DEPARTMENT OF HOMELAND SECURITY

U.S. Coast Guard

PERSONAL FITNESS PLAN

All Coast Guard military personnel shall complete sections 1-5, (read instructions on back before starting) and submit to their Supervisor in the months of April and October. **Civilian personnel** participating in exercise during work time must also complete section 1-5. Submit this form to their Supervisor. This form shall be kept on file or electronically saved by the individual and with the Unit Health Promotion Coordinator.

1.	Last Name, First Name, Middle Initial	Date	Unit
2.	My Health Promotion Manager is:	My Unit Health Promotion Coordinator is:	
3.	My Fitness & Health Improvement goal is:		

Optional. Enter your Physical Readiness Test Scores below, compare results with tables in COMDTINST M6200.1 Appendix D and check your fitness level. Contact your UHPC or Regional HPM to develop the appropriate fitness plan to improve your score.

Push-ups In 1 minute		**Sit-ups or Curl-ups In 1 minute**		**1.5 mile run**	
_____	☐ Superior	_____	☐ Superior	_____ _____	☐ Superior
	☐ Excellent		☑ Excellent	min sec	☐ Excellent
	☐ Good		☐ Good	**or 1 mile walk**	☐ Good
	☐ Fair		☐ Fair	_____	☐ Fair
	☐ Poor		☐ Poor	**V02 max**	☐ Poor
	☐ Very Poor		☐ Very Poor		☑ Very Poor

4. I plan to meet Commandant requirements of 180 minutes a week of moderate to vigorous physical activity by doing the following:

4a. My AEROBIC ACTIVITY PLAN

Activities	Time (min.)	Intensity

4b. My STRENGTH TRAINING PLAN

Activities	Time (min.)	Frequency (# of days/wk)

5.	Members Signature	Supervisors Signature

6. If Member was referred for physical fitness guidance, indicate below (e.g. HPM, UHPC, Medical Officer).

PRIVACY ACT STATEMENT

Authority: 5. U.S.C. 301, 3301; 44 U.S.C. 3101; 10 U.S.C. 1071-1107; 14 U.S.C. 93(a) (17); 14 U.S.C. 632; and 12107

Purpose: To assess an individual's fitness level as part of the Coast Guard Weight and Body Fat Standards and Health and Fitness Programs

Routine Uses: Information will be used by Coast Guard personnel to evaluate an individual's fitness and develop a personal fitness plan. Any external disclosures of data within this record will be made in accordance with DHS/USCG-011, Military Personnel Health Records System of Records, 73 Federal Register 77773, December 19, 2008 and OPM/GOVT-10, Employee Medical File System of Records, 71 Federal Register 35360, June 19, 2006.

Disclosure: Furnishing this information is mandatory, failure to furnish this information may impede the health and fitness assessment process.

Reset

INSTRUCTIONS FOR COMPLETING PERSONAL FITNESS PLAN FORM

Sections 1-5, In accordance with COMDTINST M6200.1 (series) all military Members must complete a six month basic fitness plan.

1 & 2 Self-explanatory.

3. Program goals. Members should use this section to enter their goals related to fitness and health, such as fitness achievement, weight/body fat loss, nutrition improvement, stress reduction, weight management, or health risk reduction.

4. A well-balanced exercise program should include activities that address the health-related components of fitness (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition). Aerobic activities develop cardiorespiratory endurance and burn calories to aid in achieving a healthy body composition. Muscle- strengthening activities develop muscular strength and endurance and assist with the development of a healthy body composition. Activities such as stretching and yoga help improve flexibility. Members should select activities that address the health-related components of fitness based on the Physical Activity Guidelines for Adults as established by the U.S. Centers for Disease Control, and outlined below. Refer to Appendix C of COMDTINST 1020.8 (series) HEALTH PROMOTION MANUAL for more detail.

5. Self-explanatory.

6. Supervisor shall indicate if member was referred to the Unit Health Promotion Coordinator (UHPC), Regional Health Promotion Manager (HPM). or Medical Officer for additional guidance and evaluation for appropriate physical fitness activities.

Physical Activity Guidelines for Adults (CDC, 2008)

Aerobic Activities

- 2 hours and 30 minutes (150 minutes)/week of moderate intensity* aerobic activity **OR** 1 hour and 15 minutes (75 minutes)/week of vigorous-intensity* aerobic activity **OR** an equivalent mix of both.
- Aerobic activity should be performed for at least 10 minutes at a time and spread throughout the week.
- For greater health benefits, 5 hours (300 minutes)/week at a moderate intensity level **OR** 2 hours and 30 minutes (150 minutes)/week at a vigorous intensity level **OR** an equivalent mix of both is recommended.
- Level of Intensity Defined: Intensity can be estimated using a scale of 0 to 10, where 0 is sitting and the highest possible level of effort is 10.
- Moderate intensity – a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. This is activity equivalent to a **5** or **6** on a 10-point scale. Examples: Brisk walking (3 mph or faster but not race walking), water aerobics, bicycle riding slower than 10 mph, tennis (doubles), ballroom dancing, general gardening.
- Vigorous intensity – a person doing vigorous-intensity aerobic activity can't say more than a few words without pausing for a breath. This is activity equivalent to a **7** or **8** on a 10-point scale. Examples: Race walking, jogging, running, swimming laps, tennis (singles), aerobic dancing, bicycling 10 mph or faster, jumping rope, heavy gardening (continuous digging or hoeing with heart rate increases), hiking uphill or with a heavy backpack.

Muscle-Strengthening Activities:

- Muscle Strengthening: should be done 2 or more days per week. Muscle-strengthening activities **do not** count toward the aerobic activity total. All major muscle groups should be worked. These are the legs, hips, back, abdomen, chest, shoulders, and arms. Exercises for each muscle group should be repeated 8 to 12 times per set. As exercises become easier, increase the weight or do another set. Examples: Lifting weights, working with resistance bands, and doing exercises that use body weight for resistance (push-ups, sit-ups).
- Flexibility: Each time you perform aerobic or strength-training activities, take an extra 10 minutes to stretch the major muscles groups; hold stretches for 10-30 seconds and repeat each stretch 3-4 times.

Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults (ACSM, 2009)

- The American College of Sports Medicine (ACSM) states that moderate-intensity physical activity between 150-250 minutes/week is effective in preventing weight gain, but will provide only modest weight loss. Physical activity greater than 250 minutes/ week is recommended for weight loss and the prevention of weight regain.