



ACFT PREP

Getting ready for your fitness test is a months-long effort.
To best prepare, **GET FIT**, **FUEL UP**, **BE MENTALLY STRONG**, and **BUDDY UP**.

GET FIT

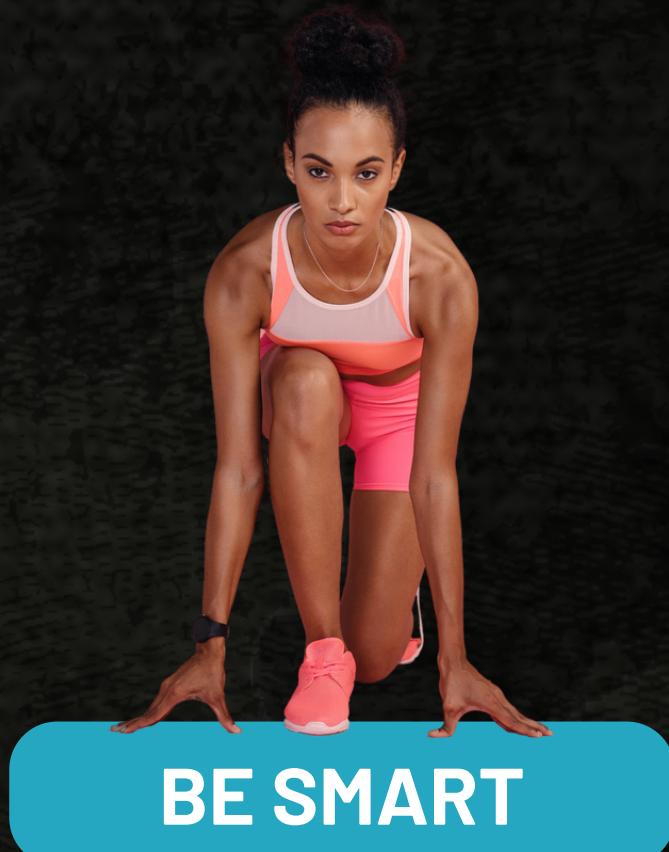
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY & SUNDAY
					
LOWER BODY	AEROBIC	UPPER BODY	ANAEROBIC	AEROBIC	RECOVERY
<ul style="list-style-type: none"> • Squat • Deadlift • Lunge 	<ul style="list-style-type: none"> • 2-mile jog (easy pace) 	<ul style="list-style-type: none"> • Bench press • Overhead press • Lat pull-down 	<ul style="list-style-type: none"> • Sprint: <ul style="list-style-type: none"> ◦ 30-60s ◦ 60-120s 	<ul style="list-style-type: none"> • 2-mile jog (moderate pace) 	<ul style="list-style-type: none"> • Walk • Stretch • Foam roll

FUEL UP



	WHAT	WHEN	EXAMPLES
FOR ACTIVITY < 60 MINUTES	A carb-rich meal or snack of 200-300 calories Avoid high-fat or high-fiber foods for easier digestion	30-60 minutes prior	Bread with jam, cereal and milk, banana or apple with nut butter
FLUID	16 fl oz	2-4 hours prior	Water
CAFFEINE (OPTIONAL)	200 mg	30-60 minutes prior	16 oz coffee OR 2 pieces caffeinated gum or mints

BE MENTALLY STRONG



BE SMART

Set SMART goals (*Specific, Measurable, Achievable, Relevant & Time-sensitive*) leading up to the test.



BE POSITIVE

Negative self-talk brings you down. Embrace the suck. You got this.



BE PRESENT

Stay in the moment. The only component that matters is the one you're doing now.

BUDDY UP



ACCOUNTABILITY

Setting goals with others can help you stay on track.



PROGRESSION

Hyping each other up can help you make faster progress.



SOCIAL SUPPORT

Feeling supported can lead to making healthy decisions.

Human Performance Resources by CHAMP, annual partner of STRONG B.A.N.D.S., is the military's go-to source for ways to maximize performance, fitness, wellness, and nutrition. Learn more at hprc-online.org or scan the QR code.

