

*APPENDIX D*  
*PORT AUTHORITY OF GUAM*



## Port Authority of Guam

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<b>PORT POLICE ORDER:</b>	<b>PHYSICAL FITNESS POLICY</b>
<b>ORDER NO.:</b>	<b>EFFECTIVE DATE: IMMEDIATELY</b>
<b>REFERENCES: 17 GCA Chapter 51</b>	<b>REPLACE:</b>
<b>GENERAL MANAGER:</b>	

**Purpose:** To establish guidelines and standards for the Physical Fitness Program for sworn officers of the Port Authority of Guam Police Division.

**This Port Police Order consists of the following numbered sections:**

1. **OBJECTIVE**
2. **POLICY**
3. **ADMINISTRATION**
4. **HEALTH AND WELLNESS MANAGEMENT**
5. **HEALTH AND NUTRITION PROGRAM**
6. **ANNUAL PHYSICAL FITNESS TEST**

### **1) OBJECTIVE:**

To provide guidelines and procedures to maintain a standard level of physical fitness and wellness of sworn officers in the Port Authority of Guam Police Division (PAPD).

### **2) POLICY:**

It is the policy of the Port Authority of Guam Police Division that sworn officers maintain a standard of Physical fitness and wellness acceptable to the law enforcement profession, in conformation with Chapter 3, Title 27, Guam POST Commission Administration Rules and Regulations. The Department requires that all sworn officers maintain an acceptable level of physical fitness and wellness through physical fitness exercises and testing.

### 3) ADMINISTRATION:

This policy shall be phased into implementation over a three-year period from the date of Enactment of the Peace Officers Standards and Training (P.O.S.T.) Administration Rules on Public Law 34-49. All milestones will be calculated from the day in which this law was enacted. Within the first year, PAPD will ensure that this Physical Fitness Policy is complied with, via the establishment of a physical fitness program, supported by the establishment of an APFQT Fitness and Wellness Coordinator. The APFQT Fitness and Wellness Coordinator will ensure Roll call training about the PFQ testing and physical fitness standard is conducted with all sworn officers. By the beginning of the second year, agencies will begin testing sworn officers on a basis, and into the third year of implementation after which the following shall apply:

- A) A sworn officer is deemed to have failed to comply with this policy when that officer's performance in a PFQ test is below the standard as established by record and as defined and/or referenced herein after the officer has been previously tested, given the requisite conditioning period, retested, and still been unable to meet the expectation based on the standard. **Refer to Attachment "A" (Advisement)**
- B) When a sworn officer receives an unsatisfactory PFQ test result and a medical records review by health care provider has ruled out medical conditions precluding the sworn officer from achieving a passing score, the sworn officer will receive counseling, in violation of **Port Authority of Guam Personnel Rules and Regulations** and will not attain a higher than Satisfactory rating for the appropriate rating. **Refer to Attachment "B" (Written Warning)**
- C) Sworn officers must retest within 90 days following an unsatisfactory PFQ test. Retesting within the first 42 days after an unsatisfactory APFQT requires agency head's approval since recognized medical guidelines recommend 42 days as the minimum time frame to recondition from unsatisfactory to satisfactory status in a manner that reduce risk of injury. It is sworn officer's responsibility to ensure he/she retests before the 90-day reconditioning Period expires (non-compliance begins on the 91<sup>st</sup> day)
- D) Sworn officers receiving an unsatisfactory PFQ test result will be required to undergo organized remedial fitness training during the 90-day reconditioning period prescribed in Section. C. of this policy. Organized remedial fitness will be limited to the exercises and at a time and place designated by the fitness monitor.



#### 4) HEALTH AND WELLNESS MANAGEMENT:

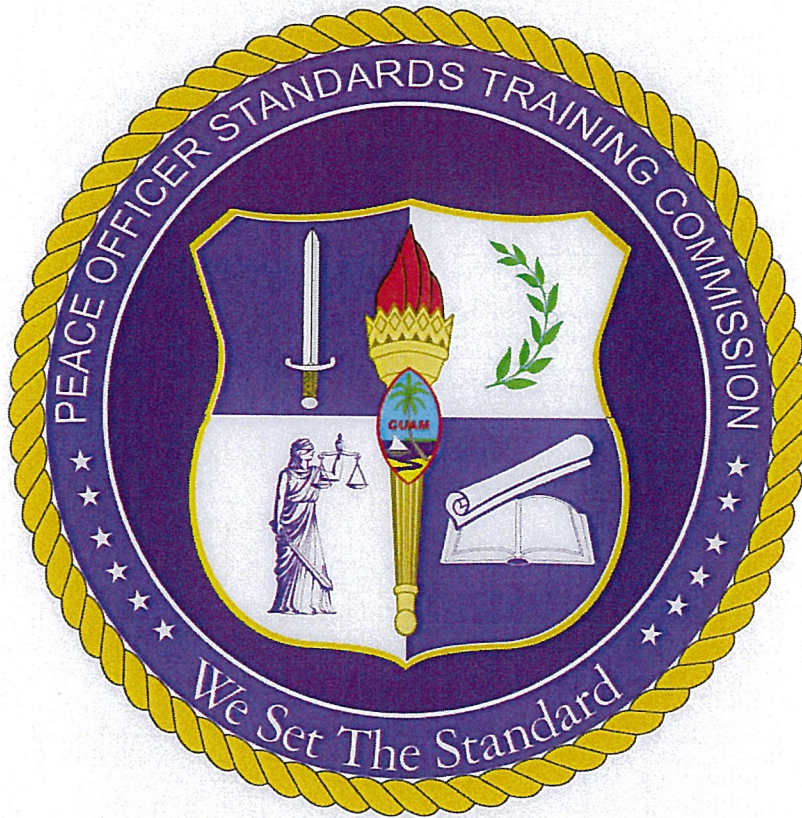
All sworn officers will be required to perform an Agency Physical Fitness Qualification Test (APFQT) in accordance with the following standards:

- A) Agency Physical Fitness Qualification Tests or Re-Tests will be completed every year as reasonably scheduled by the Primary and/or Alternate PFQT Fitness and Wellness Coordinator with the Port Authority of Guam.
- B) The Fitness Screening Questionnaire (FSQ), identified as **Attachment "C" (Fitness Questionnaire)**, 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 of the test events.
  - 1) If the participant is unable to perform the APFQT or stops during the performance of the APFQT for reasons indicated on the questionnaire (FSQ), the participant will not be allowed to complete the test, and recorded as "Incomplete". The participant is required to ensure the FSQ is completed by a licensed Health Care Provider.
  - 2) A PFQ test or retest will be scheduled upon completion of the Fitness Screening Questionnaire by a licensed Health Care Provider, and submitted to the Fitness and Wellness Coordinator within thirty (30) days. Failure to provide a licensed Health Care Provider response and appropriately re-schedule a APFQT during this period will result in counselling, in violation of Port Authority of Guam Rules and Regulations. Unsatisfactory Performance, for failure to perform the scheduled APFQT Adherence of Health Care Provider information on the Fitness Screening Questionnaire will allow for the appropriate adjustment of the Physical Fitness Qualification Test for the participant. A valid waiver of the APFQT by the Health Care Provider will be applicable for the period indicated in the response, or pending the participant's scheduled APFQT in the subsequent year.
- C) Overall score will be assessed as a PASS or FAIL.
  - 1) Inability to successfully complete any required fitness qualification events or inability to meet will be recorded as "Unsatisfactory" of the APFQT for the participant.



1) HEALTH AND NUTRITION PROGRAM

Information can be for reviewed online: [www.navyfitness.org](http://www.navyfitness.org) or refer to attached documents.



# **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

SOURCE: [WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)





### 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.

SOURCE: [WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)



### 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](http://WWW.NAVYFITNESS.ORG)

**EatCleanEatOftenHydrateRecoverMindset**

COL 618/2019





## 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!

SOURCE: WWW.NAVYFITNESS.ORG



# 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



Oatmeal



Brown Rice



High Fiber Cereal



Quinoa



100% Whole Wheat Bread



1 Serving Size  
= Your Fist

### 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



Tuna/Fish



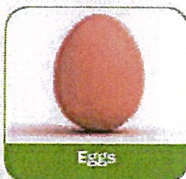
Chicken/Turkey Breast



Lean Red Meat



Low Fat Dairy



Eggs



1 Serving Size  
= The Palm of Your Hand

### 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



Nut Butter



Oils: Fish, Flax, Olive



Flax Seed Products



Avocado



Pecans, Walnuts & Almonds



1 Serving Size  
= The Tip of Your Thumb

SOURCE: WWW.NAVYFITNESS.ORG



# 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: 89

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

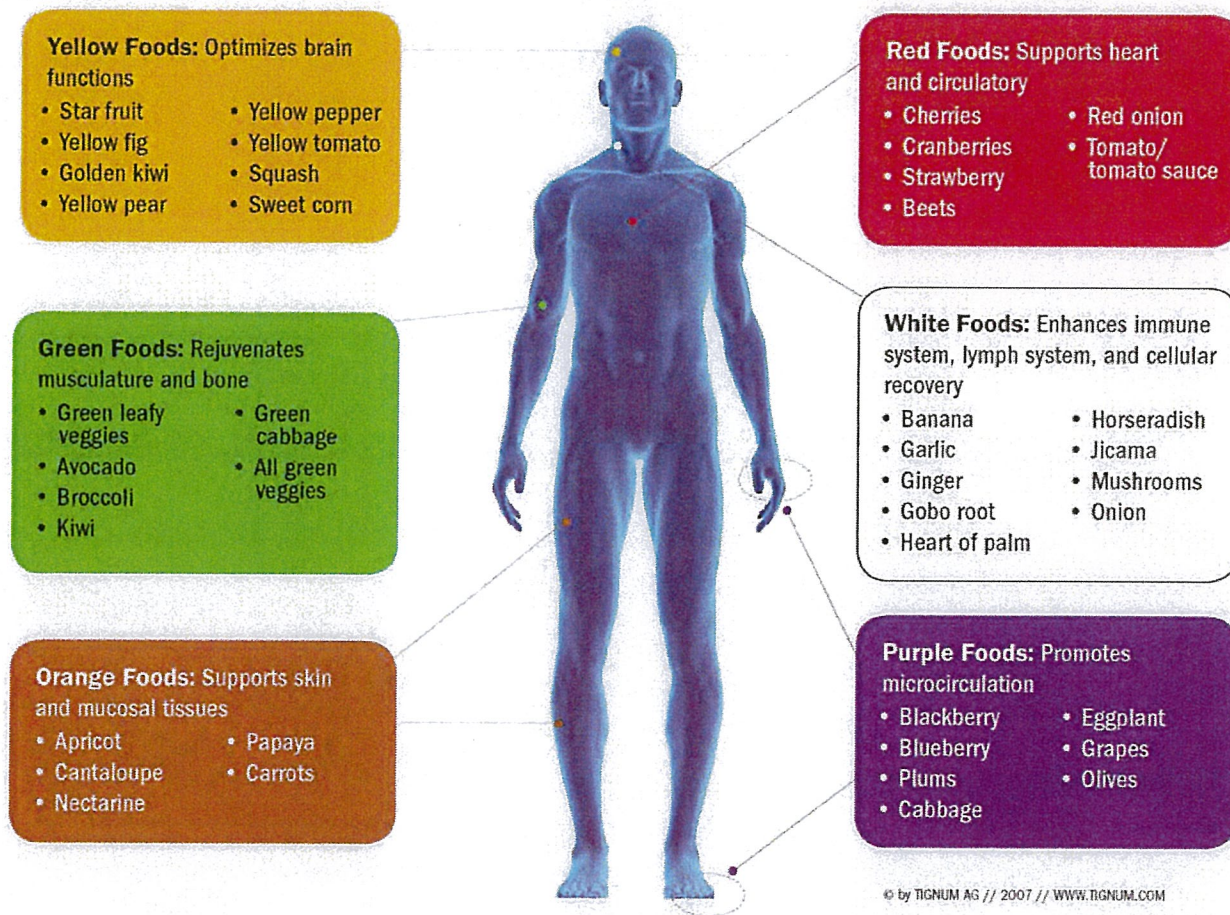
COL618/2019 EatCleanEatOftenHydrateRecoverMindset



## 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



SOURCE: WWW.NAVYFITNESS.ORG



### 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:

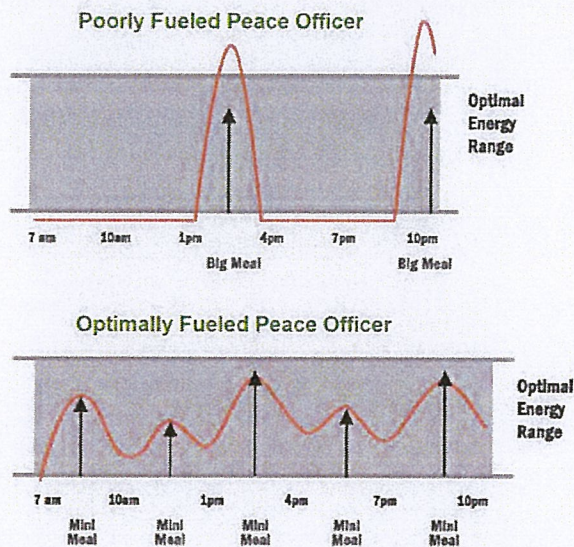
**Protein:** Eggs, egg whites, ham, beans, yogurt, or low-fat milk

**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.

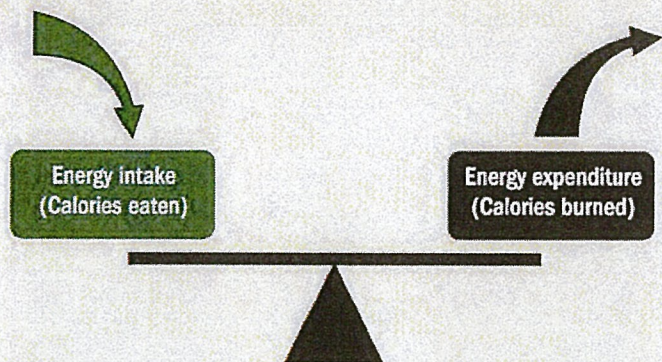


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### Energy Balance:

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**

SOURCE: WWW.NAVYFITNESS.ORG

**EatCleanEatOftenHydrateRecoverMindset**

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## 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, pumpkinnickel bread
- 2 Slices reduced calorie bread
- 1 Hot dog bun
- ½ English muffin
- ½ 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)
- ½c Applesauce, unsweetened
- ¾c Blueberries
- 1-¼c Whole strawberries
- 1c Raspberries or boysenberries
- 1c Cubed cantaloupe or honeydew
- ¼c Cubed watermelon
- ½c 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 (1/4 - 1c)
- 1-½c Puffed cereals (e.g. puffed rice)
- ½c Cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- ½c Cooked brown or white rice
- ½c 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
- ½c Nonfat frozen yogurt

### MEAT AND PROTEIN

- 8oz (1c.) Nonfat or 1% milk, low fat or 1% fat 3 - 4oz meat
- ½c Beans
- 2Tbsp Peanut butter
- 2 Eggs
- ½c 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.
- ½c 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 small of your hand.
- 1tsp of margarine or butter is about the size of the tip of your thumb.



SOURCE: WWW.NAVYFITNESS.ORG



### 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.	<b>Suggested Fluid Intake:</b> 5-12 Liters/day <b>Tips:</b> 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.	<b>Suggested Fluid Intake:</b> Up to 2x needs of Extreme Dry Heat <b>Tips:</b> 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.	<b>Suggested Fluid Intake:</b> 4-6 Liters/day <b>Tips:</b> 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.	<b>Suggested Fluid Intake:</b> 5.5-7.5 Liters/day <b>Tips:</b> 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.

SOURCE: WWW.NAVYFITNESS.ORG



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

**Hydrated**

**Dehydrated**

**Extremely  
Dehydrated**  
(consult a doctor)

SOURCE: WWW.NAVYFITNESS.ORG



### 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  $\frac{1}{4}$  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.

SOURCE: WWW.NAVYFITNESS.ORG



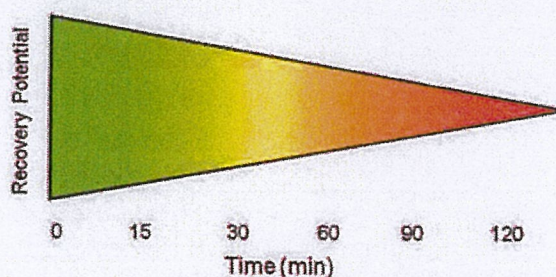


## Recovery in 3's: Pre, During, and Post-Workout

### 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

SOURCE: WWW.NAVYFITNESS.ORG

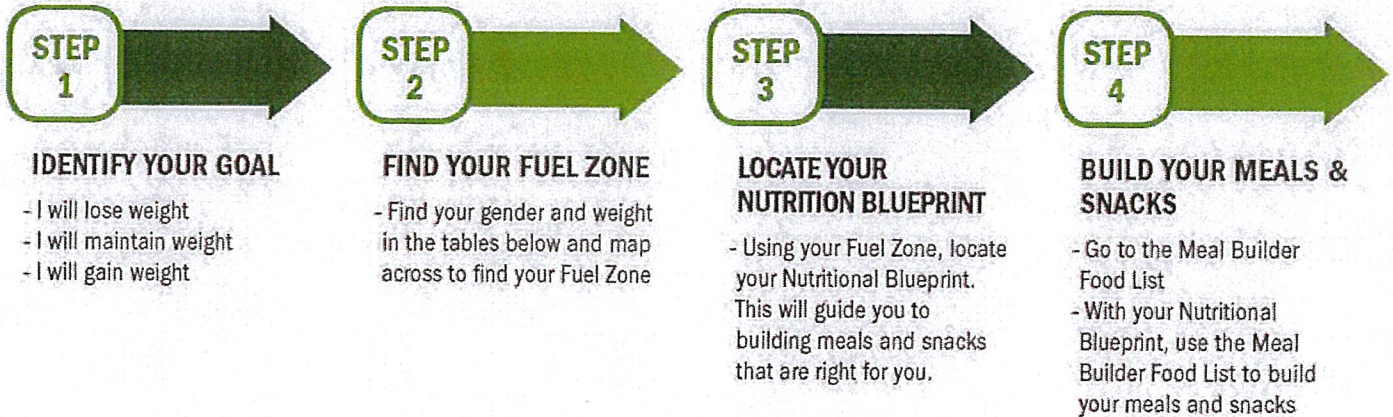


# FUELING SERIES

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



# 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)
- 1/4 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)

### 3/4c 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

- 1/4c 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.nsfisport.com](http://www.nsfisport.com) 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 Arugula
- 1/2c 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
- 1/4c Strawberries (whole)
- 1/2c Watermelon (cubed)
- 1/2m. Grapefruit

### Orange

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

### Yellow

- 1/2lg. 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
- 1/4 Avocado
- 12lg. 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
- 1slice Cheese
- 2T Cream cheese
- 4T Half & Half
- 2t Mayonnaise
- 3T Reduced-fat cream cheese
- 4T Reduced-fat sour cream
- 2T 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](http://WWW.NAVYFITNESS.ORG)



## FITNESS ASSESSMENT VERBAL INSTRUCTIONS

### PORT AUTHORITY OF GUAM POLICE DIVISIONS

### AGENCY PHYSICAL FITNESS QUALIFICATIONS TEST (APFQT):

#### INTRODUCTION:

The Port Authority of Guam Police Divisions Agency Physical Fitness Qualifications Test (APFQT) is consistent with national models and industry standards and is locally validated based on statewide statistics. Components of the test were designed to simulate actual tasks and essential knowledge, skills and abilities required of a Peace Officer. These skills were identified through job task analysis and a review of critical job responsibilities requiring physical proficiency.

The APFQT was developed to test range of physical abilities. Successful completion demands significant physical effort. The results of your test will reflect your overall physical abilities and training for the above addressed areas (specifically strength and stamina) is recommended.

Participants should come to the test wearing appropriate exercise clothes and comfortable running shoes. It is suggested that participants come to the session fully rested and hydrated.

To help reduce unnecessary injury and determine if you can safely perform all of the required tasks it is **recommended** that you consult with a physician prior to participating in the physical abilities test.

### AGENCY PHYSICAL FITNESS QUALIFICATIONS TEST (APFQT):

Upon arrival to the scheduled session there will be a check in, orientation period, and a walk through of the Physical Fitness Qualifications Test (PFQT). Participants will be allowed to ask any questions related to the test and procedures during this period.

A warm up period will be allotted. The PFQT is a measure of a participant's best effort (completion should result in a near maximal to maximal effort) and fatigue will result. The running of the course will be timed to evaluate performance. Premature fatigue resulting in a lower score (longer time to complete) may be avoided by choosing the appropriate pace to maximize the rate at which the course is completed.

To achieve a passing score for the test, the participant must complete the entire APFQT within 7 minutes, 30 seconds. Any time exceeding the 7 minutes, 30 seconds cut off time is considered a failed test.



## **COURSE DESIGN AND COMPONENTS:**

The APFQT was designed to assess physical attributes that reflect core enabling knowledge, skills and abilities and essential tasks common for law enforcement officers.

The APFQT test is to be conducted in a continuous flow manner that is time-dependent in order to determine the participant's level of physical condition and aerobic capacity. The APFQT measures specific physical abilities through a series of tasks that are listed as follows:

1. 300 meter run
2. Stair Climb (Ascend/Descend)
3. Serpentine/Zig-Zag Obstacle
4. Tunnel Crawl
5. Balance Beam
6. Over and Under Obstacle
7. 4 Foot Leap
8. Wall Climb/Jump
9. Apprehension and Arrest
10. Rescue Carry/Drag

## **COURSE STAGES AND DESCRIPTION:**

### **STAGE 1: 300 METER RUN**

#### **DESCRIPTION:**

The 300 meter run starts off the ten (10) stages of the Port Authority of Guam Police Divisions' Agency Physical Fitness Qualification Test (APQFT). From a standing position the officer will be given the order to start the run.

The officer will come off the standing position and begin running the marked track. The officer will continue until he/she reaches the designated obstacle course and shall immediately start to negotiate the second of the ten obstacles.

#### **JUSTIFICATION / HEALTH RATIONALE:**

Running builds upon the officer's aerobic base, improves aerobic power and enhances anaerobic metabolism and heart function. Substantially improves insulin levels and reduce metabolic syndrome risk factors that include high cholesterol, high blood pressure, high blood sugar, and abdominal body fat.

The course simulates a Police Officer walking within the legal jurisdiction of the Port Authority of Guam.

### **STAGE 2: STAIR CLIMB (ASCEND / DESCEND)**

#### **DESCRIPTION:**

Immediately completing the 300 meter run, the officer will engage the stair climb. Starting from either foot followed by the other, the officer will step up (ascent) unto the single star step obstacle.



The officer will then with either foot followed by the other step back off the stair to the original position. This will complete one (1) repetition. The officer will continue the stair climb until completing twenty (20) repetitions.

**JUSTIFICATION / HEALTH RATIONALE:**

Stair climbing improves aerobic and anaerobic systems and improves endurance and sprint performance.

It raises your heart rate immediately thus maximizing cardio benefits. Builds core muscle strength - glutes, hamstrings, quadriceps, abs and calves to exercise and thus tone the body. Climbing stairs burns calories and is a recommended weight loss strategy.

Often while en route to assist another officer, an officer will have to run up or down flights of stairs to his destination. The purpose of this event is to expose the officer to the reality of the physical exertion required to negotiate the flights of stairs located within the Port Authority of Guam

**STAGE 3: SERPENTINE / ZIGZAG**

**DESCRIPTION:**

This obstacle consists of five (5) knee high poles that are staggered three (3) feet apart and offset to the right and left of each other. The officer will come upon the first pole nearest him/her and execute a half circle to the outside of the pole and then back inside making his/her way to the next pole. This obstacle simulates running through crowds, etc... The officer will execute the same motion around each pole until overcoming the last of the five poles.

**JUSTIFICATION / HEALTH RATIONALE:**

Improves physical coordination, muscular balance, and mental focus; Tones the muscle, builds strength and endurance while burning fat and calories.

After running some distance and negotiating a stairwell, another very common obstacle while en-route to assist fellow officers is having to negotiate (design of the building) obstacles that force and required the quick and rapid left and right body movements. The zigzag obstacle is a bona fide test of the officer's mental focus and physical agility.

**STAGE 4: TUNNEL**

**DESCRIPTION:**

The tunnel obstacle is ten (10) feet in length with the entry point four (4) feet in height which is the tunnel's lowest point. Once entered and proceeding through the tunnel the height gradually increases to as much as five (5) feet at its exit. Upon approach, the officer must safely duck low enough to gain entry into the tunnel and continue through the tunnel and exit out the opposite end.



### **JUSTIFICATION / HEALTH RATIONALE:**

Improves aerobic and anaerobic systems, improves endurance and sprint performance. It raises your heart rate immediately thus maximizing cardio benefits; Builds upper body and core muscle strength.

The obstacle simulates running through storm drains, bridges, vessel passageways, etc... An individual will do most anything to avoid capture if the possibility of an escape exists. Having to squat under low lying roofs and overhangs, are very common obstacles. Having to crouch in low or tight spaces to extract a suspect are very common experiences of a Port Police Officer.

### **STAGE 5: BALANCE BEAM**

#### **DESCRIPTION:**

At four (4) inches thick by ten (10) inches wide, stretched across twelve (12) feet in length and eighteen (18) inches off the ground creates a plank (Balance Beam). Once successfully clearing the previous tunnel stage, the officer will approach the balance beam at its closest point and step up onto the obstacle with either foot followed by the other. The officer will make his/her way across the full length of the balance beam stepping off at the opposite end.

#### **JUSTIFICATION / HEALTH RATIONALE:**

Improves physical coordination, muscular balance, and mental focus; Tones the muscle, builds strength and endurance while burning fat and calories.

During a foot chase or pursuit, an officer may have to negotiate an obstacle that requires careful coordination of balance in an effort to successfully advance in a particular direction.

### **STAGE 6: OVER AND UNDER**

#### **DESCRIPTION:**

A combination of two (2) hurdles comprises this obstacle, both identical in design. A "U" shaped metal pole ten (10) feet in length is supported into the ground at three (3) feet in height. The second hurdle is placed in the same fashion yet spaced ten (10) feet apart and parallel to the first. As the officer approaches the first hurdle he/she must stop short of the hurdle and demonstrate five (5) complete pushups. The officer then gets up off the ground, unsupported and negotiates the first hurdle. Once on the other side, the officer lays completely flat on his/her back. Immediately thereafter, the officer gets back on his/her feet unsupported. The officer will perform two (2) repetitions of this movement before moving to the next pole where he/she performs five (5) more pushups. The officer then makes way his/her way under and through the second hurdle. Once on the other side, the officer again lays completely on their back and returns thereafter back to a standing position unsupported. The officer repeats this movement once more and proceeds to the next obstacle.



**JUSTIFICATION / HEALTH RATIONALE:**

Improves aerobic and anaerobic systems, improves endurance and sprint performance. It raises your heart rate immediately thus maximizing cardio benefits; Builds upper body and core muscle strength. An officer may have to push himself/herself back up after taking a fall or exert upper body (push) force in the apprehension or pursuit of a suspect.

The pushup repetitions demonstrate upper body strength and explosive exertion immediately after a cardiovascular event. The officer would then use upper body strength to overcome an obstacle that is clearly in the way. An officer may also have to quickly recover from a supine, back flat on ground or other position after falling. During a pursuit an officer may have to duck or go under a low level obstacle in an effort to advance towards the suspect.

**STAGE 7: 4 FOOT LEAP ACROSS**

**DESCRIPTION:**

The Four (4) Foot Leap Across is established with two (2) parallel lines as markers placed four (4) feet apart and flat to the ground level. It simulates jumping over a small ditch or low-lying object on the ground. While in a running stride the officer without stepping on either line, will in a single leap, go over and across both lines. The officer then continues running to the next obstacle.

**JUSTIFICATION / HEALTH RATIONALE:**

Improves physical coordination, muscular balance, and mental focus; tones the muscle, builds strength and endurance while burning fat and calories.

An officer may have to jump over an obstacle during a pursuit and land properly so that he/she can continue without injury or loss of time.

**STAGE 8: CLIMB/JUMP OVER 4 FEET WALL**

**DESCRIPTION:**

A wall eight (8) feet in length and four (4) feet high is the makeup of this obstacle. The wall simulates chain link fences, loading docks, etc... The officer approaches the wall from a running stride. Supported by any part of the body, the officer must make his/her way over the wall to the opposite side. The officer then continues running to the next obstacle.

**JUSTIFICATION / HEALTH RATIONALE:**

Improves aerobic and anaerobic systems, improves endurance and sprint performance. It raises your heartrate immediately thus maximizing cardio benefits; Builds upper body and core muscle strength.

An officer should be able to pull himself/herself up or climb over a solid obstacle in the pursuit of a suspect. Climbing walls test the officer's strength, abilities, and coordination. The officer must land safely so as to avoid injury and continue the pursuit.



## **STAGE 9: APPREHENSION AND RESTRAINT**

### **DESCRIPTION:**

In this event, a human form mannequin or similar object weighing between 100-150 pounds will be used to simulate a suspect that is positioned in a sitting position in a chair. The officer swiftly confronts the suspect and physically places the suspect face down on the ground. Using a set of handcuffs which is placed at the same location, the officer proceeds to restrain the suspect's wrists and hands. This completes this obstacle.

Improves aerobic and anaerobic systems, improves endurance and sprint performance. It raises your heart rate immediately thus maximizing cardio benefits; Builds upper body and core muscle strength.

After a foot chase, an officer's ability to exert explosive physical action is paramount in order to overcome resistance from the suspect. The officer, although exhausted at this point should demonstrate his/her ability to properly subdue and restrain the suspect.

## **STAGE 10: RESCUE CARRY / DRAG**

### **DESCRIPTION:**

Using the mannequin from the previous obstacle, the officer will lift and carry or drag the mannequin fifty (50) feet to a designated safe location. This completes the obstacle ten (10) stage obstacle course of the Physical Fitness Qualifications Test.

### **JUSTIFICATION / HEALTH RATIONALE:**

Improves aerobic and anaerobic systems, improves endurance and sprint performance. It raises your heart rate immediately thus maximizing cardio benefits; Builds upper body and core muscle strength.

It is possible that after apprehending a suspect, an officer may have to remove the person, whether conscious or unconscious, from a potentially hazardous situation or dangerous location. The officer also may at some point be in a position to rescue a fellow officer or citizen from potential dangers. The ability to do that while experiencing physical and emotional exhaustion is a critical capability as a peace officer.

## **END OF FITNESS ASSESSMENT**

### **TIMING AND SCORING:**

The stop watch is stopped upon the participant's completion of the final obstacle. To achieve a passing score for the test an applicant must complete the entire APFQT Obstacle Course within 7 minutes, 30 seconds. Any time exceeding the 7 minutes, 30 seconds cut off time is considered a failed test.



## **PORT AUTHORITY OF GUAM POLICE DIVISIONS PHYSICAL FITNESS QUALIFICATION TEST (PFQT) OBSTACLE COURSE LAYOUT**

### **STAGE 1: 300 METER RUN**

The 300 meter run starts off the ten (10) stages of the Port Authority of Guam Police Divisions' Physical Fitness Qualification Test (PFQT). From a standing position the officer will be given the order to start the run. The officer will run the marked track until he/she reaches the next obstacle.

### **STAGE 2: STAIR CLIMB (ASCEND / DESCEND)**

Starting from either foot followed by the other, the officer will step up (ascent) unto the single stair step obstacle. The officer will then with either foot followed by the other step back off the stair to the original position. This will complete one (1) repetition. The officer will continue the stair climb until completing twenty (20) repetitions.

### **STAGE 3: SERPENTINE / ZIGZAG**

There are five (5) knee high poles that are staggered three (3) feet apart and offset to the right and left of each other. The officer will come upon the first pole nearest him/her and execute a half circle to the outside of the pole and then back inside making his/her way to the next pole. The officer will execute the same motion around each pole until overcoming the last of the five poles.

### **STAGE 4: TUNNEL**

The tunnel obstacle is ten (10) feet in length with the entry point four (4) feet in height. Proceeding through the tunnel the height gradually increases to as much as five (5) feet at its exit. Upon approach, the officer must safely duck low enough to gain entry into the tunnel and continue through the tunnel and exit out the opposite end.

### **STAGE 5: BALANCE BEAM**

Stretched across twelve (12) feet in length, ten (10) inches wide, eighteen (18) inches off the ground is the Balance Beam. The officer will approach the balance beam at its closest point and step up onto the obstacle with either foot followed by the other. The officer will make his/her way across the full length of the balance beam stepping off at the opposite end.

### **STAGE 6: OVER AND UNDER**

Two (2) hurdles comprise this obstacle, both identical in design. A "U" shaped metal pole ten (10) feet in length is supported into the ground at three (3) feet in height. The second hurdle is spaced ten (10) feet apart and parallel. Upon approach of the first hurdle, the officer stops and performs five (5) complete pushups. The officer then gets up off the ground, unsupported and negotiates the first hurdle. Once on the other end, the officer lays completely flat on his/her back. The officer gets back on his/her feet. The officer will perform two (2) repetitions of this movement before moving to the next pole where he/she performs five (5) more pushups. The officer then makes way his/her way under and through the second hurdle. Once on the other side, the officer again lays completely on their back and returns thereafter back to a standing position unsupported. The officer repeats this movement once more and proceeds to the next obstacle.



### **STAGE 7: 4 FOOT LEAP**

The Leap Across is established with two (2) parallel lines as markers placed four (4) feet apart and flat to ground level. It simulates jumping over a small ditch or low-lying object on the ground.

While in a running stride the officer without stepping on either line will in a single leap go over and across both lines. The officer then continues running to the next obstacle.

### **STAGE 8: CLIMB/JUMP OVER 4 FEET WALL**

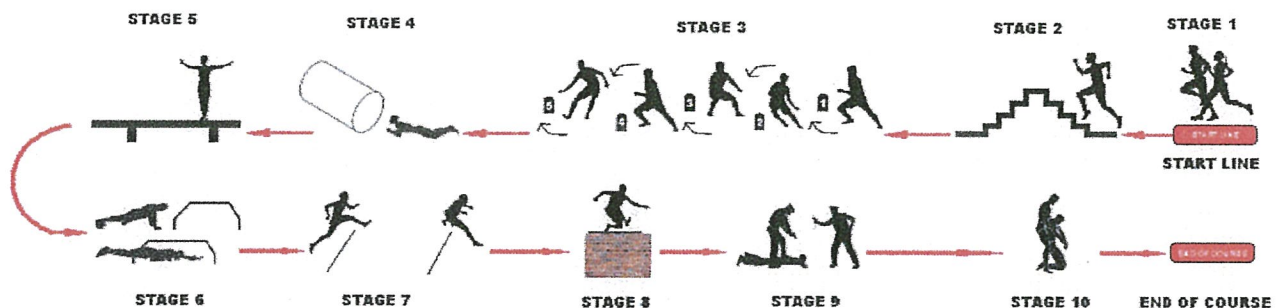
A wall set eight (8) feet in length and four (4) feet high simulates chain link fences, loading docks, etc. The officer approaches the wall from a running stride. Supported by any part of the body, the officer must make his/her way over the wall to the opposite side. The officer then continues running to the next obstacle.

### **STAGE 9: APPREHENSION AND RESTRAINT**

A human form mannequin or similar object weighing between 100-150 pounds is used to simulate a suspect that is in a seated position in a chair. The officer swiftly confronts the suspect and physically places the suspect face down on the ground. Using a set of handcuffs which is placed at the same location, the officer proceeds to restrain the suspect's wrists and hands.

### **STAGE 10: RESCUE CARRY / DRAG**

Using the dummy or mannequin from the previous obstacle, the officer will lift and carry or drag the mannequin fifty (50) feet to a designated safe location. This completes the obstacle ten (10) stage obstacle course of the Physical Fitness Qualifications Test.







# Port Authority of Guam

Jose D Leon Guerrero Commercial Port  
Port Police Division  
1026 Cabras Hwy, Suite 201  
Piti, GU 96915  
(671) 477-5931 ext. 202/217(671) 472-2703 Direct Line  
(671) 477-5949 Fax Line



To: Employee's Rank and Name  
From: Supervisor's Rank and Name  
Subject: **Version 2.1 Interim Standard PFQT**  
**Re: Advisement**

1. As per **Port Police Memorandum**, you performed the Version 2.1 Interim Standard of the P.O.S.T. Physical Fitness Qualification (PFQT) Test, mandated by Public Law 34-49.
2. The Version 2.1 Interim Standard has Age/Gender specific scores that you are required to meet in order to perform the PFQT satisfactorily.
3. As reflected in the table below, are the results of your performance for your age and gender, the time the test was administered to you:

## Male/Female Age Group

Push Ups		Sit Ups		1 Mile Run		1 Mile Walk	
Required	Performed	Required	Performed	Required	Performed	Required	Performed

4. Be aware that of what you are required to perform in order to meet the minimum standards of your age and gender.

Supervisor's name & Signature

My signature acknowledges that I received and read this document.

Acknowledged:

\_\_\_\_\_  
Employee's Signature

\_\_\_\_\_  
Date

**Attachment "A" (Advisement)**





# Port Authority of Guam

Jose D Leon Guerrero Commercial Port

Port Police Division

1026 Cabras Hwy, Suite 201

Piti, GU 96915

(671) 477-5931 ext. 202/217(671) 472-2703 Direct Line

(671) 477-5949 Fax Line



To: Employee's Rank and Name

From: Supervisor's Rank and Name

Subject: (1st, 2<sup>ND</sup> 3<sup>RD</sup>) **WRITTEN WARNING**

**(The above heading will depend upon how many the officer Unsatisfactorily performs the PFQT)**

## Re: Unsatisfactory Performance (Version 2.1 Interim Standard PFQT Test)

1. As per (Special Order No and Title), you performed the (Version 2.1 Interim Standard) of the P.O.S.T. Physical Fitness Qualification (PFQT) and mandated by Public law 34-49.
2. The Version 2.1 Interim Standard has Age/Gender specific scores that you are required to meet in order to perform the PFQT satisfactory.
3. As reflected in the table below, you did not meet the standard scores established for your age and gender (as reflected below):

### Male/Female Age Group

Push Ups		Sit Ups		1 Mile Run		1 Mile Walk	
Required	Performed	Required	Performed	Required	Performed	Required	Performed

**The following examples shall be used for the first through third PFQT Tests, if failed.**

4. In accordance with Public Law 34-49, this is your (first time), (second time), (third time) Unsatisfactory performance in the Version 2.1 Interim Standard PFQT.

I am required to document your Unsatisfactory performance and advise you of the consequences (as reflected in the table below) if you to do improve your performance in your next scheduled PFQT.

1 <sup>st</sup> Unsatisfactory	1 <sup>st</sup> Written Warning Issued
2 <sup>nd</sup> Unsatisfactory	2 <sup>nd</sup> Written Warning Issued
3 <sup>rd</sup> Unsatisfactory	3 <sup>rd</sup> Written Warning Issued
4 <sup>th</sup> Unsatisfactory	Temporary Suspension of POST Certification pending determination by the POST Commission



5. I must further advise you that in accordance with the general orders of the Port Police Division, you are in violation of the following:

### **III. VIOLATION OF RULES**

Employees shall not commit any acts or omit any acts which constitute a violation of any of the rules, regulations, directives or orders of the Division whether in this Standard Operating Procedure (SOP) or elsewhere.

### **VI. CONFORMANCE TO LAWS**

- A. Employees shall obey all laws of the United States and the laws of the Territory.

### **XIII. UNSATISFACTORY PERFORMANCE**

Employees shall maintain sufficient competency to properly perform their duties and assume responsibilities of their positions. Employees shall perform their duties in a manner which will maintain the highest standards of efficiency in carrying out the functions and objectives of the Division. Unsatisfactory performance may be demonstrated by a lack of knowledge of the application of laws required to be enforced; and unwillingness or inability to perform assigned tasks; the failure to conform to work standards established for the employees rank, grade or position; the failure to take appropriate action on the occasion of the crime, disorder, or other condition deserving employee attention; or absence without leave. In addition to other indicia or unsatisfactory performance, the following will be considered prima facie evidence of unsatisfactory performance: repeated poor performance evaluations or a written record of repeated infractions of rules, regulations, directives or orders of the Department.

6. You must increase your efforts in the APFQT and score the standards required of your age and gender. Failure to improve and meet fitness standards is a serious condition that will immediately affect your peace officer certification with the Guam P.O.S.T. Commission pursuant to Public Law 34-49, and your status a police officer with the Port Authority of Guam Police Division.
7. Please be advised pursuant to Public Law 34-49 (§ 3105 (e) 4 of Chapter 3, Title 27, Guam Administrative Rules and Regulations. "The peace officer's certification shall be temporarily suspended until a determination is made by the POST Commission. The peace officer shall be assigned to administrative duties. Agency heads shall make a recommendation that the POST Commission revoke the peace officer's certification upon review. The peace officer shall not be allowed to carry a firearm. Hazardous pay and increment pay may be denied. The employer shall take administrative action in accordance with Department of Administration's rules and regulations or applicable autonomous agency personnel rules and the Fair Labor's Standard Act."



8. The issuance of this Written Warning to you serves to memorialize this action as a record of progressive discipline in accordance with the directive of this Division, Port Authority of Guam Rules and Regulations, and the Public Law 34-49.

Supervisor's name & Signature

I have received and read this document; my signature acknowledges understanding of responsibilities for non-compliance.

Acknowledged:

\_\_\_\_\_  
Employee's Signature

\_\_\_\_\_  
Date

cc: Human Resources Section

**Attachment "B" (Written Warning)**



## 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)



## GUAM POST COMMISSION FITNESS SCREENING QUESTIONNAIRE

Printed Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Age: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact #: \_\_\_\_\_ Section: \_\_\_\_\_

You are being asked these questions for your safety and health. The Guam POST Commission Fitness Assessment (FA) is a maximum-effort test. Peace Officers who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, diabetes, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?

- Unexplained chest discomfort with or without exertion
- Unusual or unexplained shortness of breath
- Dizziness, fainting, or blackouts associated with exertion
- Other medical problems that have not been evaluated, optimally treated, or not already addressed that may prevent you from safely participating in this test (e.g. heart disease, sickle cell trait, asthma, etc.).
- Family history of sudden death before the age of 50 years

☐ **YES:** Stop. Notify your Fitness Program Manager and contact your Personal Care Provider for evaluation/recommendations. Hand carry this form to medical evaluation.

☐ **NO:** Proceed to next question.

2. Are you 35 years of age or older?

☐ **YES:** Proceed to next question.

☐ **No:** Stop. Sign form and return to your Fitness Program Manager. Member may take the Fitness Assessment.

3. Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increases in breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last 2 months?

☐ **YES:** Stop. Sign form and return to your Fitness Program Manager. Member may take the Fitness Assessment.

☐ **NO:** Proceed to next question.

4. Does one (1) or more of the following risk factors apply to you?

- Smoked tobacco products in the last 30 days
- Diabetes
- High blood pressure that is not controlled
- High cholesterol that is not controlled
- Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)
- Age >45 years for males; >55 years for females

☐ **YES:** Stop and notify Fitness Program Manager

☐ **NO:** Stop. Sign Form and return to your Fitness Program Manager. Member will take the Fitness Assessment.

**Attachment "C" (Fitness Questionnaire)**



