

# Personal Fitness Plan

All CG military personnel shall complete Sections 1, 8, 9 & 11 for *Basic* Personal Fitness Plan.

All CG Weight Management Program Personnel shall complete Sections 1-11 for *Detailed* Personal Fitness Plan (Sections 6 & 7 are optional).

1. 

Last Name	First Name	Middle Initial

2.  I am contracting with myself to follow a physical fitness program to work toward the following goals.

<p>3. Specific or short-term goals.</p> <p>A. _____</p> <p>B. _____</p> <p>C. _____</p>	<p>4. General or long-term goals.</p> <p>A. _____</p> <p>B. _____</p> <p>C. _____</p>
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5. My program will begin on \_\_\_\_\_ and includes the following schedule of mini-goals.  
For each mini-goal achieved by the target date, I will give myself the reward listed.

(Mini-goal 1)	(Target date)	(Reward)
(Mini-goal 2)	(Target date)	(Reward)
(Mini-goal 3)	(Target date)	(Reward)

**Optional Sections:**

<p>6. My program will include the addition of physical activity to my daily routine (such as climbing stairs or walking to appointments):</p> <p>A. _____</p> <p>B. _____</p> <p>C. _____</p>	<p>7. I will use the following tool(s) to monitor my program and progress toward my goals:</p> <p>A. _____</p> <p>B. _____</p> <p>C. _____</p>
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8. My program plan is as follows:

Activity	Components (X)					Intensity (RPE)	Duration	Frequency (X)								
	CRE	MS	ME	F	BC			M	T	W	T	F	S	S		

9. I submit this fitness plan as an indication of my personal commitment.

(Member Signature)	(Date)

10. I have been recruited to monitor the execution of this plan.

(Signature)	(Date)

11. I am the supervisor of the member submitting this plan.

(Signature)	(Date)

## INSTRUCTIONS FOR COMPLETING PERSONAL FITNESS PLAN FORM

Sections 1, 8, 9, and 11 should be completed by military members in compliance with Coast Guard Maximum Allowable Weight (MAW) Standards in accordance with COMDTINST M1020.8E for the basic fitness plan.

Sections 1-11 should be completed by military members not in compliance with MAW standards for the detailed fitness plan. (Sections 6-7 are optional, but highly encouraged)

1. Self-explanatory.
2. Military members on the MAW Program should initial to indicate understanding of personal accountability for their individual physical fitness and weight management progress.
3. Specific or short term goals. Here the member should enter milestones to assist them on their way to their final goals. Goals should be fitness or weight management related, meaningful, measurable, and realistic. For example if your long-term goal is to lose 20 pounds, a short-term goal might be to successfully complete two weeks of your fitness plan.
4. General or long term goals. Here the member should enter their overall or ultimate goals related to fitness and weight management. In general, one of those long-term goals should be to be in compliance with Coast Guard MAW standards.
5. Date program begins. Mini-goals may be the same as short-term goals or slightly different; however, the member should list target dates and potential rewards for goal attainment. Rewards should be special, relatively inexpensive, and unrelated to food or alcohol. Rewards are optional, but have been found to be motivational in sticking with healthy behavioral changes.
6. Optional section. Members can also get many health benefits from becoming more physically active over the course of the day and are encouraged to list here some of the ways to include more activity in their everyday routine.
7. Optional section. Members may find certain tools such as exercise or nutrition logs useful in tracking progress.
8. Program plan. Those in compliance with MAW standards should use this section to develop a basic fitness plan to include cardio respiratory endurance training (CRE), muscular strength (MS) and muscular endurance (ME) training. Those not in compliance with MAW standards should use this section to develop their detailed fitness plan which should address the five health-related components of fitness including cardio respiratory endurance (CRE), muscular strength (MS), muscular endurance (ME), flexibility (F) and body composition (BC). Members should select activities, mark which components of health-related fitness each activity addresses, and fill in intensity, frequency, and duration based on guidelines below and in Appendix C of COMDTINST M1020.8E.

**Cardio respiratory Endurance (CRE)** is the ability to perform prolonged, large-muscle, dynamic exercise at moderate-to-high intensities. Examples of activities in this area include, but are not limited to running, cycling, and swimming. **Muscular Strength (MS)** is the amount of force a muscle can produce with a single maximum effort while **muscular endurance (ME)** is the ability of a muscle to resist fatigue and sustain a given level of muscle tension. Weight training and resistance bands would be examples of activities in these areas. **Flexibility (F)** is the ability to move the joints through their full ranges of motion and is accomplished with stretching exercises or yoga type activities. **Body Composition (BC)** refers to the proportion of fat and fat-free mass (muscle, bone, and water) in the body. Cardio respiratory training to lose fat and weight training to add muscle mass both address body composition.

	Frequency	Intensity	Duration
<b>CRE</b>	3-5 days/week	55-64% of max heart rate (unfit); 70-85% of max heart rate (average)*; 12-17 RPE**	20-60 minutes (one session or multiple sessions lasting 10 or more minutes)
<b>MS/ME</b>	2-3 days/week	Resistance heavy enough to cause muscle fatigue in number of recommended set/reps.	8-12 reps of each exercise; one set of each exercise
<b>F</b>	2-3 days/week or more	Stretch to the point of mild discomfort, not pain.	Each stretch should be held for 10-30 seconds.

### Intensity

\* Estimated Maximum Heart Rate = 220-age

\*\* Rating of perceived exertion (RPE) is a method used to determine intensity of exercise. It is basically a subjective measure of how hard we think or feel we are exercising.

How does the exercise feel?	RPE
Very, very light	6-7
Very light	8-10
Fairly light	11-12
Somewhat hard	13-14
Hard	15-16
Very hard	17-18
Very, very hard	19-20

9. Self-explanatory.
10. This section should be signed by Unit Health Promotion Coordinator (UHPC) or other unit member assigned by the Command to supervise fitness activities of members not in compliance with MAW standards.
11. Self-explanatory. Member's supervisor should sign to acknowledge existence of a plan and upon end of marking period should look for adherence to plan.