

Fitness Log OACP Certificate Process

This fitness log is to be provided to the Police Service that you are applying to.

OACP	For more info	rmation on fitness logs or to view th	e guide, please see <u>OACPCerti</u>	ficate.ca	
Candidate Name	9:			Date from: Date to:	
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 1	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 2	Indoors	Upper Body	Duration:		
, j -	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
Day 3	Distance:	Location:	Duration:		
Day 5	Indoors	Upper Body	Location:	Duration:	
	Outdoors	Lower Body Description:		Buration.	
	Location.				
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration and Speed:	Duration:	Sport/Activity:	Method:	Hours:
		1			
Day 4	Distance:	Location:	Duration:		
Day 4	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 5	Indoors	Upper Body	Duration.		
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 6	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management Method:	Sleep Hours:
		Duration:	Sport/Activity:		nours:
	Distance:	Location:	Duration:		
Day 7	Indoors	Upper Body			
	Outdoors	Lower Body	Location:		
	Location:			1	
	Location:				
	Location.				

Please consider your current health and fitness status and consult with your physician before beginning any physical training program.

As part of the OACP Certificate Process, you are to conduct a minimum of 2-weeks worth of fitness logs. By signing below, you are acknowledging the OACP, TNT and any Police Service in which you apply to are not legally responsible if you become injured while completing this fitness log.

Éven if you do not run or strength train each day, you should be completing the "Stress Management" and "Sleep" sections.

The personal information contained on this form is collected pursuant to section 38(2) of the Freedom of Information and Protection of Privacy Act (FIPPA) for the sole purpose of determining the suitability of the applicant for hire for any of the Police Services you choose to apply to. Questions regarding the collection of this information can be directed to OACP Certificate Administrators which can be found on the OACPCertificate.ca website.

By signing below, I hereby certify that the above information contained in this Fitness Log is a true representation of my current activity level. I understand that any misrepresentation of my fitness and activity levels could lead to disqualification from the recruitment process.

Signature: x



Candidate Name:			Date from: Date to:		
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 8	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 9	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
D 40	Distance:	Location:	Duration:		
Day 10	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 11	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
Ĵ	Outdoors		Location:	Duration:	
		Lower Body	Location:	Duration:	
	Location:	Lower Body			Sleep
		Lower Body	Location: Other Activities Sport/Activity:	Duration: Stress Management Method:	Sleep Hours:
	Location:	Lower Body	Other Activities	Stress Management	
	Location:	Lower Body	Other Activities	Stress Management	
Day 12	Location: Run Duration:	Lower Body	Other Activities Sport/Activity:	Stress Management	
	Location: Run Duration: Distance:	Lower Body	Other Activities Sport/Activity:	Stress Management	
	Location: Run Duration: Distance: Indoors	Lower Body Description: Strength Training Duration: Location: Upper Body	Other Activities Sport/Activity: Duration:	Stress Management Method:	
	Location: Run Duration: Distance: Indoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body	Other Activities Sport/Activity: Duration:	Stress Management Method:	
	Location: Run Duration: Distance: Indoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description:	Other Activities Sport/Activity: Duration:	Stress Management Method:	Hours:
	Location: Run Duration: Distance: Indoors Outdoors Location:	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body	Other Activities Sport/Activity: Duration: Location:	Stress Management Method: Duration:	
	Location: Run Duration: Distance: Indoors Outdoors Location:	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training	Other Activities Sport/Activity: Duration: Location: Other Activities	Stress Management Method: Duration: Stress Management	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Location:	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training	Other Activities Sport/Activity: Duration: Location: Other Activities	Stress Management Method: Duration: Stress Management	Hours: Sleep
	Location: Run Duration: Distance: Indoors Outdoors Location: Run Duration:	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Stress Management Method: Duration: Stress Management Method:	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Location: Run Duration: Distance: Indoors	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Stress Management Method: Duration: Stress Management	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Location: Run Duration: Distance: Indoors	Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Stress Management Method: Duration: Stress Management Method:	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Outdoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Lower Body Duration: Location: Upper Body Lower Body	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Stress Management Method: Duration: Stress Management Method:	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Location: Puration: Distance: Indoors Distance: Indoors Duration: Distance: Indoors Location:	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Lower Body Duration: Location: Upper Body Lower Body	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location:	Stress Management Method: Duration: Stress Management Method: Duration:	Hours: Sleep Hours:
Day 12	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Outdoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Lower Body Description:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Stress Management Method: Duration: Stress Management Method:	Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Outdoors Distance: Indoors Qutdoors Run Nun Run	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Upper Body Lower Body Description: Location: Upper Body Description: Strength Training Description: Strength Training	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Outdoors Distance: Indoors Qutdoors Run Nun Run	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Upper Body Lower Body Description: Location: Upper Body Description: Strength Training Description: Strength Training	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12 Day 13	Location: Run Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Duration: Quartion: Run Duration:	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Strength Training Duration:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Outdoors Duration: Duration: Duration: Duration: Duration: Duration:	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12 Day 13	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Duration: Distance: Indoors Distance: Indoors	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Duration: Duration:	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12 Day 13	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Duration: Distance: Indoors Distance: Indoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Duration: Duration:	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 12 Day 13	Location: Run Duration: Distance: Indoors Outdoors Duration: Duration: Distance: Indoors Outdoors Duration: Distance: Indoors Duration: Distance: Indoors Distance: Indoors Outdoors	Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description:	Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Duration: Duration:	Stress Management Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep

Signature: x



Daily Fitness Journal

For each day you run or strength train, you are to outline the exact workouts you conducted. Please feel free to make multiple copies of this page or use a blank sheet of paper instead. Please see the Fitness Log Guide for clear instructions.

Strength Training

Please list all exercises outlined in your workout (Include reps and sets) (please include resistance band intensity and/or dumbbell weight if used)

Time spent strength training:

Running

Please circle the speed of your run below. (if you travelled at two different speeds, please circle both)

(Moderate walk

Fast walk

Moderate Jog

Fast Jog

Sprint)

Please list any dynamics of today's run. (If used). (i.e. uphill, downhill, ankle weights, weighted vest)

Please identify duration of break

(if you took a break or slowed down mid-run)

Corresponding Date to Fitness Log (i.e. Day 4): _____

Applicant Signature

Date Signed

(Falsifying any information above may lead to you getting disqualified from the Constable Selection Process)