



## **OACP Fitness Log Overview and Instructions**

All Police Services are deeply interested and committed to cultivating a work culture that supports the physical health of their Officers. In order to achieve the goal to delivering proactive and innovative policing in a way that promotes safer communities, we must ensure our workforce is healthy and resilient.

Those interested in being employed with a Police Service in the Province of Ontario must truly understand the importance of one's physical health. There is a direct link between a police officer's health and his or her ability to keep people safe and conduct the policing role effectively over the duration of his or her career. Essentially, if you take care of yourself, you will be in a better position to take care of others.

The purpose of this Fitness Log activity is to provide Police Services with insight into the importance you place on your physical health.

The Fitness Log is to be completed daily for approximately two weeks. Even if you do not run or strength train each day, the "Stress Management" and "Sleep" sections are to be completed. All completed logs are to be submitted with your application package to the Police Service (following also any further directions they provide).

*This message is courtesy of the Ontario Provincial Police*

## **Instructions for Fitness Log**

You are required to complete **both copies** of the fitness log. It is detailed, so be sure not to omit any information that it prompts you to provide. Pick a start date of your own choosing. The fitness logs and daily fitness journals can be completed online or written in pen or pencil. Once you have completed your fitness log and daily fitness journal, please ensure that you are aware of the instructions from your Police Service prior to submitting this with your police application package.

## **Instructions for Daily Fitness Journal**

For each day you **run or strength train**, you are required to complete a Daily Fitness Journal. In this daily fitness journal, you are required to complete the section corresponding to the day of the fitness log (for example: If you ran on Day 3, you must complete the “Running” section on the fitness journey to align it with Day 3 of your log).

Days you did **not** run or strength train (i.e. Stress Management, Other Activities), you are not required to complete a daily fitness journal.

**Please go on [OACPCertificate.ca](http://OACPCertificate.ca) and select the “Forms” tab at the bottom of the page to view examples.**



## OACP Fitness Log Guide

This is a guide to help you develop your fitness log as part of your OACP Certificate. You are to complete this fitness log and provide it to the Police Service you intend on applying to.

This fitness log is to give your Police Service some insight into your commitment to physical fitness. Below, you see a step-by-step walk-through to help you complete your log with a firm understanding of what is required.

### Running

**Duration:** How long did you run for? (Two examples: *I ran for 15 minutes at speed 5. I walked for 45 minutes at a slow pace*)

**Distance:** A rough estimate of how far you traveled. (An example: *500 metres*)

**Indoor or Outdoor:** Please use a **checkmark** to indicate whether your run was conducted outside or inside.

**Location:** What was the location? (Two examples: *I walked around my neighbourhood. I ran on my treadmill.*)

**Daily Fitness Journal:** Please indicate the speed, dynamics and if any breaks used. (An example: *I used one 3lb ankle weight around each leg travelling uphill for a duration of 10 minutes.*)

### Strength Training

**Duration:** How much time did you spend strength training that day? (An example: *I trained for 1 hour.*)

**Location:** In what was the location did you do your strength training? (Two examples: *I worked out at home. I went to my local gym.*)

**Upper Body or Lower Body:** Please **checkmark** which area of your body you trained. (Examples: Upper Body: *shoulders, back, chest, arms, shoulders, abs.*) (Lower Body: *thighs, glutes, calves, hamstrings.*)

**Description:** What kind of strength training did you do? (An example: *full chest workout.*)

**Daily Fitness Journal:** Please outline all exercises conducted. (An example: *dumbbell chest press with 20 lb weights, 3 sets at 12 reps; 20 push-ups with a light resistance band.*)



## **Other Activities**

**Sport/Activity:** Fill in this section if you did any physical activity outside your daily routine. This does not include walking at work or going from one class to another. Did you walk in your neighbourhood after work or after school? Did you play basketball or soccer during your break? (An example: *I went for a walk when I got home*).

**Duration:** How long was your activity? (Example: *I played basketball for 20 minutes during my break*.)

**Location:** Where did you participate in this activity? (Two examples: *I played basketball at an elementary school after hours down my street. I walked around my neighbourhood*.)

*No Daily Fitness Journal Required*

## **Stress Management**

**Method:** Did you engage in any activity to moderate any stress or feelings of anger or frustration? (Three examples: *I went to yoga class. I did some meditation when I got home. I spoke with my friends about my feelings*.)

**Duration:** How much time did you put into stress management? (An example: *I attended a 30-minute yoga class*.)

*No Daily Fitness Journal Required*

**Running and Strength Training could be considered a stress management method; however, we would like to hear of any methods you use beyond that.**

## **Sleep**

**Hours:** How many hours of sleep did you get this night? (An example: *I had 7-8 hours of undisturbed sleep*.)