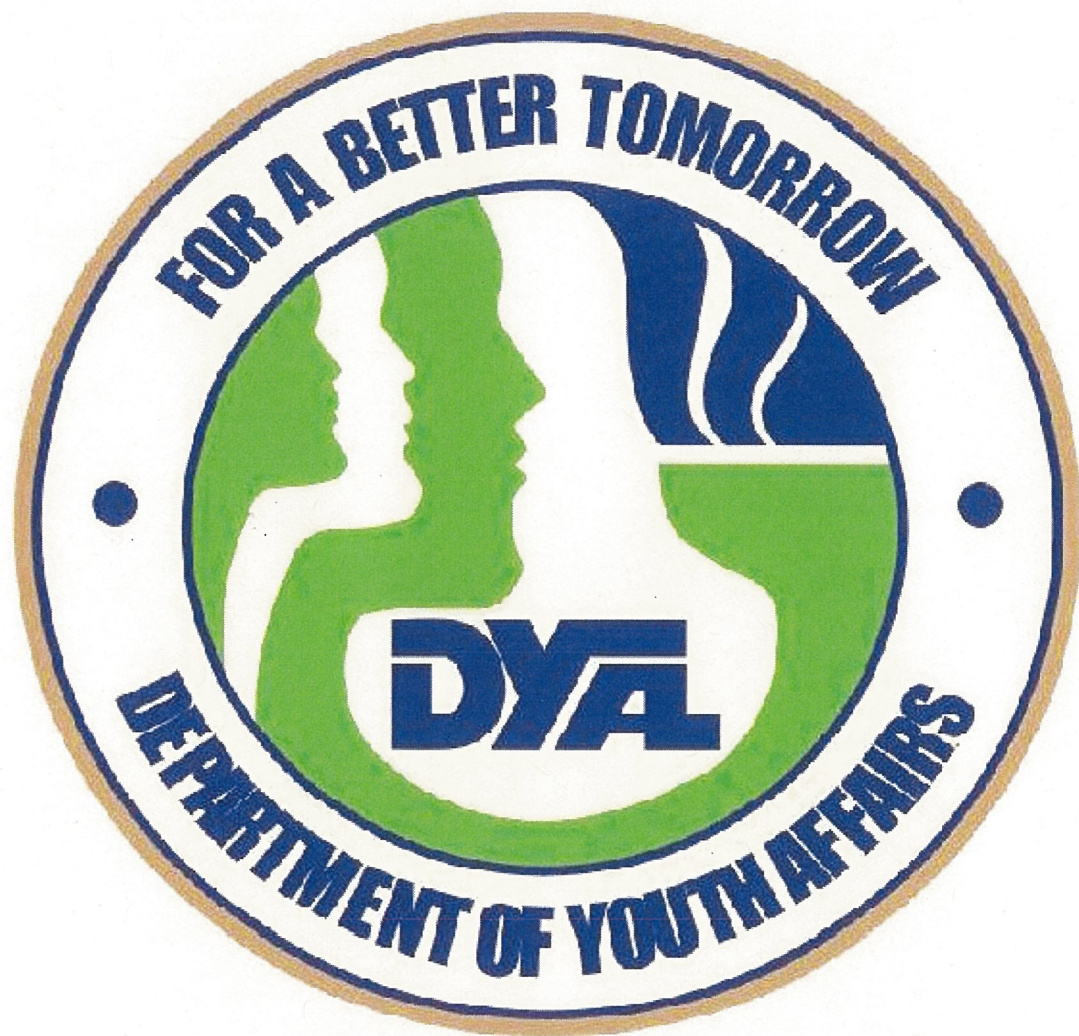


APPENDIX L
DEPARTMENT OF YOUTH AFFAIRS



Physical Fitness Qualification Test



Eddie Baza Calvo
Governor
Ray Tenorio
Lieutenant Governor

Department of Youth Affairs

Dipattamenton Asuntion Manhoben

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Peter Alecxis D. Ada
Director
Krisinda Calvo Aguon
Deputy Director

May 2, 2018

MEMORANDUM

TO: Joseph I. Cruz, Peace Officer Standards & Training Commission

VIA: Krisinda Calvo Aguon, Deputy Director
David T. Afaisen, Superintendent

FROM: Peter Alecxis D. Ada, Director

SUBJECT: DYA - Agency Specific Physical Fitness Qualification Test

Buenas Yan Hafa Adai! The Department of Youth Affairs has completed its final policy into the formulation of the Agency Specific Fitness Qualification Test (APFQT) as mandated by Public Law 34-49.

The Department of Youth Affairs physical fitness policy comprises of three key components as follows.

1. Physical Fitness Program
2. Health and Nutrition Program
3. Annual Agency Physical Fitness Qualification Test (APFQT).

The development of these programs are in accordance with established scientific principles of physical conditioning that enhances and individual's fitness and general health and wellness. The policy includes a phase-in process for the newly developed agency-specific Annual Physical Fitness Qualification (APFQT) and Phase-out of the current Physical Fitness Qualification Test (PFQT) "Interim Fitness Standards" as described in Public Law 34-49.

Should you have any questions or concerns to further discuss this policy, please contact me at 735-5010 or the designated point of contact Mr. Shawn J. Nelson, Youth Corrections Officer II/Training Officer at 735-5021/22.

Si Yu'os Ma'ase.

Kon Respetu,

Peter Alecxis D. Ada



POLICY AND PROCEDURES

CHAPTER: Operations	SUBJECT: Staff Training and Development	POLICY NO.: 1.9.2
RELATED POLICIES:	RELATED FORMS:	OTHER REFERENCES: Public Law 34-49

SUBJECT: PHYSICAL FITNESS POLICY

PURPOSE: To establish a physical fitness program for sworn officers of the Department of Youth Affairs.

THIS ORDER CONSISTS OF THE FOLLOWING NUMBERED SECTIONS:

- I. OBJECTIVE**
- II. POLICY**
- III. ADMINISTRATION**
- IV. HEALTH AND NUTRITION PROGRAM**
- V. DUTIES AND RESPONSIBILITIES**
- VI. ANNUAL PHYSICAL FITNESS TEST**
- VII. EXERCISES**
- VIII. PHYSICAL FITNESS UNIFORMS**

As of May 01, 2018. Subject to change.

I. OBJECTIVE:

The principal objective of the Physical Fitness Policy is to create a culture of physical fitness to enhance the correctional officer's ability to complete tasks that supports the Department of Youth Affairs mission. 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 the 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. This policy will provide guidelines and procedures to maintain a standard level of physical fitness and wellness for all sworn officers of the Department Of Youth Affairs (DYA).

II. POLICY:

It is a policy of the Department of Youth Affairs that sworn officers maintain a standard of physical fitness and wellness acceptable to the law enforcement profession, in conformance with Chapter 3, Title 27, Guam POST Commission Administrative 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.

Every Correctional Officer must be physically fit, regardless of age, gender, rank, or duty assignment. The Physical Fitness Qualification Test (PFQT) emphasizes the requirement for all sworn officers to adopt a healthy lifestyle and a lifelong commitment to fitness. This combination has a direct and positive impact on job performance and mission capability. The PFQT, combined with a Physical Fitness Program and Health and Nutrition Program are a means to assess general and occupational fitness of all sworn officers of the Government of Guam.

III. ADMINISTRATION:

The Department of Youth Affairs shall design a physical fitness training program that will comprise of three key components; 1) a **Physical Fitness Program**, 2) a **Health and Nutrition Program**, and 3) an annual **Agency Physical Fitness Qualification Test (APFQT)**. The development of these programs will be in accordance with established scientific principles of physical conditioning that enhances fitness and general health and wellness.

- A. This policy shall include a phase-in process for the newly developed agency-specific Annual Physical Fitness Qualification (APFQT) and phase-out of the current Physical Fitness Qualification Test (PFQT) "Interim Fitness 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 1, 2020.
- C. Within the first year (December 2018 to December 2019), the Department will ensure that the Physical Fitness Program is operational. All Commanders along with the Training & Staff Development Section (T&SDS) will ensure roll-call training is conducted for all sworn personnel under their commands regarding the APFQT. On or before December 21, 2020, the Department will officially begin testing sworn personnel on an annual basis.

- 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 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 PFQT Interim Standards until December 21, 2019, after which the new APFQT standards take effect.
- E. A sworn officer is deemed to have failed to comply with this policy when that officer's performance in an APFQT 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.
- F. Sworn officers must retest within 90 days following an unsatisfactory APFQT. Re-testing within the first 42 days after an unsatisfactory PFQT requires agency head's approval since recognized medical guidelines recommend 42 days as the minimum timeframe to recondition from an unsatisfactory to satisfactory status in a manner that reduces risk of injury. It is the sworn officer's responsibility to ensure he/she retests before the 90-day reconditioning period expires (non-compliance begins on the 91st day).
- G. Sworn officers receiving an unsatisfactory APFQT result will be required to undergo organized remedial fitness training during the 90-day reconditioning period. Organized remedial fitness will be limited to exercises described in Section 10.06.07, at a time and place determined by the Officer-in-Charge (OIC) of T&SDS or Section Supervisor.
- H. When an officer receives an unsatisfactory APFQT result test after the 36-month rollout period and a medical records review by a health care provider has ruled out medical conditions precluding the peace officer from achieving a passing score, the officer will receive counseling, in violation of Chapter 3, Title 27, Guam Peace Officers Standards and Training (P.O.S.T.) Commission Administration Rules and Regulations.
- I. All personnel are required to meet the physical fitness standards set forth by the Guam Peace Officers Standards and Training (P.O.S.T.) Commission. Officers who are unable to meet PFQT standards will be subject to administrative action;

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

(2) **Second** Unsatisfactory - A second written warning is issued. The peace officer must retest within ninety (90) days.

(3) **Third** Unsatisfactory- A third written warning is issued. The peace officer must retest within ninety (90) days. The peace officer shall receive counseling from the agency head or an individual whom the agency head designates.

(4) **Fourth** Unsatisfactory- The peace officer's certification shall be temporarily suspended until a determination is made by the Guam 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 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 Standards Act.

J. Failure (defined): §3105(1) Title 27, G.C.A.; A Peace 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

K. Based on the definitions posited by the Office the Chief of Police and the Office of the Attorney General, police officers who performed "Unsatisfactory" in the first PFQT administered during the week of December 20-23, 2017, would in fact constitute an "Unsatisfactory" Performance for the PFQT Test, as prescribed under Section 3 (§ 3105. Establishment of Physical Fitness Qualification Test), but would not constitute a "Failure" until they performed "Unsatisfactory" in the next scheduled PFQT. Then that second (2nd) "Unsatisfactory" Performance in the second administered PFQT would constitute their first (1st) "Failure." We further recommend that the following application of progressive discipline as reflected in the table below is the most appropriate course of action to follow:

1 st PFQT Test	F i r s t Unsatisfactory	Advisement and recommendation to improve (No warning issued).	Retest within 90 days
2 nd PFQT	S e c o n d Unsatisfactory	1 st Warning Issued	Retest within 90 days
3 rd PFQT	T h i r d Unsatisfactory	2 nd Warning Issued	Retest within 90 days
4 th PFQT Test	F o u r t h Unsatisfactory	3 rd Warning Issued	Retest within 90 days
5 th PFQT Test	F i f t h Unsatisfactory	Temporary suspension of Peace Officer certification. Assigned administrative duties. Must relinquish duty Firearm. Hazardous Pay and increment may be denied.	Agency shall take administrative action in accordance with DOA Rules and Regulations.

Attachment "A": Advisement of Unsatisfactory Performance

Attachment "B": Written Warning (PFQT Failure 1, 2, 3, 4)

Attachment "C": Interpretation of Law regarding Public Law 34-49 POST Commission's
Physical Fitness Qualifications Test Advisement of Unsatisfactory
Performance

IV. **HEALTH AND NUTRITION PROGRAM:**

- a. The Department of Youth Affairs, through the Government of Guam Worksite Wellness Program, requires all sworn officers to receive a health screening through their primary physician prior to their participation in the Department Physical Fitness Program. The Physical Fitness Assessment Form (Attachment "A.") will be the standard form used to verify a health screening was conducted.
- b. In addition to the Physical Fitness Assessment Form, a certification by primary physician indicating a limited fitness profile is acceptable. Sworn officers who have a medical condition report indicating they are not physically able to perform to the minimum standard shall be placed on an adjusted fitness program in full consideration of limitations set forth in the medical condition report.
- c. Sworn officers shall only be allowed a waiver of their fitness test which will be deemed appropriate by a person licensed to practice medicine; they are considered disabled under the Americans with Disability Act (ADA) and Fair Labor Standards Act (FLSA).
- d. Each individual sworn officer is solely responsible for compliance with this policy. Nothing herein shall be construed to exempt each individual sworn officer or place responsibility on any other person or entity. It shall be incumbent upon the individual sworn officer to receive a health screening from a licensed health professional prior to participation in the DYA Physical Fitness Program. 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. **DUTIES AND RESPONSIBILITIES**

- a. The Primary Fitness and Wellness Coordinator shall be the Youth Service Supervisor (YSS) or Officer in Charge (OIC).
- b. The Primary Fitness and Wellness Coordinators will be responsible for the maintenance of the Physical Fitness Program for all sworn officers in the Department of Youth Affairs.

VI. **ANNUAL PHYSICAL FITNESS TEST:**

INTRODUCTION:

A current evaluation of physical fitness requirements for performing the duties of a Correctional Peace Officer has identified a number of important (mandatory) physical fitness abilities. The subsequent design of this test is that of completing a number of test activities in a circuit (one activity following the other) on a pass/fail basis within the specific time period. The test must be completed successfully, in sequence and within the seven (7) minute twenty (20) second time limit or otherwise the officer fails the test.

The test circuit is made up of the following activities:

- a. Run from Start to Stairs.
 - b. Run up/down four flights of stairs.
 - c. Run and negotiate obstacles down/through a corridor, hallway, cafeteria, etc.
 - d. Pull open a door or move obstacle/person.
 - e. Modified Thrust and Stand.
- COL6/18/2019

- f. Gain control over resisting subject by demonstrating endurance and agility by removing the subject (object) by carrying seventy-five (75) lb. weight out of the corridor, cafeteria, etc.

Each of the test activities must be completed successfully prior to moving onto the next item in the circuit. Failure to complete any of the test items will disqualify the officer. All items with the exception of the weight carry must be completed within the strictly enforced time limit.

Web Site	https://www.solgps.alberta.ca/careers/Publications/COPAT%20Requirements.pdf
Video Web Site	https://www.youtube.com/watch?v=rAHzeVetuy8
STATION 1	<i>Start and run 150 feet.</i>
Justification	Correctional Officers are required to move quickly from one station (place) to another during the routine performance of their duties (e.g. responding to a call for assistance)
Activity	<ol style="list-style-type: none"> 1. The Officer is asked if he/she has any questions. Explanations are again offered, then asked if ready. 2. On the command "GO" the Officer begins the physical abilities test. 3. Run the course outside the markers as quickly as possible to the stairs (station 2).
STATION 2	<i>Stair Run</i>
Justification	Correctional Officers are required to run up and or down flights of stairs during the routine performance of their duties, (responding to a call for assistance at a different level) Some institutions have different levels.
Activity	<ol style="list-style-type: none"> 1. Enter the stair from the front. 2. Run up and down stairs stepping on each stair. Repeat six times. 3. When completing the down stairs run the first trip, turn right outside the cone and return to the front of the stairs, second trip turn left outside the cone, third right, and fourth left.
STATION 3	<i>Mobility, Agility and Speed Run</i>
Justification	Correctional Officers are required to routinely negotiate (maneuver around, over, etc.) obstacles during the performance of their duties. On occasion the obstacles must be negotiated as quickly as possible (e.g., moving tables, chairs, etc.)
Activity	<ol style="list-style-type: none"> 1. Run around each marker in succession jumping the stick resting on the chairs as quickly as possible.
STATION 4	<i>Push and Pull station</i>
Justification	Correctional Officers are required to push and pull open doors, push or pull on a person in gaining control over them. During the performance of these activities, officers are required to move, change directions and still maintain a level of control over themselves, objects, or persons.
Activity	<ol style="list-style-type: none"> 1. Push weight of seventy-five (75) lbs for fifteen feet (15') 2. Pick up the rope, gripping the rope with both hands 3. Pull the weight of seventy-five (75) lbs. off the floor by pulling with the arms. 4. Move from side to side touching the lines. 5. For fifteen-feet (15') quickly as possible.
COL6/18/2019	

STATION 5	<i>Modified Squat Thrust and Stand</i>
Justification	During the course of their duties, Correctional Officers occasionally are required to perform strenuous work at a high intensity for short periods of time. This strenuous work places a high anaerobic demand on the body as well as requiring the officer to think and control his/her body in recovering from pushes, trips, and potentially having to regain a standing position from laying on the floor on either the back or front.
Activity	<ol style="list-style-type: none"> 1. In performing this activity, the chest must be in contact with the mat in the prone position prior to the standing position being regained. Sequentially the exercise is: <ol style="list-style-type: none"> a) Start from an erect standing position. b) Bend your knees and place your hands on the mat just ahead of and outside the feet. c) Thrust the feet out behind and lie on the mat face down placing the chest in contact with the mat. d) Regain standing position by bringing the feet back under the body and stand. e) This activity should be completed as quickly as possible, thus it is not necessary to demonstrate clinical positions. However, the chest must touch the mat. It would be unreasonable to expect perfect positions. However the chest must touch the mat.
	2. Vault over the twenty-six (26) inch high rail without touching the rail or any other part of the body but the hands, and land on the mat on the opposite side.
	3. Complete a backward squat thrust by reversing the procedure of the forward squat thrust. Ensure that the shoulder blades touch the mat before regaining the seated position and standing up.
	4. Vault back over the rail again not allowing any part of the body to touch the rail except the supporting hands, and land on the mat in the standing position on opposite side ready to complete the second of the chest touches to the mat.
	5. Continue the chest and back touch activities until 3 vaults over the rail have been completed and 3 forward and 3 backward squat thrusts have been properly performed. Stop the time immediately on the applicant standing from the last back touch.
STATION 6	<i>Weight Carry and Finish</i>
Justification	Correctional Officers are required to lift and carry heavy objects and/or persons. Most often two or more officers may carry a person or heavy objects under controlled conditions.
Activity	<ol style="list-style-type: none"> 1. Pick up the seventy-five (75) lb. weight to waist height; using both hands by bending the legs and lifting in the manner so as to reduce (avoid) the potential for injury. 2. Carry the weight twenty-five (25) feet out to and around the marker and back to the start. Place the weight back on the floor, bending your legs to reduce (avoid) injury.

VII. EXERCISES

The following types of exercises are examples of suitable exercises for Youth Service Supervisors and Officers in Charge to implement as part of the administration of this policy:

1. Running in Place (Stationary Running)
2. Calisthenics/Aerobics
3. Running
4. Circuit Training
5. Cross Fit Training
6. Swimming

VIII. PHYSICAL FITNESS UNIFORM

Sworn Officers are required to obtain the Department of Youth Affairs fitness uniform consisting of a T-Shirt and Mesh Shorts. The uniform will consist of:

- A. T-Shirt-Black Nylon Quick Dry Front: 3" DYA Patch on Left Chest (Silver)



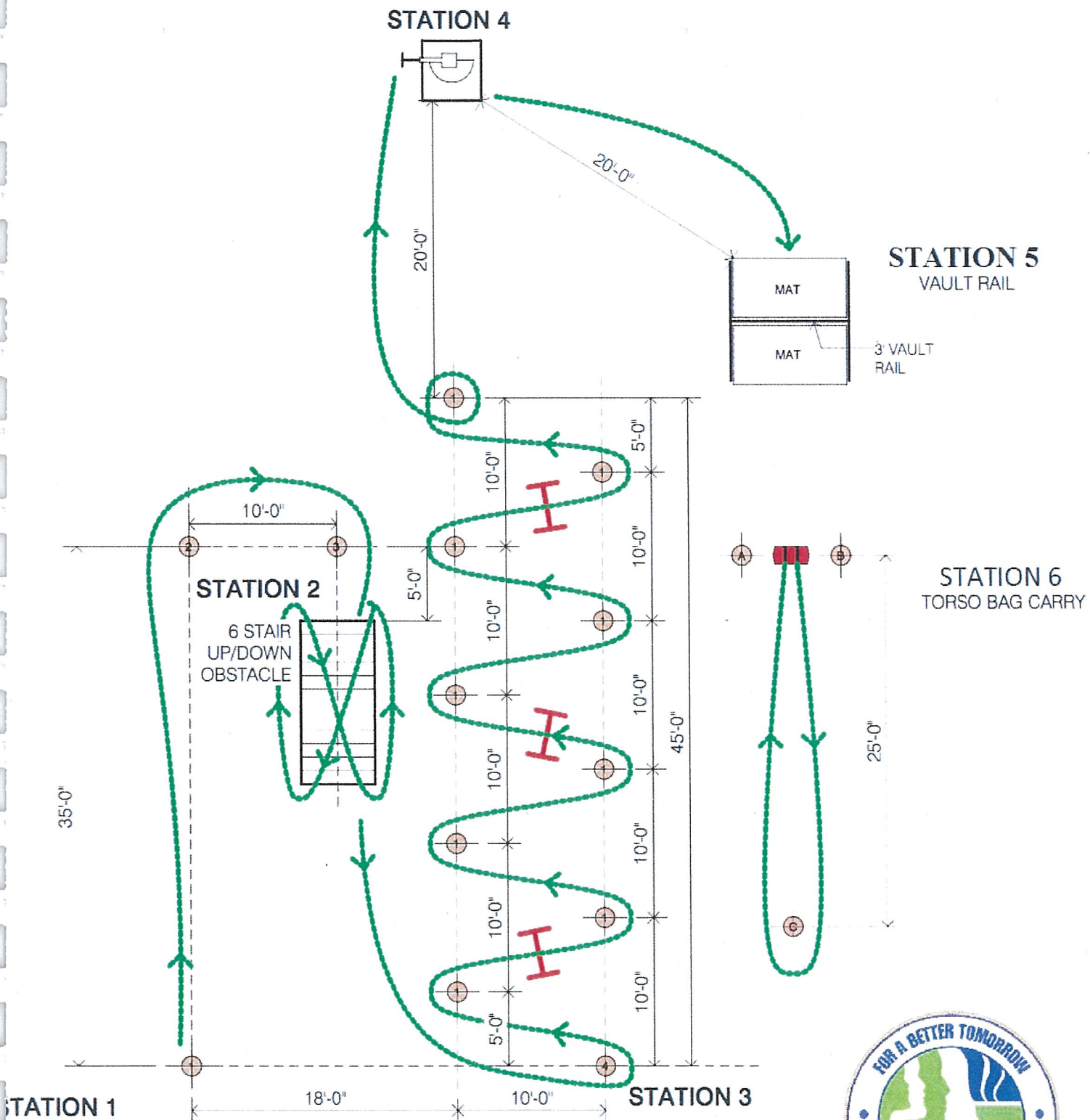
- B. Shorts – Black Mesh Shorts



- C. Shoes – Appropriate athletic footwear is required.



OBSTACLE COURSE





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

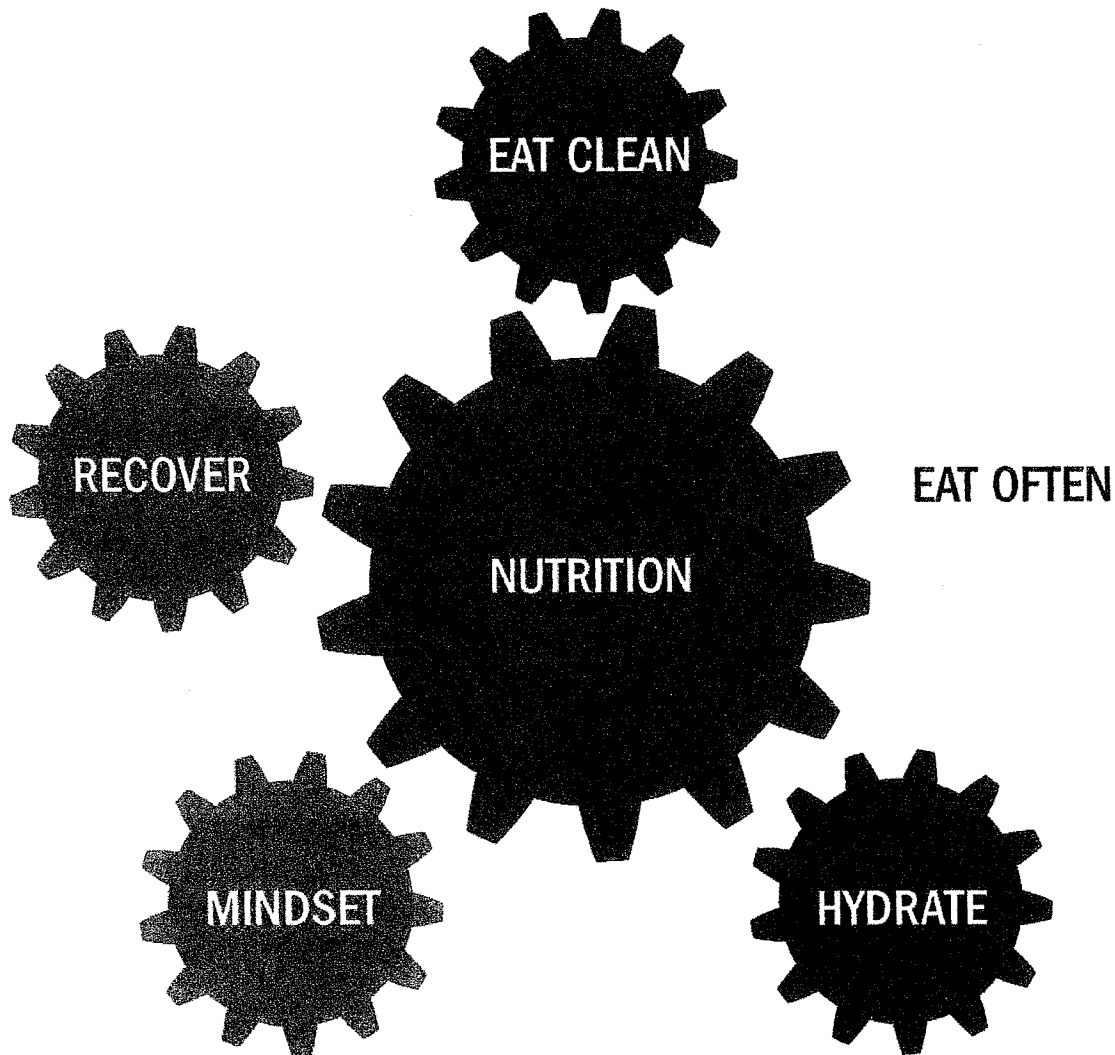
The meal builder is an easy way to understand both what and how much to eat at each meal. The essence of the system is for weight control, but we like to think of it more as a fueling strategy to get you to your goals. There are meal builders in the handout series that will assign both males and females 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.

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.

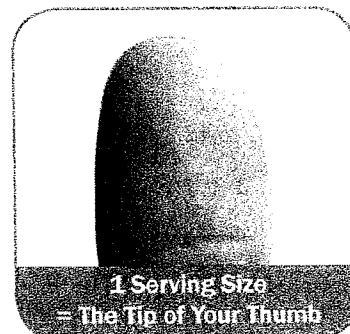
The Top 5 Proteins



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



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

FUELING SERIES

EAT THE RAINBOW

EAT CLEAN

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

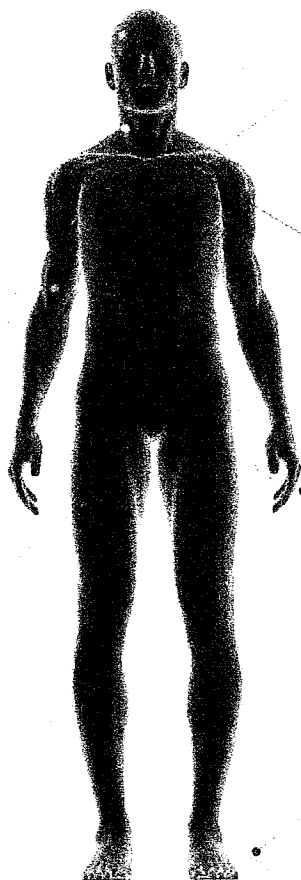
- Cherries
- Cranberries
- Strawberry
- Beets
- Red onion
- Tomato/tomato sauce

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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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:

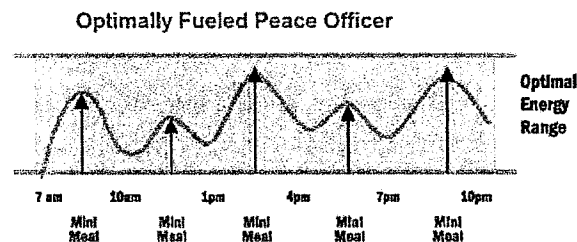
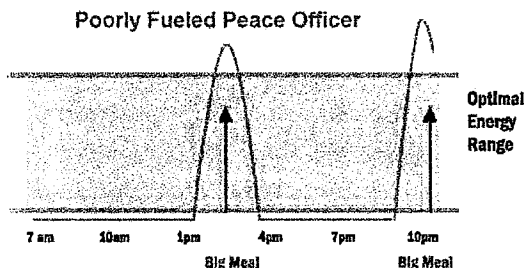
Protein: Eggs, egg whites, ham, beans, yogurt, or low-fat milk

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.

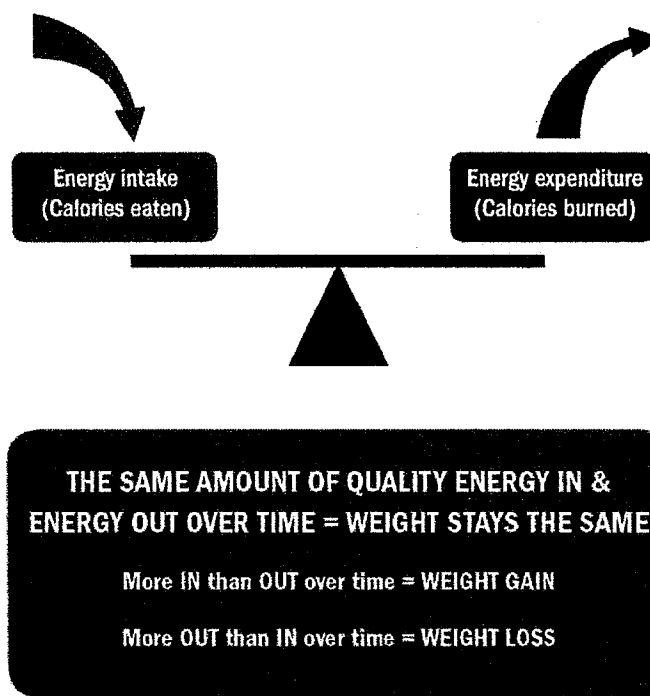


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Energy Balance:

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.



LIFESTYLE ACTIVITY + STRUCTURED WORKOUTS + QUALITY FUELING = SUCCESS

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, pumpernickel 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
- ½c Blueberries
- 1-½c Whole strawberries
- 1c Raspberries or boysenberries
- 1c Cubed cantaloupe or honeydew
- ½c 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.



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 ½ cup berries and ¼ cup high fiber cereal
- Small bowl of cereal with a banana
- ½ turkey sandwich and fruit
- ½ 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

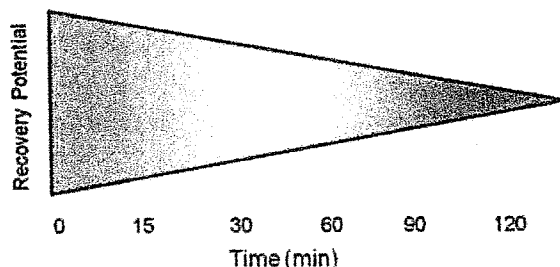
- 2% of their body weight is 3 pounds.
- If this Officer loses more than 3 pounds during their training, they are not hydrating effectively.

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?

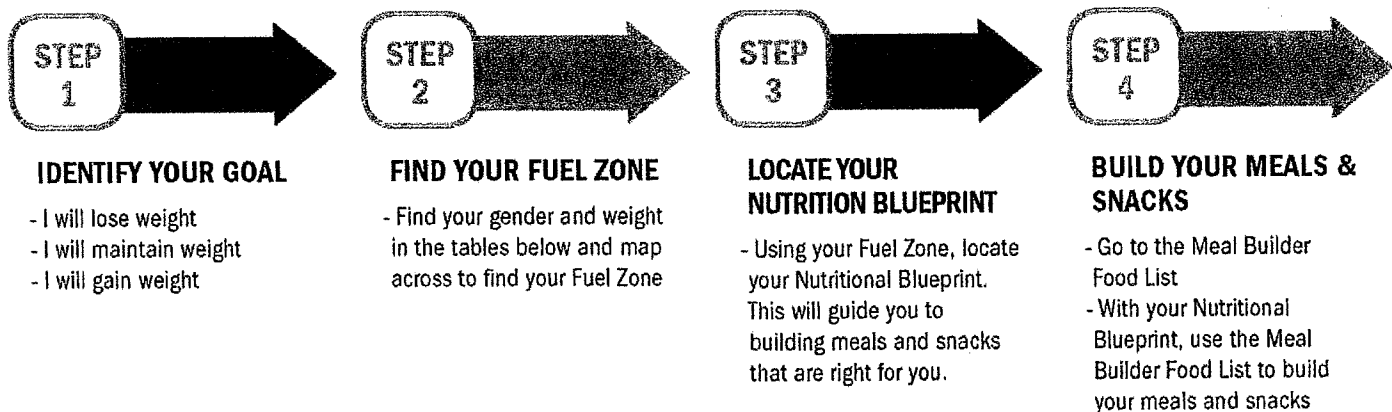
BODY WEIGHT (POUNDS)	GRAMS OF PROTEIN	GRAMS OF CARBOHYDRATE
120 - 150	15 - 20	30 - 60
150 - 180	20 - 25	40 - 75
181 - 215	25 - 30	50 - 90
215 - 245	30 - 35	60 - 105

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

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				

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)

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.nslsport.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 1/2c Strawberries (whole)
- 1/2c Watermelon (cubed)
- 1/2sm 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