



CopsAlive.com Comprehensive Fitness Planning Worksheet

Consider What Tactics & Exercises You Want To Add To Your Life:

General Factors That Are Important in Building Your Tactical Resilience™:

- Get plenty of sleep
- Eat a well balanced diet and avoid unhealthy foods & toxins
- Drink plenty of water and be moderate in your use of tobacco, caffeine and alcohol
- Get exercise every day
- Practice daily stress management
- Build a stress buffer between work and home
- Practice positive recreation
- Put your energy into positive relationships
- Don't abuse drugs (even prescription drugs)
- Have a team to support you, be part of other teams

The Armor Your Self™ concept uses a four-pronged approach to strengthen and protect the individual Mentally, Physically, Emotionally and Spiritually. Here are some thoughts about training you can do:

Mental Training

Improve memory and concentration
Reduce mental fatigue and Learn to notice fatigue and take breaks
Improve your mental alertness and situational awareness
Enhance your problem solving skills
Use puzzles, crosswords, sudoku and orienteering to sharpen your mind

Emotional Training

Reduce emotional stress and fatigue
Manage anger and fear
Learn relaxation, breathing and meditation exercises
Develop peer and family support systems for yourself
Find recreational activities that give you fun and happiness, not more stress
Develop hobbies that cultivate life balance and serenity (consider art, music etc.)

Physical Training

Improve your overall level of physical fitness
The Mayo Clinic recommends a Five Part Fitness Program that includes Aerobic Fitness, Muscular Fitness, Stretching, Core stability and Balance Training

Spiritual Training

Improve your spiritual awareness & support systems
Spend quiet time alone considering what's important to you
Examine your personal values, ethics, motivations and sense of honor and integrity
Seek opportunities to develop your maturity, integrity, compassion and generosity
Find ways to donate your time as well as money to help others - be a volunteer
Take a walking meditation on a labyrinth and use the time to process your day

CopsAlive.com Comprehensive Fitness Planning Worksheet

Make A List Of The Tactics & Exercises You Want To Add To Your Life:

What Physical Training Do You Want To Add To Your Life?

What Mental Training Do You Want To Add To Your Life?

What Emotional Training Do You Want To Add To Your Life?

What Spiritual Training Do You Want To Add To Your Life?

What New Habits Do You Need To Build?

Habit Seeding Ideas:

What Habits Do You Need To Strengthen?

Habit Feeding Ideas:

What Habits Do You Need To Break?

Habit Weeding Ideas: