

Fitness Log OACP Certificate Process

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

UACP	For more info	rmation on fitness logs or to view the	e guide, please see <u>OACPCertif</u>	<u>icate.ca</u>	
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:			
	Location.				
			04		01
	Run Duration:	Strength Training Duration:	Other Activities Sport/Activity:	Stress Management Method:	Sleep Hours:
	Distance:	Location:	Duration:		
Day 2	Indoors	Upper Body			
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	D		Other Activities	Stross Management	Sleep
	Run Duration:	Strength Training Duration:		Stress Management Method:	Sleep Hours:
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Location:	Duration:		
Day 3	Indoors	Upper Body	Bulation.		
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Location.				
	Dur				
	Run Duration and Speed:	Strength Training Duration:	Other Activities Sport/Activity:	Stress Management Method:	Sleep Hours:
			oponariounity		
	Distance:	Location:	Duration:		
Day 4	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 5	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 6	Indoors	Upper Body	1	D ()	
	Outdoors	Lower Body	Location:	Duration:	
	Location:	Description:			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
	Distance:	Lagation	Duration		
Day 7		Location:	Duration:		
Dayr		Upper Body	Location:	Duration:	
	Outdoors	Lower Body Description:			
	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.

Even 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 Nam	e:			Date from: Date to:	
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
Day 8	Distance:	Location:	Duration:		
	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:	1
	Location:	Description:			
		-			
	Run	Strength Training	Other Activities	Stress Management	Sleep
	Duration:	Duration:	Sport/Activity:	Method:	Hours:
D (10)	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:	-
	Location:	Description:			
	Run	Strength Training	Other Activities		
				Stress Management Method:	Sleep Hours:
	Duration:	Duration:	Sport/Activity:	Method:	Sleep Hours:
	Duration:	Duration:	Sport/Activity:		
Day 12	Duration: Distance:	Duration:			
Day 12	Duration: Distance: Indoors	Duration: Location: Upper Body	Sport/Activity:	Method:	
Day 12	Duration: Distance: Indoors	Duration: Location: Upper Body	Sport/Activity: Duration:		
Day 12	Duration: Distance: Indoors	Duration: Location: Upper Body	Sport/Activity: Duration:	Method:	
Day 12	Duration: Distance: Indoors Outdoors Location:	Duration: Location: Upper Body	Sport/Activity: Duration:	Method:	
Day 12	Duration: Distance: Indoors Outdoors Location: Run	Duration: Location: Upper Body Lower Body Description: Strength Training	Sport/Activity: Duration: Location: Other Activities	Method: Duration: Stress Management	Hours:
Day 12	Duration: Distance: Indoors Outdoors Location:	Duration: Location: Upper Body	Sport/Activity: Duration: Location:	Method: Duration:	Hours:
Day 12	Duration: Distance: Indoors Outdoors Location: Run Duration:	Duration: Location: Upper Body Lower Body Description: Strength Training Duration:	Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Method: Duration: Stress Management	Hours:
	Duration: Distance: Indoors Outdoors Location: Duration: Distance:	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location:	Sport/Activity: Duration: Location: Other Activities	Method: Duration: Stress Management	Hours:
Day 12 Day 13	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method:	Hours:
	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Outdoors Outdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower	Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Method: Duration: Stress Management	Hours:
	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method:	Hours:
	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Outdoors Outdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method:	Hours:
	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Outdoors Outdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method:	Hours:
	Duration: Distance: Indoors Outdoors Location: Run Duration: Distance: Indoors Outdoors Location: Location:	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description:	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location:	Method: Duration: Stress Management Method: Duration:	Hours: Sleep Hours:
	Duration: Distance: Indoors Outdoors Location: Distance: Indoors Outdoors Location: Distance: Indoors Location: Cutdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities	Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 13	Duration: Distance: Indoors Outdoors Location: Distance: Indoors Outdoors Location: Distance: Indoors Location: Cutdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities	Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Location: Cutdoors Cutdoo	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration:	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 13	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Location: Cutdoors Cutdoo	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location:	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity:	Method: Duration: Stress Management Method: Duration: Stress Management	Hours: Sleep Hours: Sleep
Day 13	Duration: Distance: Indoors Outdoors Location: Duration: Distance: Indoors Outdoors Location: Cutdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Description: Strength Training Duration: Location: Upper Body Description: Location: Upper Body Description: Duration: Location: Upper Body Duration: Duration:	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method: Duration: Stress Management Method:	Hours: Sleep Hours: Sleep
Day 13	Duration: Distance: Indoors Outdoors Location: Distance: Indoors Outdoors Outdoors Location: Cutdoors Cutdoors Cutdoors Cutdoors Distance: Indoors Distance: Indoors Outdoors Outdoors Outdoors Cutdoors Outdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body LowerB	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method: Duration: Stress Management Method:	Hours: Sleep Hours: Sleep
Day 13	Duration: Distance: Indoors Outdoors Location: Distance: Indoors Outdoors Outdoors Location: Cutdoors Cutdoors Cutdoors Cutdoors Distance: Indoors Distance: Indoors Outdoors Outdoors Outdoors Cutdoors Outdoors	Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body Description: Strength Training Duration: Location: Upper Body Lower Body LowerB	Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration: Location: Other Activities Sport/Activity: Duration:	Method: Duration: Stress Management Method: Duration: Stress Management Method:	Hours: Sleep Hours: Sleep

Signature: x