness Qualification Test (APFQT) or recommended to undergo a supervised Physical Fitness Program. Supervisor's shall give officers/recruits a maximum of three hours weekly (up to one hour per day but no more than three hours a week) to perform physical fitness activity. However, the activity must consist of the exercises listed below in section **VIII** and may not conflict with day to day operations and only be taken if time and duties permit.

F. Training and Staff Development T.P.P. Supervisor - Responsible for the maintenance of the Physical Fitness file for all law enforcement officers and recruits in the DPR. Cadre will ensure agency personnel are informed of all department wide Physical Fitness events including the Annual Physical Fitness Qualification Test. T&SDS will be responsible for providing pertinent documents to Section Supervisors and Superintendent, and/or APFQT Proctors for the administration and scoring of personnel. Cadre will be responsible for the administration and supervision of the Remedial Physical Fitness program, and APFQT retesting set forth by this policy.

T&SDS shall also notify Department personnel of Government of Guam Worksite Wellness Program events or other physical fitness activities and events that may be of interest and most beneficial to the health and wellness of our Territorial Park Patrol Section.

VII. DPR PHYSICAL FITNESS QUALIFICATION TEST

All law enforcement personnel will be required to perform a DPR Physical Fitness Qualification Test (APFQT) in accordance with the following standards:

- A. DPRPFQT will be completed every year before December 31, as reasonably scheduled by the Training and Staff Development Supervisor or Re-tests scheduled by DPR PFQT Proctors.
- B. The primary APFQT is the Department of Parks and Recreation Physical Fitness Qualification Test. The DPRPFQT consists of four portions.

These are the 1 mile run, the push-ups, the sit-ups, and the swim test. Although, not in this particular order. Each portion of the test is a pass or fail. Inability to successfully complete each portion with a passing score will result in an "Unsatisfactory" or "does not meet standard" DPRPFQT designation.

- C. The DPRPFQT pass and fail score will be assessed, via the DPR Score Group Chart, identified in this policy as "Attachment D" after completion of ALL qualification portions. DPRSGC categories include; 1 mile run time, push-up number achieved, Sit-up number achieved, and swim portion completion. Inability to successfully complete all required fitness qualification events or inability to meet the passing score category of in each portion is a "Fail" of the DPRPFQT and will result in an "Unsatisfactory" or "Does Not Meet Standard" DPRPFQT designation.
- D. DPR law enforcement personnel, who receive a "Unsatisfactory" or "Does Not Meet Standard" DPRPFQT, or upon the advice of the respective Section/Unit Supervisors to attend; will be referred to the Remedial Fitness Program, administered by T&SDS. Section/Unit Supervisor's and/or T&SDS will recommend DPRPFQT retest dates. Refer to attachment C, *Fitness Screening Questionnaire, Modified Physical Fitness Qualification Test Score* for qualifying times and scores.

VIII. EXERCISES

The following types of exercises are examples of suitable exercises for the DPR Director or his designee to implement as part of the administration of this policy.

- 1. Running in Place (Stationary Running)
- 2. Swimming
- 3. Calisthenics/Aerobics
- 4. Cycling
- 5. Walking
- 6. Running
- 7. Basketball/Volleyball
- 8. Circuit Training
- 9. Cross Fit Training

IX. REMEDIAL FITNESS PROGRAM

T.P.P. officers and Recruits who fail the primary DPRPFQT shall participate in a Remedial Fitness Program.

X. QUARTERLY FITNESS EVENT

The TPPO Superintendent or a designee appointed by the DPR Director will be responsible for coordinating quarterly physical fitness events in an effort to promote "Teamwork, Morale and Overall Fitness". Coordination will be made through T&SDS for event scheduling.

XI. PHYSICAL FITNESS UNIFORM

There is currently no official DPR physical fitness uniform. As such, it will be upon the Territorial Park Patrol T&SD Supervisor to recommend to the TPP Superintendent a list of approved attire for the DPRPFQT portions. The Superintendent will review the recommended list of attire and submit the list to the Director of DPR for his approval until such time as there is a creation of an official DPRPFQT uniform.

William N. Reyes
Director of Parks and Recreation

ATTACHMENT A
Fitness Screening Questionnaire Form

GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

If member experience any of the symptoms listed in Question #1 during the fitness assessment, he/she should stop the test immediately and seek medical attention immediately.

Signature: _____ Date: _____

Printed Name: _____ Rank: _____

Duty Phone #: _____

Medical Evaluation (Only applicable if member marked Yes on Question 1; provider answers all 4 statements)

If medical evaluation is required IAW this FSQ, the provider will complete the following.

I medically evaluated _____ on _____. Medical recommendations are:
(NAME) (DATE)

Member (is / is not) medically cleared for the maximal effort 1.0 mile run.

Member (is / is not) medically cleared for the maximal effort 2.0 kilometer walk.

Member (is / is not) medically cleared for push-ups.

Member (is / is not) medically cleared for sit-ups.

(Signature / Date / Stamp of Provider)

Modified Physical Fitness Qualification Test Score

Event	Officer/Recruit
1.0 Mile Run(minimum time)	14:40
Push-Ups (Minimum 1 minute)	20
Sit-Ups (Minimum 1 minute)	26
Swim Test	Completed: yes/no

Swim Test Part Not Completed: _____

Push-Ups Reps: _____ **Sit-Ups Reps:** _____ **1k Run Time:** _____

☐ **PASS**

☐ **PASS COMPOSITE**

☐ **MEDICALLY EXCUSED**

☐ **FAIL**

☐ **FAIL COMPOSITE**

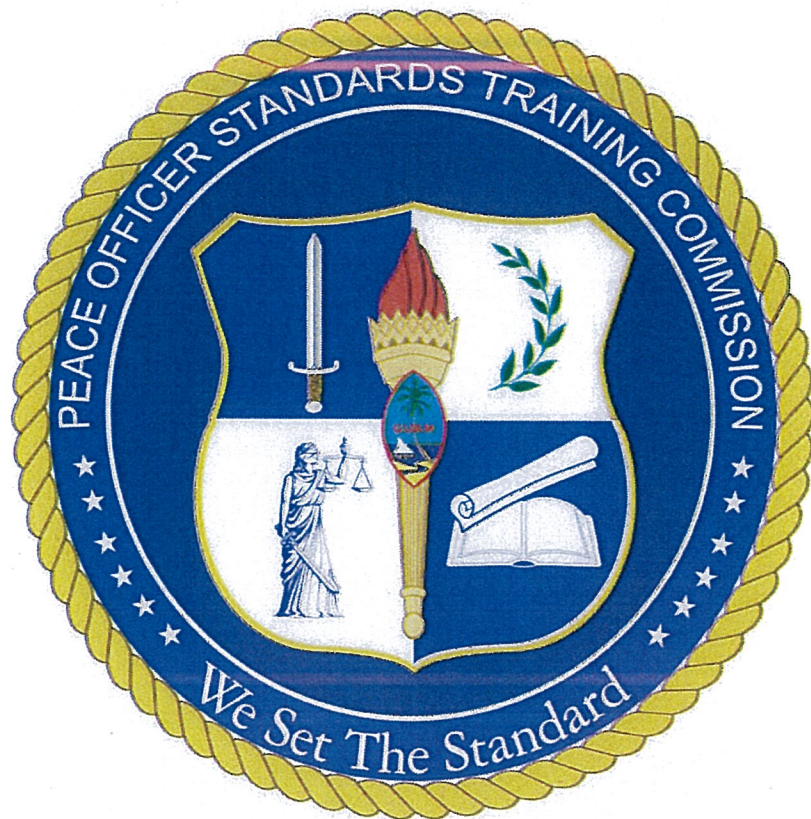
☐ **PENDING MEDICAL EXCUSE**

Printed Name: _____ **Rank:** _____ **Age:** _____

Signature: _____ **Date:** _____

ATTACHMENT B

Health and Nutrition Program Guidebook



GUAM PEACE OFFICER STANDARDS AND TRAINING COMMISSION

HEALTH AND NUTRITION PROGRAM GUIDEBOOK

Disclaimer

You should consult your physician or other health care professional before starting this or any other nutrition and diet program to determine if it is right for your needs. This guidebook offers health, fitness and nutritional information and is designed for educational purposes only. The information is not intended as a substitute for consultation, evaluation or treatment by a medical professional and/or registered dietitian or nutritionist.

There are many other health and nutrition programs available to the end user. Therefore, participation in this health and nutrition program is completely voluntary and the member is free to seek a program that they feel is right for them.

The reader assumes full responsibility for consulting a qualified health professional regarding health conditions or concerns, and before starting a new diet or health program.

Table of Contents

1. Introduction: Understanding the Fueling Series
2. Performance Nutrition Fundamentals + Rules to Live By
3. The Big Three: Carbohydrate, Protein, Fat
4. Eat the Rainbow
5. Fuel Up "Three Every Three"
6. Hydrate
7. Recovery Nutrition: "Don't Waste Your Workout"
8. Meal Builder

Introduction

We need a new paradigm for the food we eat. We need to view food as nourishment to our body as opposed to solely calorie units. We need to consider what that food represents in terms of energy and nutrients. Just one food or one nutrient is not the answer to more energy, an optimal weight, better health, and improved performance. The key to success lies in the collection of our habits that fuel our bodies, activities, minds, performance, and most importantly our lives.

There are 5 areas of nutrition focus in the Fueling Series. You will find that the handout series and builder systems revolve around these 5 areas.

Eat Clean Eat Often Hydrate Recover Mindset

1. EAT CLEAN

Eating clean means trying to choose the least processed types of foods most of the time. Typically, the closer the food is to its original form (from the earth or the animal); the better it is for you.

Simply put: Try to eat foods in the most natural form possible.

Nutrient density plays a large role in the mentality of eating clean. Nutrient density is the relationship of the amount of nutrients that a food has to amount of calories. It is critical to try to choose nutrient dense foods as often as we can to ensure we get the nutrients we need. Focus on trying to choose the types of foods that have the highest amount of nutrients for the calories within the foods.

The 3 macronutrients:

Carbohydrate = Fuel

Protein = Build

Fat = Energy Density

2. EAT OFTEN

The key to energy and sustainability (beyond the types of foods you choose) is how often you eat. By eating mini-meals every 2-3 hours, your body is given a steady flow of fuel. The goal here is to maintain blood glucose (fuel) in an optimal range. This will help maintain focus and keep your metabolism roaring all day long. We find that those who eat more frequently have better energy and prevent becoming overly hungry, which can help us make better choices.

3. HYDRATE

It is vital to stay hydrated because the body is 60-65% water which performs numerous vital functions including:

- Providing life and shape to every cell
- Delivery of fuel to muscles
- Lubrication and cushioning of joints
- Aiding in muscle contraction & tone
- Aiding in metabolism and digestion
- Brain function
- Shock absorption for the spine and brain
- Regulating temperature

Consequently, dehydration causes these functions to suffer impairing your health, ability to recover from illness, and athletic performance. As little as a 2% decrease in weight, due to fluid loss, can impair both physical and mental performance.

4. RECOVER

Nutrition can help to speed the recovery process. After a workout your body has emptied its fuel stores and the muscle has been broken down. To gain the most out of your workout and perform at high levels, you need to repair the muscle and replace your fuel stores as quickly as possible.

Getting a combination of carbohydrates and proteins within 30 minutes of your training session will ensure that you are recovering as quickly and efficiently as possible, which will minimize the time needed between sessions and decrease the risk of injury.

Carbohydrate = Re-Fuel

Protein = Re-Build

5. MINDSET

The final piece of optimizing nutrition is focusing on mindset and behavior. All of the education in the world does not matter if it doesn't lead to behavior change. Providing simple lists of the "best" foods to choose, easy guides on portion size, and presenting material in a concise and action-based way will help to give you the tools to immediately start making changes.

As a society we have become enamored with diets. The word diet has many different definitions and is typically associated with managing the calories that you consume or eating in a prescribed or particular way. The word nutrition has a more positive connotation and is typically associated with nourishing the body. The goal of the Fueling Series is not to give out a diet plan. It is to help you focus on your habitual intake and the results of your nutrition habits.

The 80/20 rule promotes balance and the inclusion of all foods. We recommend that you try to consume foods you know will give you the nutrients and sustainable energy you need 80% of the time and then consume whatever it is you want the other 20% of the time. Everything can fit into your daily "diet," your habitual intake. Just keep yourself in check.

THE MEAL BUILDER SYSTEM

The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females to their particular calorie zone. The recommendations in the zones provide a better idea of the amount of food that should be eaten to achieve your goals.

PARTING THOUGHTS

How you eat and what you eat are essential to your daily performance. Having sustainable energy is a function of your commitment to making smart nutrition decisions and fueling your body optimally.

The content of this manual is designed to help Guam Peace Officers achieve their goals by giving them the tools needed to make the choices that will result in the energy they need to perform their duties on a daily basis.

Eat Clean. Eat Often. Hydrate. Recover. Mindset.



Master these 5 fundamentals and enjoy new found physical and mental performance through nutrition.

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

THE 10 NUTRITION RULES TO LIVE BY

1. COME BACK TO EARTH.

Choose the least processed forms of food such as: Fruits, veggies, whole grains, and high fiber carbohydrates.

2. EAT A RAINBOW OFTEN.

Eat fruits or vegetables with each meal. Choose a wide variety of colors for the biggest benefit.

3. THE LESS LEGS THE BETTER.

Include a LEAN protein source with each meal.

4. EAT HEALTHY FATS.

Include healthy fats in your diet like olive oil, nuts, natural nut butters, seeds, avocado, fish, flaxseed, and flaxseed oil.

5. EAT BREAKFAST EVERY DAY.

When you eat within 30 minutes of waking up, you jump start your metabolism. This gives you more energy to get your day going.

6. THREE FOR THREE.

Eat smaller portions more often, spread evenly across the day. No excuses – you should be eating 4-6 meals/day! Aim for all three macronutrients (carbs, protein, and fat) every three hours for optimal fueling.

7. STAY HYDRATED.

Dehydration = Decreased Performance. Drink at least 3 liters of non-caloric beverages (water/green tea) every day.

8. DON'T WASTE YOUR WORKOUT.

Have a post-workout recovery meal or shake that combines both carbs and protein immediately after your training.

9. SUPPLEMENT WISELY.

Fuel first and supplement second. If you are not getting what you need through food, add a multivitamin supplement into your daily routine. Create a smart supplementation program that improves your performance without compromising your health or draining your wallet. Before you take any type of supplement, make sure to check in with your doctor or registered dietitian.

10. SLEEP.

Aim for 8 hours of sleep. If you can't get 8 hours daily, consider power naps when you can. The body recovers and repairs best when it is sleeping.

The 80/20 Rule.

Each meal and snack is an opportunity to fuel your body optimally. Choose the foods that are best for you
80% of the time and incorporate some of those foods that may not be the best,
but are your favorites, 20% of the time!

FUELING SERIES

THE BIG THREE: CARBOHYDRATE, PROTEIN, FAT

Grains: "Come Back to Earth" • Carbohydrate = FUEL for the brain & muscles

- Main sources are: Breads, cereals, grains, beans, fruits, and vegetables.
- What to look for in a grain: The least processed forms of grain you can find.
- Think brown and found close to the ground!
- The best choices will have more than 3g of FIBER per serving.

The Top 5 Grains



Protein: "The Less Legs the Better" • Protein = Building blocks for our bodies

- Protein builds muscle and maintains the immune system.
- Main sources are: Lean Meats, Low Fat Dairy, Eggs, and Beans/Legumes.
- What to look for: Lean protein sources. Typically the less legs on the animal the protein came from, the better it is for you.
- Try to include a lean protein source with every meal.
- Protein needs increase with activity. Intake ranges from 0.5g (recreational exerciser) to 0.8g (building muscle mass) of protein per pound of body weight. You will never need more than 1g per pound for health or muscle mass gains. The palm of your hand equals about 30-40g of protein.

The Top 5 Proteins



Fats: "Eat Healthy Fat" • Healthy Fats = Energy Density

- Healthy Fats provide energy, help to regulate blood sugar, improve cholesterol, and keep you feeling full.
- Omega-3 fatty acids improve cognition, decrease inflammation, and enhance heart health. They are considered essential because your body cannot make them, you must get them through food. Omega-3's are found in fatty fish like salmon, trout, and tuna, as well as flaxseed, walnuts, and omega-3 fortified foods.
- Try to get one serving of healthy fat per meal (2 total servings of fatty fish per week).

The Top 5 Fats



SOURCE: WWW.NAVYFITNESS.ORG

Eat Clean Eat Often Hydrate Recover Mindset

FUELING SERIES

CHOOSE YOUR FUEL

EAT CLEAN

CARBS (GRAINS)

HIGH OCTANE FUEL: 91

Beans (black, kidney, navy)
Chickpeas
Black eyed-peas
Brown rice
Corn
Green peas
High fiber crackers
Lentil, black bean and pea soup
Low-fat refried beans
Sweet potato/yam
Whole grain bread
Whole grain bagels
Whole grain cereal
Whole grain tortillas
Whole grain waffles

REGULAR OCTANE FUEL: 88

Baked beans
Baked chips
Boiled new potatoes
Cereal bars
Corn tortillas
Cornmeal/cornbread
Crackers
Cream of wheat
Flour tortillas
French bread
French toast
Hamburger/hot dog buns
Macaroni
Pancakes
Pasta
Pita bread
Pretzels
Ravioli
Rice cakes
Spaghetti
Waffles
White bread
White rice

LOW OCTANE FUEL: 87

Biscuits
Croissants
Doughnuts
Fettuccini alfredo
French fries
Hash browns
Mashed potatoes
Muffins
Pop tarts
Refried beans
Sugary cereals

PROTEIN

95% Ground beef or turkey
Beans & peas
Chicken, white meat/skinless
Deli meat (turkey, ham, beef)
Eggs (especially omega 3 eggs)
Egg whites
Lean beef steak
Lean ham steak
Lean jerky
Low-fat cottage cheese
Yogurt
Milk: Non-fat and 1%
Nut butters: Almond/peanut
Non-fried fish
Tofu
Trimmed pork chops
Tuna (in-water)
Turkey, white meat/skinless

85% Ground beef/turkey
Chicken, dark/skinless
Milk: 2% and low-fat flavored
Turkey, skinless/dark
Turkey bacon
Turkey sausage

75% Ground beef/turkey
Bacon
Beef or pork ribs
Bratwurst
Chicken, with skin
Fried chicken
Fried fish/seafood
Frozen pizza
Ham on bone
Regular cottage cheese low-fat
Whole milk/chocolate milk

FAT

Avocado
Flax seed and flax oil
Natural almond butter
Natural peanut butter
Olive oil
Canola oil
Peanuts
Pumpkin seeds
Raw almonds
Raw cashews
Raw pecans
Raw pistachios
Raw walnuts
Sunflower seeds

Butter (in small amounts)
Dry roasted nuts/seeds
Reduced fat mayonnaise
Reduced fat salad dressing
Reduced fat sour cream
Reduced fat cheese
Regular peanut butter

Fried foods
Honey roasted nuts/seeds
Margarine
Mayonnaise
Ranch & other salad dressing
Regular cheese
Sour cream
Coconut oil

SOURCE: WWW.NAVYFITNESS.ORG

Eat Clean Eat Often Hydrate Recover Mindset

Fruits and Vegetables

- Fruits and vegetables are a great source of high fiber carbohydrates.
- Fruits and vegetables provide our body with a combination of vitamins that cannot be replicated in a supplement.
- Different colors serve different roles in the body.
- Aim for at least 3 colors at every meal.
- Over the course of the day strive to eat 2 servings of fruit and 3 servings of vegetables.
- Whole fruits and vegetables are best.
- Canned and frozen fruits and vegetables can also offer healthy alternatives at a lower cost. When choosing canned fruits make sure to choose them in their own juice or water.
- Drink fruit juice in moderation and make sure it is 100% juice. One serving of juice is equal to 4-6 oz.

COLOR CODE OF RESTORATIVE NUTRITION

Yellow Foods: Optimizes brain functions

- Star fruit
- Yellow fig
- Golden kiwi
- Yellow pear
- Yellow pepper
- Yellow tomato
- Squash
- Sweet corn

Green Foods: Rejuvenates musculature and bone

- Green leafy veggies
- Avocado
- Broccoli
- Kiwi
- Green cabbage
- All green veggies

Orange Foods: Supports skin and mucosal tissues

- Apricot
- Cantaloupe
- Nectarine
- Papaya
- Carrots

Red Foods: Supports heart and circulatory

- Cherries
- Cranberries
- Strawberry
- Beets
- Red onion
- Tomato/tomato sauce

White Foods: Enhances immune system, lymph system, and cellular recovery

- Banana
- Garlic
- Ginger
- Gobo root
- Heart of palm
- Horseradish
- Jicama
- Mushrooms
- Onion

Purple Foods: Promotes microcirculation

- Blackberry
- Blueberry
- Plums
- Cabbage
- Eggplant
- Grapes
- Olives



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Set the Tone! • "Break" – the – "Fast"

Eat breakfast every day:

- Breakfast: Increases Metabolism
Fuels the Brain
Increases Energy Levels
- Don't substitute coffee, soda and energy drinks for food or lack of sleep.
- Skipping breakfast leads to eating more calories through the day and later at night. Don't play catch up!

Breakfast should include:

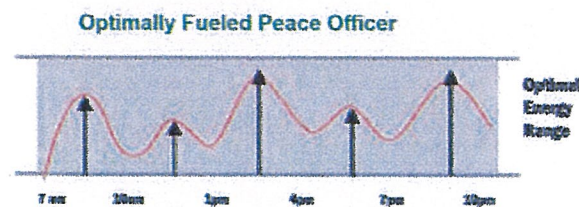
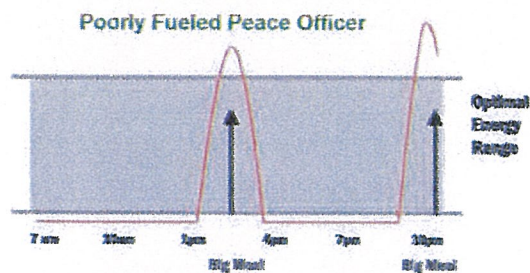
Protein: Eggs, egg whites, ham, beans, yogurt, or low-fat milk

High Fiber Carbohydrate: Whole wheat bread, high fiber cereal, oatmeal, or beans

Color: Fruit in cereal, oatmeal, or yogurt / Veggies in eggs or omelets

Continue to give the body steady fuel:

Eating smaller meals, more often will help to provide stable energy throughout the day. Fuel up with the 3 macronutrients (carbs, protein, fat) every 3 hours. Skipping meals will not lead to weight loss. It will lead to lower energy and decreased physical and mental performance.



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Energy Balance:

Both the quality and the quantity of the food you consume is important to consider in order to maximize your performance and achieve your body composition goals. Energy is another word for calories and your energy balance is represented by your energy in (what you eat and drink) and energy out (what you burn through daily living and physical activity). Daily balance is important, but you should not scrutinize your daily intake. Changes in body composition will be a result of your consistent changes over time; therefore, aim for balance over the course of each week.

This guide provides the information you need to maximize your nutrient **QUALITY** and energy **QUANTITY**. Check out the Meal Builder to get an estimate of how many calories you should consume and how to build a day of meals that will provide you with the correct blend of nutrients to help you reach your goals. Keep in mind that the meal builder recommendations are designed for use with workouts or exercises of similar intensity and duration.



THE SAME AMOUNT OF QUALITY ENERGY IN & ENERGY OUT OVER TIME = WEIGHT STAYS THE SAME

More IN than OUT over time = WEIGHT GAIN

More OUT than IN over time = WEIGHT LOSS

LIFESTYLE ACTIVITY + STRUCTURED WORKOUTS + QUALITY FUELING = SUCCESS

FUELING SERIES

FUEL UP: "THREE EVERY THREE"

EAT OFTEN

Portion Control: What is a serving size?

Choosing great foods is only half the battle to optimizing nutrition. Make sure to choose portion sizes that fit your needs.

BREADS:

- 1 Slice 100% whole wheat, rye, white, pumpkinseed bread
- 2 Slices reduced calorie bread
- 1 Hot dog bun
- $\frac{1}{2}$ English muffin
- $\frac{1}{2}$ Bagel (3 inches)
- 1 Roll (small)
- 6" diameter pita bread
- 6" diameter corn or flour tortilla

VEGETABLES:

- 1c Raw vegetables
- 1c Cooked vegetable (e.g. see above for raw)
- 6oz Most vegetable juices

FRUITS:

- 1 Medium whole fruit (apple, orange, banana, etc)
- $\frac{1}{2}$ c Applesauce, unsweetened
- $\frac{1}{2}$ c Blueberries
- 1- $\frac{1}{2}$ c Whole strawberries
- 1c Raspberries or boysenberries
- 1c Cubed cantaloupe or honeydew
- $\frac{1}{2}$ c Cubed watermelon
- $\frac{1}{2}$ c Canned fruit (canned in water or juice)
- 12-15 Grapes
- 12 Cherries
- 2 Small plums
- 3 Dried prunes (also called "dried plums")
- 2Tbsp Raisins or other dried fruit
- 4-6oz 100% fruit juice

CEREALS AND GRAINS:

- 1oz Most cold cereals ($\frac{1}{4}$ - 1c)
- 1- $\frac{1}{2}$ c Puffed cereals (e.g. puffed rice)
- $\frac{1}{2}$ c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- $\frac{1}{2}$ c Cooked brown or white rice
- $\frac{1}{2}$ c Cooked enriched or whole-wheat pasta

MILK AND DAIRY

- 8oz (1c) Nonfat or 1% milk, low fat or 1% fat chocolate milk
- 8oz (1c) Calcium-fortified light or reduced fat soy milk
- 8oz (1c) Nonfat or 1% plain or fruited yogurt
- $\frac{1}{2}$ c Nonfat frozen yogurt

MEAT AND PROTEIN

- 8oz (1c) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
- $\frac{1}{2}$ c Beans
- 2Tbsp Peanut butter
- 2 Eggs
- $\frac{1}{2}$ c Cottage cheese

1tsp = 1 Teaspoon
1Tbsp = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

QUICK TIPS:

- 3-4oz. of meat is about the size and thickness of a deck of playing cards.
- A medium sized piece of fruit is the size of a tennis ball.
- 1oz of cheese is about the size of four stacked dice.
- $\frac{1}{2}$ c of ice cream is the size of a tennis ball.
- 1c of mashed potatoes is the size of your fist (depending on your size; commonly the size of a female fist).
- 1oz of nuts should fit into the palm of your hand.
- 1tsp of margarine or butter is about the size of the tip of your thumb.



SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

DAILY HYDRATION NEEDS

- Water should be your main source of hydration.
- Avoid drinking soda, energy drinks, and fruit drinks. These beverages provide a lot of calories with very little nutritional value.
- Limit sweetened teas and coffee drinks with added sugar and cream.
- Only choose sports drinks before, during, and after intense exercise.

Are you hydrated?

- If you are thirsty, it is too late.
- Evaluate your urine. It should be light in color and resemble pale lemonade.

To maintain hydration drink water:

- 0.5 - 1oz fluid per pound per day [There are about 33oz in a liter (L)]

BODY WEIGHT	OUNCES OF FLUID PER DAY	LITERS NEEDED PER DAY
120 pounds	60 - 120 oz	2 - 4 liters/day
150 pounds	75 - 150 oz	2.5 - 5 liters/day
175 pounds	90 - 175 oz	3 - 6 liters/day
200 pounds	100 - 200 oz	3.5 - 7 liters/day
225 pounds	115 - 225 oz	4 - 8 liters/day
250 pounds	125 - 200 oz	4.5 - 9 liters/day

HYDRATION CONSIDERATIONS IN EXTREME ENVIRONMENTS

In extreme environments it is even more important to be aware of your fluid intake, fluid loss and electrolyte needs.

Key Nutrition Tips for Extreme Environments:

- Do not skip meals.
- Take time to drink.
- Maximize taste/palatability (temperature, sweetness) of your beverage. If it tastes great, you are more likely to drink it.
- Minimize body water losses.
- Consider engineered food products when cramping risks are high, if you are a salty sweater, or if you are sweating more than usual. Choose sports drinks with at least 110mg sodium and 30mg potassium per 8oz/250ml. These are ideal for replacing electrolytes lost in sweat.
- If you are an excessively salty sweater (salty skin), then 200mg sodium per 8oz or added electrolytes should be considered. (Nuun Tablets, Gator-Lytes, etc...)
- Include whole foods in your meals that are higher in sodium. Good options are V8 Juice, pickles, pretzels, adding a little extra salt to your meals.

ENVIRONMENT	CONSIDERATION	HYDRATION RECOMMENDATIONS
Dry Extreme Heat	The extreme dry heat greatly increase the risk for dehydration and heat injury.	Suggested Fluid Intake: 5-12 Liters/day Tips: Sweating rates can be reduced by working at night. During daylight hours, sweating rates can be reduced by covering the skin with light, vapor-permeable clothing. If and when possible, drink COLD water and sports drink.
Hot and Humid	Relative humidity can increase water requirements independent of temperature. The humidity makes the evaporation of sweat off the skin difficult, which decreases the body's ability to cool itself. This increases the risk for dehydration and heat exhaustion. Excessive sweating can also cause a large loss of electrolytes, specifically sodium and potassium.	Suggested Fluid Intake: Up to 2x needs of Extreme Dry Heat Tips: If and when possible drink COLD water and sports drink.
Altitude	Altitude puts us at greater risk of dehydration. More fluid is lost through our urine and breathing. Layers of clothes may cause us to sweat more with little evaporation. The elevation also causes us to not feel as thirsty.	Suggested Fluid Intake: 4-6 Liters/day Tips: Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently.
Altitude and Cold	The addition of cold to altitude can cause greater risk for dehydration because of the sweat losses that occur in insulated clothing, low rates of fluid ingestion, and concern of having to remove clothing to urinate.	Suggested Fluid Intake: 5.5-7.5 Liters/day Tips: Make sure to consider the ventilation for your clothing to allow for sweating to dissipate heat. Drinking small quantities of fluid frequently results in less urine production than drinking large quantities of fluid less frequently. If and when possible consume hot fluids, tea, chicken/vegetable broth.

Check the color of your urine
as a good indicator of your
hydration status.

Hydrated

Dehydrated

**Extremely
Dehydrated**
(consult a doctor)

Recovery in 3's: Pre, During, and Post-Workout

Pre Workout

Don't go into your workout on an empty stomach.

Top off your fuel tank with a small balanced snack containing carbohydrate, fluid, and a small amount of protein approximately: 1 – 2 hours before your workout.

Going into a workout properly fueled will improve performance and jump start recovery.

Great pre-workout snacks include:

- 1 Yogurt with $\frac{1}{2}$ cup berries and $\frac{1}{2}$ cup high fiber cereal
- Small bowl of cereal with a banana
- $\frac{1}{2}$ turkey sandwich and fruit
- $\frac{1}{2}$ peanut butter & jelly sandwich and fruit
- Homemade trail mix: (1c high fiber cereal, 2 Tablespoons dried fruit, 2 Tablespoons nuts)

Make sure to hydrate with 16-20 oz of water too.

During Workout

It is important to stay hydrated during exercise.

How much do you need to drink?

- Losing 2% or more of your body weight due to sweating can decrease your performance and put you at greater risk for heat illness.
- A good way to monitor how well you are hydrating is to weigh yourself before and after training.

Do you need a sports drink?

NO, if...

- Training for less than 1 hour
- Weight loss is the goal of the training session

YES, if...

- Training for over an hour
- Training in extreme environments
- Lean body mass gain is the goal
- You enter the workout without any fuel
- You have a short but extremely intense workout

GENERAL HYDRATION GUIDELINES DURING WORKOUTS:

Maintain Hydration

- Keep weight loss to less than 2% during the workout.
- Take 4-6 gulps of fluid about every 15 minutes.
- Pay extra attention to your hydration when you are sweating more than usual or in an extreme environment.

Maintain Fuel and Electrolytes

- When you need something more than water, choose a sports drink with at least 110mg of sodium per 8 ounces to help prevent cramping and maintain electrolytes.
- When your exercise level warrants the consumption of a sports drink, 20-32oz an hour is all you will need to keep you fueled. Balance the rest of your hydration needs with water.

Hydration Example: 150 pound Peace Officer

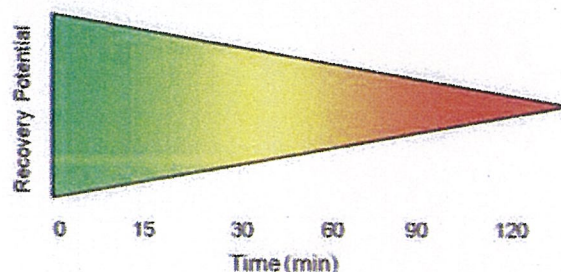
- 2% of their body weight is 3 pounds.
- If this Officer loses more than 3 pounds during their training, they are not hydrating effectively.

Recovery in 3's: Pre, During, and Post-Workout

Post Workout

- The sooner you get your post workout nutrition, the quicker you recover.
- Your recovery snack or meal – such as a granola bar with at least 5g of protein or a fruit smoothie – makes up one of your 5 - 6 meals per day.

THE OPEN WINDOW OF OPPORTUNITY TO GET YOUR BODY THE NUTRIENTS IT NEEDS FOR RECOVERY.



• Re-Fuel

• Re-Build

• Re-Hydrate

Within 10 minutes of training:

1. Refuel with carbohydrate

The more intense the training, the more carbohydrate you need.

2. Rebuild with protein

Protein needs post workout are based on body weight.

3. Rehydrate with fluid

Drink 20-24oz of fluid for each pound lost during training.

What do you need to recover?

BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

Examples:

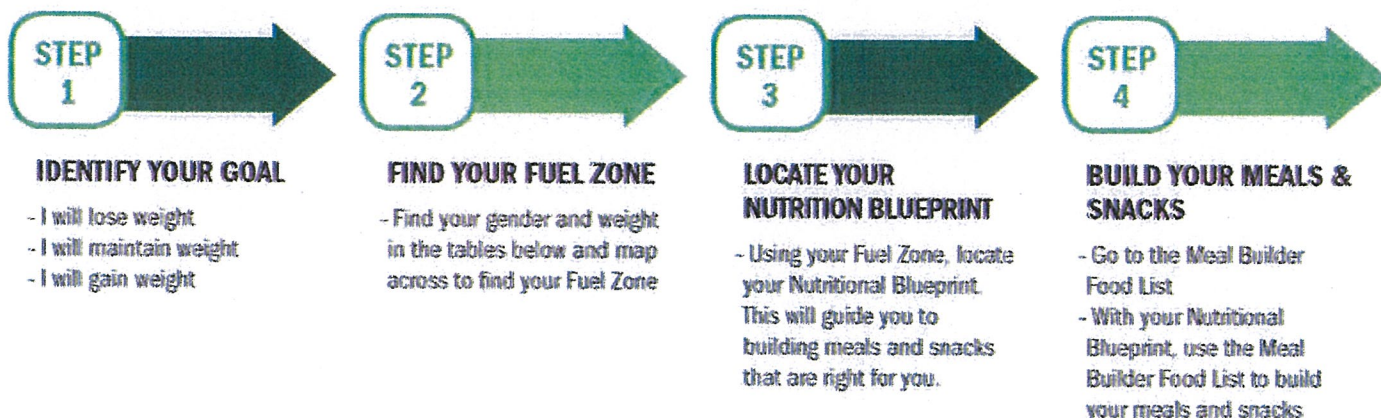
- 20oz low-fat chocolate milk + banana
- Turkey and pasta salad
- Tuna sandwich w/baked chips
- Meal replacement bar + 20oz sports drink
- Scrambled eggs or egg whites with whole wheat toast and 6oz juice
- Turkey sandwich + yogurt
- Spaghetti and meatballs
- Fruit smoothie blended with yogurt or whey protein

FUELING SERIES

STRENGTH SERIES | ENDURANCE SERIES | SANDBAG TRAINING SERIES

The biggest barriers to great nutrition are poor planning and poor implementation. The nutrition blueprint and meal builder make it easy to build meals and snacks that will keep you fueled and help you reach your goals. This tool will help you stay organized and create an environment for success. Always remember the 80/20 rule as you look to sustainably upgrade your nutrition. Choose high octane fuel 80% of the time and lower octane fuel that you really enjoy 20% of the time.

BUILD YOUR MEAL IN 4 SIMPLE STEPS



SET YOUR GOAL, FIND YOUR FUEL ZONE

I WILL FUEL TO...

STEP 1	LOSE WEIGHT		MAINTAIN WEIGHT		GAIN WEIGHT	
	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE	CURRENT WEIGHT	FUEL ZONE
FEMALE	100 - 125	1400 - 1600	Under 105	2000 - 2200	100 - 110	2800 - 3000
	125 - 150	1600 - 1800	105 - 130	2200 - 2400	110 - 140	3000 - 3200
	150 - 180	1800 - 2000	130 - 160	2400 - 2600	140 - 165	3200 - 3400
	180 - 205	2000 - 2200	160 - 185	2600 - 2800	165 - 195	3400 - 3600
	205 - 235	2200 - 2400	185 - 210	2800 - 3000	195 - 220	3600 - 3800
	235 - 260	2400 - 2600				
MALE	Under 140	1800 - 2000	Under 140	2600 - 2800	Under 140	3400 - 3600
	140 - 155	2000 - 2200	140 - 160	2800 - 3000	145 - 165	3600 - 3800
	155 - 175	2200 - 2400	160 - 180	3000 - 3200	165 - 185	3800 - 4000
	175 - 190	2400 - 2600	180 - 195	3200 - 3400	185 - 205	4000 - 4200
	190 - 210	2600 - 2800	195 - 215	3400 - 3600	205 - 220	4200 - 4400
	210 - 230	2800 - 3000	215 - 235	3600 - 3800	220 - 240	4400 - 4600
	230 - 250	3000 - 3200	235 - 255	3800 - 4000		
	250 - 265	3200 - 3400	255 - 275	4000 - 4200		
	265 - 285	3400 - 3600				
	285 - 305	3600 - 3800				

SOURCE: WWW.NAVYFITNESS.ORG

EatCleanEatOftenHydrateRecoverMindset

STEP 3

Locate Your Nutrition Blueprint - Strength, Endurance, Sandbag Series

Using the Fuel Zone you identified in Steps 1 & 2, locate your personal Nutritional Blueprint to fit your caloric needs. Your blueprint has six columns across the top that represent meal times, or "fueling times". The food groups are represented along the left hand side, and the numbers located within the zone are the recommended number of servings from each food group at each fueling time.

1400 - 1600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1	1 to 2	1	1 to 2	
Proteins	1		1		1	1
Fruits	0 to 1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	0 to 1
Calorie Range	350 - 400	175 - 200	280 - 320	175 - 200	280 - 320	140 - 160
*Meal Replacement Shake or Bar		1		1+ fruit		1

1600 - 1800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2	1 to 2	2	1 to 2	2	
Proteins	1		1		1	1
Fruits	1	1	1	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	400 - 450	200 - 225	320 - 360	200 - 225	320 - 360	160 - 180
*Meal Replacement Shake or Bar		1		1+ fruit		1

1800 - 2000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	2 to 3	1 to 2	2	1 to 2	2	
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	1 to 2	1	1 to 2	1	1	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	450 - 500	225 - 250	360 - 400	225 - 250	360 - 400	180 - 200
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1

2000 - 2200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2	2	2	0 to 1
Proteins	1	0 to 1	1	0 to 1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	500 - 550	250 - 275	400 - 440	250 - 275	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2200 - 2400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	2 to 3	2	2 to 3	1
Proteins	1 to 2	1	1	1	1	1
Fruits	2	1	2	1	2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1	1	1	1	1
Calorie Range	550 - 600	275 - 300	440 - 480	275 - 300	400 - 440	200 - 220
*Meal Replacement Shake or Bar		1+ fruit		1+ 2 fruit		1+ fruit

2400 - 2600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1	1
Fruits	2	1	2	1	1 to 2	1
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1	1 to 2	1	1 to 2	1	1
Calorie Range	600 - 650	300 - 325	480 - 520	300 - 325	480 - 520	240 - 260
*Meal Replacement Shake or Bar		1+ fruit + 1 fat		1+ 2 fruit + 1 fat		1+ fruit + 1 fat

2600 - 2800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	1 to 2	1
Fruits	2	1	2	1	2	1 to 2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	1 to 2	1 to 2	1 to 2	1 to 2	1	1
Calorie Range	650 - 700	325 - 350	520 - 560	325 - 350	520 - 560	260 - 280
*Meal Replacement Shake or Bar		1+ fruit + 1 fat		1+ 2 fruit + 1 fat		1+ fruit + 1 fat

2800 - 3000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1
Proteins	2	1	1	1	2	1
Fruits	2 to 3	1	2	1	1 to 2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1	1
Calorie Range	700 - 750	350 - 375	560 - 600	350 - 375	560 - 600	280 - 300
*Meal Replacement Shake or Bar		1+ fruit + 1 fat		1+ 2 fruit + 1 fat		1+ fruit + 1 fat

3000 - 3200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3	2	3	2	3	1 to 2
Proteins	2	1	1 to 2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	1 to 2	1
Calorie Range	750 - 800	375 - 400	600 - 640	375 - 400	600 - 640	300 - 320
*Meal Replacement Shake or Bar		1+ fruit +1 fat		1+2 fruit +1 fat		1+ fruit +1 fat

3200 - 3400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	3 to 4	2	3	2	3	2
Proteins	2	1	2	1	2	1
Fruits	3	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2	1 to 2	2	1
Calorie Range	800 - 850	400 - 425	640 - 680	400 - 425	640 - 680	320 - 340
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +1 fat		1+2 fruit +1 fat

3400 - 3600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3	2 to 3	3 to 4	2
Proteins	2	1	2	1	2	1
Fruits	3 to 4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2	1 to 2	2 to 3	1 to 2	2	1 to 2
Calorie Range	850 - 900	425 - 450	680 - 720	425 - 450	680 - 720	340 - 360
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

3600 - 3800	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	2 to 3	3 to 4	2 to 3	4	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	2 to 3	1 to 2	3	1 to 2	2	1
Calorie Range	900 - 950	450 - 475	720 - 760	450 - 475	720 - 760	360 - 380
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

COACH TIP:

Remember, the biggest barriers to great nutrition are poor planning and poor implementation. Stay organized and do what you can to create an environment for success. To get you started, make a copy of your Nutrition Blueprint and put it somewhere you'll have easy access to when making fueling decisions, like in your wallet or on your fridge.

3800 - 4000	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	1 to 2	3	1 to 2	2	1 to 2
Calorie Range	950 - 1000	475 - 500	760 - 800	475 - 500	760 - 800	380 - 400
*Meal Replacement Shake or Bar		1+2 fruit +1 fat		1+2 fruit +2 fat		1+2 fruit +1 fat

4000 - 4200	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	4 to 5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2	3	2	2	1 to 2
Calorie Range	1000 - 1050	500 - 525	800 - 840	500 - 525	800 - 840	400 - 420
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4200 - 4400	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1050 - 1100	525 - 550	840 - 880	525 - 550	840 - 880	420 - 440
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

4400 - 4600	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
Grains	4	3	4 to 5	3	5	2
Proteins	2	1	2	1	2	1
Fruits	4	1	2	1	2	2
Vegetables	∞	∞	∞	∞	∞	∞
Fats	3	2 to 3	3	2 to 3	2	1 to 2
Calorie Range	1100 - 1150	550 - 575	880 - 920	550 - 575	880 - 920	440 - 460
*Meal Replacement Shake or Bar		1+2 fruit +2 fat		1+2 fruit +2 fat		1+2 fruit +2 fat

*When choosing meal replacements:

1. Make sure it fits within your calorie recommendations
2. Should have at least 3g of fiber
3. Should have 10 - 30g of protein for women
4. Should have 15 - 42g of protein for men

STEP 4

Build Your Meals & Snacks

Using your Nutritional Blueprint, follow the directions below to start filling your day with meals and snacks designed to help you with your goals.

Map Your Blueprint

The food list below has foods from each of the categories found in your Nutrition Blueprint.

Size Up Your Servings

The number to the left of each food item equals one serving (eg. 1 slice of whole wheat bread = 1 grain serving).

Mix It Up

Each serving may be used interchangeably. For example, if you tire of whole wheat toast at breakfast you can replace it with any of the foods listed in the grain column. If you have more than one serving suggested, you can double up on the same food (eg. 2 slices of whole wheat toast) or mix and match (eg. 1 slice of whole wheat toast and 3/4c Multi Grain Cheerios). You are limited only by your creativity!

You are now prepared to build customized meals and snacks to help you meet your goals. These meals and snacks will provide you with sustainable fuel throughout the day as well as the energy you need for your workouts. Remember, to maximize your energy and reach your body composition goals, think about both quality and quantity of your food choices.

GRAINS/STARCHES:

Pasta/Rice

- 1/2c Brown Rice (cooked)
- 1/2c Whole Wheat Cous Cous (cooked)
- 1/2c Whole Wheat Pasta (cooked)
- 1/2c Risotto, Quinoa (cooked)

Breads/Tortillas/Rolls

- 1slice Bread (100% Whole Wheat)
- 1/2 Pita Bread (6" diameter each)
- 1/2 Whole Wheat Bagel
- 1/2 English Muffin
- 1/2 Whole Wheat Hamburger/Hot dog Bun
- 1/2 Sub Bread (6" each)
- 1 Whole Wheat Tortilla
- 2 Corn Tortillas
- 1sm. Whole Wheat Roll (1oz each)

Cold Cereals

- 1/2c All Bran Cereal
- 1/2c Cheerios Cereal
- 1/2c Cheerios MultiGrain Cereal
- 1/2c Cracklin Oat Bran Cereal
- 1/2c Frosted Mini Wheats Cereal
- 1/2c Grape Nuts Cereal
- 1/2c Kashi Go Lean Cereal
- 1/2c Kashi Go Lean Crunch Cereal
- 1/2c Kashi Go Lean Honey
- 1/2c Almond Flax
- 1/2c Muesli Cereal
- 1/2c Raisin Bran Cereal
- 1/2c Smart Start Cereal
- 1/2c Special K Cereal
- 1/2c Whole Wheat Total Cereal

Hot Cereals

- 1/2c Cream of Wheat (cooked)
- 1 Instant Grits
- 1/2 Packet Kashi Instant Oatmeal
- 1/2 Packet Quaker Instant Oatmeal
- 1/2c Slow Cooked Oatmeal

Veggies, Beans, Potatoes

- 1/2c Soy Beans (cooked)
- 1/2c Split Peas (cooked)
- 1c Squash (winter, acorn, butternut)
- 1/2c Peas (cooked)
- 1/2sm Baked Potato
- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 1/2c Corn (cooked)
- 1 Ear of corn
- 1/2c Sweet Potato (cooked)
- 1/2c Yam (cooked)
- 1/2c Mashed Potatoes

Snacks/Crackers/Granola Bars

- 1 Kashi Granola Bar
- 2 Graham Crackers
- 5 Whole Wheat Crackers (baked)
- 4 Whole Wheat Melba Toast
- 1 Nature Valley Granola Bar
- 8 Animal Crackers
- 3c Light Popcorn (popped)

1/2c Pretzels

- 2 Rice Cakes (4" diameter each)
- 4 Reduced Fat Triscuits
- 1 Whole Grain Fig Newton

PROTEINS / DAIRY:

Fish/Seafood

- 3oz Fish
- 3oz Cod
- 3oz Flounder
- 3oz Haddock
- 3oz Halibut
- 3oz Salmon
- 3oz Shrimp
- 3oz Trout
- 3oz Tuna

Poultry

- 3oz Chicken (lunch meat)
- 3oz Chicken breast
- 3oz Ground turkey (cooked)
- 3oz Turkey (lunch meat)
- 3oz Turkey breast

Beef/Pork

- 3oz Beef (96% lean ground chuck)
- 1.5oz Beef jerky
- 3oz Beef tenderloin
- 3oz London broil
- 3oz Pork (grilled)
- 3oz Roast beef (lunch meat)

Dairy

- 8oz 1% or non-fat regular milk or chocolate milk
- 1/2c Non-fat or low fat cottage cheese
- 1/2c Non-fat frozen yogurt
- 1c Non-fat or low fat greek yogurt
- 8oz Reduced-fat soy milk
- 1 2% String cheese

Eggs

- 1/2c Egg Substitute
- 4 Egg Whites
- 2 Eggs
- 2 Omega-3 Eggs

Legumes

- 1/2c Beans: Black, Kidney, Pinto, Lima, Lentils (cooked/canned)
- 8oz Calcium-fortified light soy milk
- 2t Hummus
- 1/2c Soy beans (cooked)
- 1/2c Split peas
- 1t Almond butter
- 1t Peanut butter (natural)
- 10-15 Raw nuts

MEAL REPLACEMENTS/PROTEIN POWDERS:

- 1-2 scoop Whey Protein*
- 1 Bar
- 1 Shake

*Make sure to choose protein powders that are certified safe and reliable. Check out www.navyfitness.org for a complete list.

Meal replacement considerations:

- Make sure it fits within your calorie recommendations
- Should have at least 3g of fiber
- Double check the protein level
 - Women need 10-30g
 - Men need 15-42g

VEGETABLES:

Green

- 1c Asparagus (cooked)
- 1c Asparagus (raw)
- 1/2c Broccoli (cooked)
- 1c Broccoli (raw)
- 1c Brussel sprouts
- 1/2c Celery (cooked)
- 1c Celery (raw)
- 1c Collards (cooked)
- 1c Cucumber (raw)
- 1/2c Green beans (cooked)
- 1c Green beans (raw)
- 1c Green veggie salad
- 1c Kale (raw)
- 1c Lettuce (all)
- 1c Spinach (raw)

White

- 1/2c Cabbage (cooked)
- 1c Cabbage (raw)
- 1/2c Cauliflower (cooked)
- 1c Cauliflower (raw)
- 1/2c Onions (cooked)
- 1c Onions (raw)
- 1/2c Water chestnuts (cooked)
- 1c Water chestnuts (raw)

Red

- 1/2c Tomato, beets
- 1/2c Salsa, tomato sauce

Orange

- 1/2c Carrots (cooked)
- 1c Carrots (raw)

Mixed Colors

- 1/2c Peppers (cooked)
- 1c Peppers (raw)
- 1/2c Stir fry vegetables (cooked)
- 1c Stir fry vegetables (raw/frozen)
- 6oz Vegetable juice
- 1/2c Zucchini (cooked)
- 1c Zucchini (raw)

FRUITS:

Red

- 1sm. Apple
- 1/2c Applesauce (unsweetened)
- 12 Cherries
- 1c Raspberries
- 1 1/2c Strawberries (whole)
- 1/2c Watermelon (cubed)
- 1/2sm. Grapefruit

Orange

- 1c Cantaloupe (cubed)
- 1m. Orange, nectarine or peach
- 1g Tangerine

Yellow

- 1/2g Banana(s)
- 1/2c Pineapple chunks (in own juice)

Blue/Purple

- 1c Blackberries or boysenberries
- 1/2c Blueberries
- 14 Grapes
- 2sm. Plums
- 3 Prunes (dried plums)
- 2t Raisins

Green

- 1c Honeydew melon (cubed)
- 1sm. Kiwi fruit
- 1sm. Pear

Mixed Colors

- 2t Dried fruit
- 1/2c Fresh fruit salad
- 1/2c Fruit cocktail (own juice)
- 6oz Fruit juice (100% juice)
- 1c Mixed berries (fresh/frozen)

FATS (CHOOSE OFTEN):

- 1t Nut butters: Almond, peanut, etc...
- 10-15 Nuts: Almonds, walnuts, pecans
- 1/2c Avocado
- 12g Black or green olives
- 1.5t Plant oils: olive, canola, flax
- 2t Flax seeds
- 2t Hummus
- 2t Seeds: Pumpkin, sesame, sunflower
- 3t Guacamole
- 2t Smart Balance, Benecol

FATS (CHOOSE LESS OFTEN):

- 2t Butter (stick)
- 1oz Cheese
- 1sm. Cheese
- 2t Cream cheese
- 4t Half & Half
- 2t Mayonnaise
- 3t Reduced-fat cream cheese
- 2t Reduced-fat sour cream
- 4t Sour cream
- 1 2% String cheese
- 2 Turkey bacon slice
- 1 Turkey sausage link
- 1t Commercial salad dressings

1t = 1 Teaspoon
1T = 1 Tablespoon
1c = 1 Cup
1oz = 1 Ounce

sm. = Small
med. = Medium
lg. = Large

SOURCE: WWW.NAVYFITNESS.ORG

ATTACHMENT C

DPR Group Score Card

MODIFIED Physical Fitness Scorecard

Date: _____

NAME	1 MILE RUN	PUSH-UPS	SIT-UPS	SWIM TEST	ADD. INFO
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

PROCTOR NAME: _____

ATTACHMENT D

DPR PHYSICAL FITNESS PROGRAM

Department of Parks and Recreation Physical Fitness Qualification Test

Presented by
Territorial Park Patrol Training and Staff
Development Supervisor



Physical Fitness Qualification Test

Paseo de Susana and Agana Pool, Hagatna

- Push-ups
- Sit-ups
- 1 mile run
- Swim Test

Push-ups

- Description:

To complete a Push-up, place your palms on the floor with your hands slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced, or crossed. Your body should maintain a generally straight, rigid head to heel form. This is the up-starting position. Begin by lowering your body to the ground until your upper arms are at least parallel to the floor with elbows bent 90°. Then return to the up position with arms fully extended but not locked. This is one repetition. Your chest may touch but not rest or bounce on the ground. If you do not come down parallel to the floor the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the ground or bridge or bow your back, but only in the up-rest position. Resting any other body part on the floor is not allowed. If resting occurs on the down position, the push-up portion of the test will be terminated and your score will be based on the correct number of push-ups performed until that point. You have 1 minute to perform as many correct push-ups as you are able. The Proctor will count the correct number of push-ups aloud. The Proctor will not count incorrect push-ups. The Proctor will tell you what you are doing wrong and will repeat the last number of correct push-ups until you correct the error. The total number of correct push-ups is your score. You must perform 20 correct push-ups in 1 minute to "Pass" this portion of the test.

- Justification:

The Push-up is an assessment of muscular endurance and upper body strength, which Officers need in physical altercations with suspects and traversing the numerous types of obstacles in the field.

Sit-ups

- Description:

To complete a sit-up, begin by laying face up on the mat. Your feet may extend off the mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90° with your feet or heels in contact with the floor or mat at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting at your upper chest. This is the starting position. When performing sit-ups, any part of the hands or fingers must remain in contact with the shoulders or upper chest at all times. The proctor will hold the feet of the officer/recruit being tested by putting his or her knees on the feet and hands on the ankles of the officer/recruit. The Proctor may not anchor the officer/recruit by holding behind the calves or by standing on the feet. Officers/recruits may request a proctor or assistant of the same gender to hold the feet and that request must be granted. The officer/recruit must let the proctor know if they need their feet held differently prior to the test.(i.e. your holding my ankles or feet too tight or not enough) From the starting position, raise your upper torso until your elbows touch your knees or thighs, then lower upper torso until your shoulder blades contact the mat. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up and your shoulder blades must contact the floor or mat at the bottom of the sit-up. You must keep any part of your hand or fingers in contact with your shoulder or chest at all times. The repetition will not count if your hands or fingers come completely away from your chest or shoulders or if your buttocks or heels leave the ground. You may not grab onto your shirt. Resting must be done in the up position. While resting you may not use knees or any object to support yourself. If there is any resting other than the up position, the sit-up portion of the test will be terminated and your score will be based on the correct number of sit-ups up to that point. You have 1 minute to perform as many correct sit-ups as you are able. Your proctor will count the correct number of sit-ups aloud. Your proctor will not count incorrect sit-ups. Your proctor will tell you what you were doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in 1 minute is recorded as your score. You must perform 26 correct sit-ups in 1 minute to "Pass" this portion of the test.

- Justification:

The sit-up is an assessment abdominal muscle strength and endurance which is important for core stability and back support, which officers need to recover to an upright position in the event they fall onto their backs will in a physical altercation with a suspect or traversing the numerous types of obstacles in the field.

1 Mile Run

- Description:

Prior to beginning the 1 mile run, Officers will be allowed a 3 minute warm-up. Officers/Recruits will be directed to line-up behind the starting line and will begin running when instructed. No physical assistance from anyone or anything is permitted. Officers/Recruits are required to stay on and complete the entire course. Any diversion from the course may result in the termination of this portion of the test. Completion time will be recorded when officers/recruits cross the finish line.

- Justification:

The 1 mile run is a basic assessment of Cardio-vascular fitness, which officers need in the high stress working environment of law enforcement.

Swim Test

- Description:

This test is to be conducted no more than one (1) hour after the scheduled time frame of the other testing portions of the DPRFPQT. This test must be conducted with a DPR Red Cross Water Safety Instructor (WSI) certified employee approved by the DPR Director present.

This is a two part test which entails three non-timed swimming laps and timed treading water.

Swim #1 -Freestyle Stroke

For the first swimming lap, officers/recruits will be expected to complete a 50 meter lap maintaining forward momentum at all times and utilizing the freestyle/front crawl stroke. The officers/recruits will get a 30 second break after lap 1.

Swim #2- Elementary Backstroke

During the break, the Proctor along with the assigned DPR WSI will ensure that officers/recruits understand the 2nd lap is to be completed using the elementary back stroke and maintaining forward momentum at all times. The officers/recruits will get a 30 second break after the 2nd lap.

Swim Test

Swim #3- Breast Stroke

During the break, the Proctor along with the assigned DPR WSI will ensure that officers/recruits understand the 3rd lap is to be completed using the breast stroke and maintaining forward momentum at all times.

Water Treading

Officers/recruits will be given a 3 minute rest period after the 3rd lap for the 3 minutes of treading water. The officer/recruit must tread water for 3 minutes with the use of hands and without the assistance of any object or floatation aid to include but not limited to life jackets and life preservers. The officer/recruit may not touch the bottom of the pool or the sides of the pool wall with their feet or hands at any time during the 3 minutes of treading water. If the officer's/recruit's head becomes fully submerged during the 3 minutes of water treading, that officer will be disqualified and the 3 minutes of water treading will be terminated.

Swim Test

If at any time any officer/recruit feels any physical pain, disorientation, or believes to be in danger of drowning, the officer/recruit shall notify the WSI or the Proctor immediately. The W.S.I. and the Proctor shall terminate the swim test the officer/recruit immediately and shall provide necessary rescue assistance and arrange emergency transport if necessary. The WSI or the Proctor can terminate the swim test at anytime for any officer/recruit if they observe any signs in which the believe the officer/recruit is in danger of drowning or for other safety related issues.

Officers/recruits must follow all instructions from the W.S.I. and the Proctor. Failure to do so will be result in an immediate termination of the swim test for that officer/recruit. All swim times, performances, and safety incidents are to be recorded by the Proctor. Officers/recruits utilizing a stroke besides the instructed stroke shall redo that stroke from the starting point of that portion of the swim. Any subsequent violations the officer will fail the swim.

Justification

The Swim is an assessment of the physical fitness of the officer/recruit while demonstrating water survival techniques and skills, which is needed in water related patrol and enforcement activities of Territorial Park Patrol Officers.

Department of Parks and Recreation Physical Fitness Qualification Test

Presented by
Territorial Park Patrol Training and Staff
Development Supervisor



Physical Fitness Qualification Test

Paseo de Susana and Agana Pool, Hagatna

- Push-ups
- Sit-ups
- 1 mile run
- Swim Test

Push-ups

- Description:

To complete a Push-up, place your palms on the floor with your hands slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced, or crossed. Your body should maintain a generally straight, rigid head to heel form. This is the up-starting position. Begin by lowering your body to the ground until your upper arms are at least parallel to the floor with elbows bent 90°. Then return to the up position with arms fully extended but not locked. This is one repetition. Your chest may touch but not rest or bounce on the ground. If you do not come down parallel to the floor the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the ground or bridge or bow your back, but only in the up-rest position. Resting any other body part on the floor is not allowed. If resting occurs on the down position, the push-up portion of the test will be terminated and your score will be based on the correct number of push-ups performed until that point. You have 1 minute to perform as many correct push-ups as you are able. The Proctor will count the correct number of push-ups aloud. The Proctor will not count incorrect push-ups. The Proctor will tell you what you are doing wrong and will repeat the last number of correct push-ups until you correct the error. The total number of correct push-ups is your score. You must perform 20 correct push-ups in 1 minute to "Pass" this portion of the test.

- Justification:

The Push-up is an assessment of muscular endurance and upper body strength, which Officers need in physical altercations with suspects and traversing the numerous types of obstacles in the field.

Sit-ups

- Description:

To complete a sit-up, begin by laying face up on the mat. Your feet may extend off the mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90° with your feet or heels in contact with the floor or mat at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting at your upper chest. This is the starting position. When performing sit-ups, any part of the hands or fingers must remain in contact with the shoulders or upper chest at all times. The proctor will hold the feet of the officer/recruit being tested by putting his or her knees on the feet and hands on the ankles of the officer/recruit. The Proctor may not anchor the officer/recruit by holding behind the calves or by standing on the feet. Officers/recruits may request a proctor or assistant of the same gender to hold the feet and that request must be granted. The officer/recruit must let the proctor know if they need their feet held differently prior to the test.(i.e. your holding my ankles or feet too tight or not enough) From the starting position, raise your upper torso until your elbows touch your knees or thighs, then lower upper torso until your shoulder blades contact the mat. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up and your shoulder blades must contact the floor or mat at the bottom of the sit-up. You must keep any part of your hand or fingers in contact with your shoulder or chest at all times. The repetition will not count if your hands or fingers come completely away from your chest or shoulders or if your buttocks or heels leave the ground. You may not grab onto your shirt. Resting must be done in the up position. While resting you may not use knees or any object to support yourself. If there is any resting other than the up position, the sit-up portion of the test will be terminated and your score will be based on the correct number of sit-ups up to that point. You have 1 minute to perform as many correct sit-ups as you are able. Your proctor will count the correct number of sit-ups aloud. Your proctor will not count incorrect sit-ups. Your proctor will tell you what you were doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in 1 minute is recorded as your score. You must perform 26 correct sit-ups in 1 minute to "Pass" this portion of the test.

- Justification:

The sit-up is an assessment abdominal muscle strength and endurance which is important for core stability and back support, which officers need to recover to an upright position in the event they fall onto their backs will in a physical altercation with a suspect or traversing through numerous types of obstacles in the field.

1 Mile Run

- Description:

Prior to beginning the 1 mile run, Officers will be allowed a 3 minute warm-up. Officers/Recruits will be directed to line-up behind the starting line and will begin running when instructed. No physical assistance from anyone or anything is permitted. Officers/Recruits are required to stay on and complete the entire course. Any diversion from the course may result in the termination of this portion of the test. Completion time will be recorded when officers/recruits cross the finish line.

- Justification:

The 1 mile run is a basic assessment of Cardio-vascular fitness, which officers need in the high stress working environment of law enforcement.

Swim Test

- Description:

This test is to be conducted no more than one (1) hour after the scheduled time frame of the other testing portions of the DPRFPQT. This test must be conducted with a DPR Red Cross Water Safety Instructor (WSI) certified employee approved by the DPR Director present.

This is a two part test which entails three non-timed swimming laps and timed treading water.

Swim #1 -Freestyle Stroke

For the first swimming lap, officers/recruits will be expected to complete a 50 meter lap maintaining forward momentum at all times and utilizing the freestyle/front crawl stroke. The officers/recruits will get a 30 second break after lap 1.

Swim #2- Elementary Backstroke

During the break, the Proctor along with the assigned DPR WSI will ensure that officers/recruits understand the 2nd lap is to be completed using the elementary back stroke and maintaining forward momentum at all times. The officers/recruits will get a 30 second break after the 2nd lap.

Swim Test

Swim #3- Breast Stroke

During the break, the Proctor along with the assigned DPR WSI will ensure that officers/recruits understand the 3rd lap is to be completed using the breast stroke and maintaining forward momentum at all times.

Water Treading

Officers/recruits will be given a 3 minute rest period after the 3rd lap for the 3 minutes of treading water. The officer/recruit must tread water for 3 minutes with the use of hands and without the assistance of any object or floatation aid to include but not limited to life jackets and life preservers. The officer/recruit may not touch the bottom of the pool or the sides of the pool wall with their feet or hands at any time during the 3 minutes of treading water. If the officer's/recruit's head becomes fully submerged during the 3 minutes of water treading, that officer will be disqualified and the 3 minutes of water treading will be terminated.

Swim Test

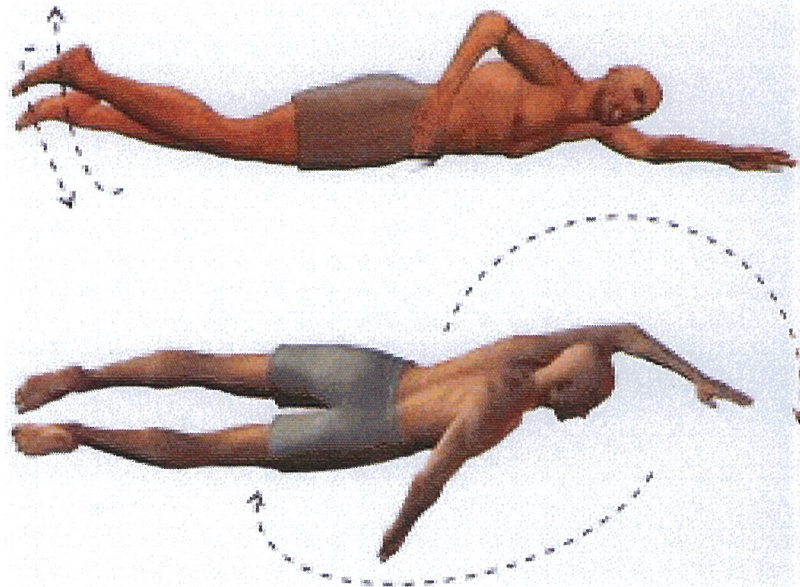
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Justification

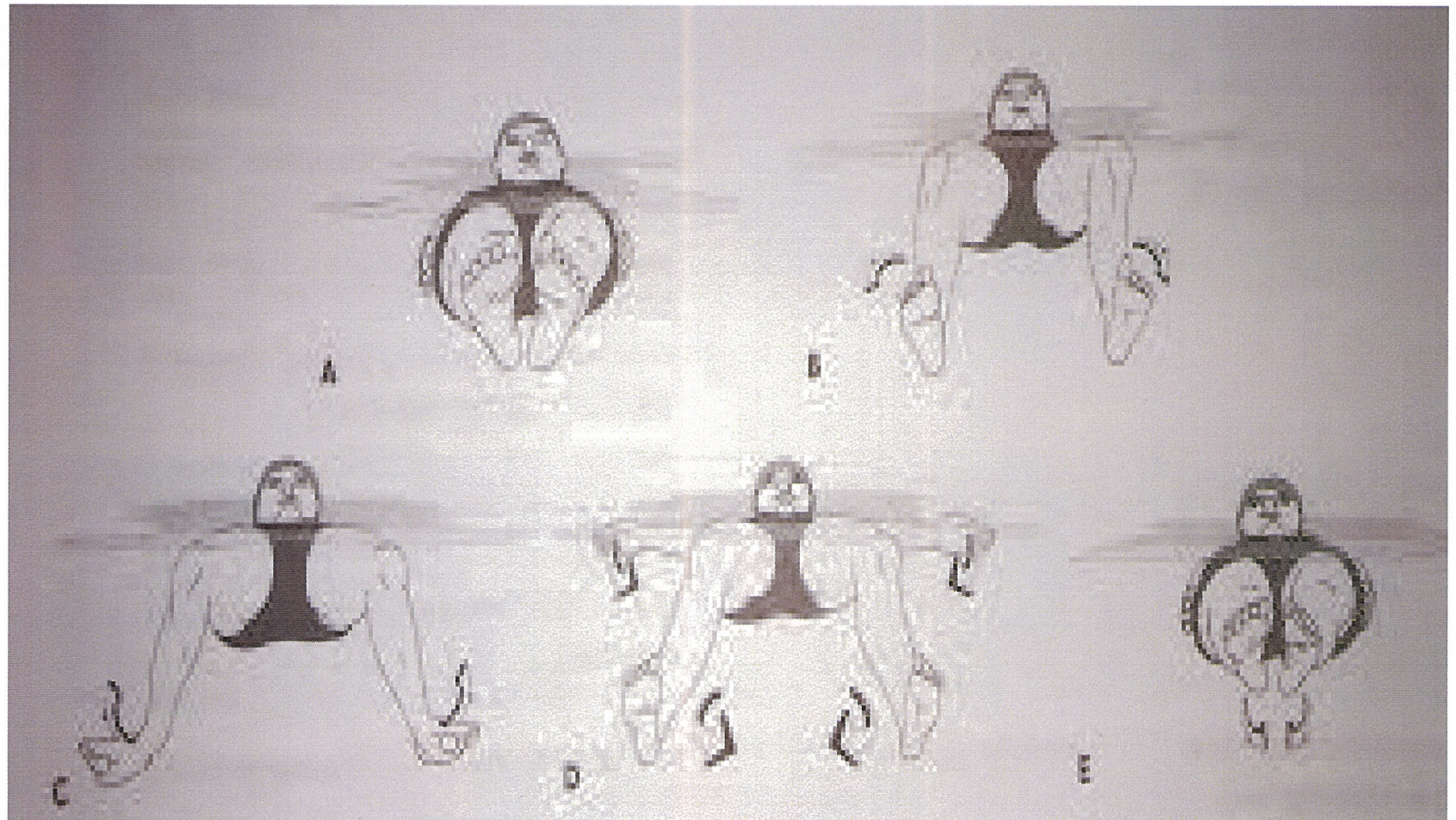
The Swim is an assessment of the physical fitness of the officer/recruit while demonstrating water survival techniques and skills, which is needed in water related patrol and enforcement activities of Territorial Park Patrol Officers.

Freestyle Swimming Stroke

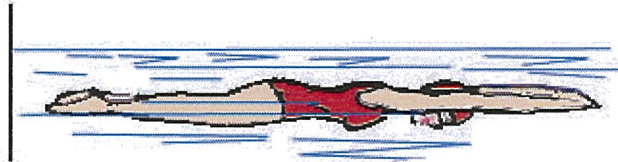


- The easiest and most popular of all swimming strokes.
- legs perform a kicking motion while arms are alternately brought overhead and out of the water.
- the higher the speed, the harder this stroke is on your elbow.

ELEMENTARY BACKSTROKE



THE BREAST-STROKE



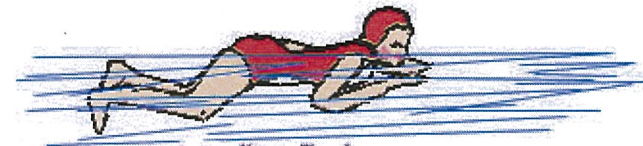
1. The Underwater Glide



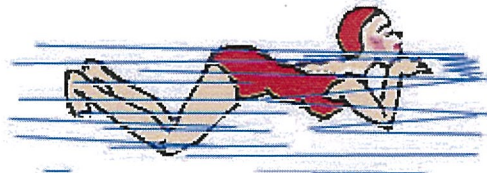
2. Turning Hands



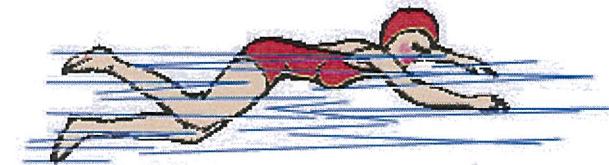
3. Pulling Back



4. Forming a Circle



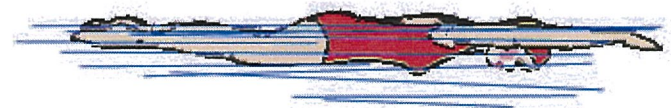
5. Elbows at Chest



6. Legs Apart--Knees Touch



7. Legs Coming Together



8. Surface Glide

WATER TREADING TECHNIQUE

