

INDIVIDUAL PHYSICAL TRAINING WORKSHEET

| | | | | | |
|--|--|--|---|--|--|
| Soldiers Name: | | Rank: | | Today's Date: | |
| Team/Section/Squad: | | | Commander's Physical Fitness Goals and Objectives: | | |
| Last APFT Date: | | Scores | Next | | |
| Push-ups: | | | | | |
| Sit-up: | | | | | |
| 2 Mile Run: | | | | | |
| Other: | | | | | |
| Height/Weight <input type="checkbox"/> Pass <input type="checkbox"/> Fail | | MOS: | Title: | Duty Position: | |
| Profiles <input type="checkbox"/> Temp <input type="checkbox"/> Perm Describe: | | Physical Activity Required for Occupation: (Bending, Lifting, Twisting, Road March, Running, Climbing, etc...) | | | |
| Soldier's Fitness Phase | | Date in Phase | | | |
| Preparatory | | | | | |
| Conditioning | | | | | |
| Maintenance | | | | | |
| | | Prohibited Activity: | | Fitness Components | |
| | | | | Improve | |
| | | | | Maint | |
| | | | | CR Fitness: | |
| | | | | Muscle Endurance: | |
| | | | | Muscle Strength: | |
| | | | | Flexibility: | |
| | | Principles of Exercise | | | |
| | | Regularity | | 3-5 Times/week | |
| | | Progression | | Increase in Intensity | |
| | | Balance | | Includes all Fitness Components | |
| | | Variety | | Variety of exercises in each component | |
| | | Specificity | | Mission/METL/Job Related | |
| | | Recovery | | Rest In-between Exercise (No more than 2 days) | |
| Physical Fitness Plan (Use FITT as tool located on the back page) | | | | | |
| Improvement Plan: | | | | | |
| Maintenance Plan: | | | | | |
| Leader Performing Counseling: | | | Soldier: | | |

| FITT Factors Applied to Physical Conditioning Program | | | | | | |
|--|---|--|--|--|---|---|
| | Cardiorespiratory Endurance | Muscular Strength | Muscular Endurance | Muscular Strength and Muscular Endurance | Flexibility | |
| F I T T | Frequency | 3-5 times/week | 3 times/week | 3-5 times/week | 3 times/week | <u>Warm-up and Cool-down:</u> Stretch before and after each exercise session <u>Developmental Stretching:</u> To improve flexibility, stretch 2-3 times/week |
| | Intensity | 60-90% HRR* | 3-7 RM* | 12+ RM | 8-12 RM | Tension and slight discomfort, NOT PAIN |
| | Time | 20 minutes or more | The time required to do 3-7 repetitions of each exercise | The time required to do 12+ repetitions of each exercise | The time required to do 8-12 repetitions of each exercise | <u>Warm-up and Cool-down Stretches:</u> 10-15 seconds/stretch <u>Developmental Stretches:</u> 30-60 seconds/stretch |
| | Type | Running Swimming Cross-Country Skiing Rowing Bicycling Jumping Rope Walking/Hiking Stair Climbing | Free Weights Resistance Machines Partner-Resisted Exercises Body-Weight Exercises (Pushups/Situps/Pullups/Dips, etc.) | | | <u>Stretching:</u> Static Passive P.N.F. |
| | * HRR = Heart Rate Reserve * RM = Repetition Maximum | | | | | |

Figure 1-1