



BPOA
Cadet Fitness Journal

Cadets are required to maintain this journal for the duration of the academy. Each day cadets should log workout information. This includes a full description of 1) the workout; 2) weight used; 3) repetitions; and, 4) times.

Cadets should record body measurement information and initial PT information (push-ups, sit-ups, 1.5 mile run) on page three during week one. This will be done again midpoint of the academy, and at the end.

Body Measurements

- Waist size at the belly button
- Hips
- Chest
- Top half of arm
- Thigh

How to Take Body Composition Measurements

Remember to wear similar clothing each time you do these and do them around the same time of day. Use the same scale and tape measure. All measurements are to be taken in inches and must be recorded in this document. All measurements should be in inches to the nearest 1/8th of an inch.

Waist: Place the measuring tape about 1 cm above your belly button (at the narrowest part of your waist) to measure around your body. Exhale and measure before you inhale.

Hips: Place the measuring tape across the widest part of your hips/buttocks and measure all the way around while keeping the tape parallel to the floor.

Chest: Place the measuring tape just under your breasts/pecs and measure around the torso while keeping the tape parallel to the floor.

Thigh: Measure around the largest part of one thigh. Measure that same thigh each time.

Upper arm: Measure around the largest part of one arm, above the elbow. Measure the same arm every time.

Other general notes:

- Have someone of the same sex take your measurements.
- When taking measurements, stand tall with your muscles relaxed and your feet together.
- When measuring, apply constant pressure to the tape (so it doesn't sag) without pinching the skin.

- Use a flexible measuring tape, such as plastic or cloth.
- Measure under the same conditions each time, such as wearing the same clothes, same time of day, same time of week, or if you are measured before or after a workout, etc.
- The place to take some of these measurements will vary slightly from person to person. To ensure accuracy, just remember to take them in the same place on your body each time.

Starting Information

Sit-ups _____

Push-ups _____

1.5 mile run time _____

Age _____

Height _____

Weight _____

Chest measurement _____

Hips measurement _____

Upper arm measurement _____

Upper thigh measurement _____

Waist measurement _____

Midpoint Information

Sit-ups _____

Push-ups _____

1.5 mile run time _____

Age _____

Height _____

Weight _____

Chest measurement _____

Hips measurement _____

Upper arm measurement _____

Upper thigh measurement _____

Waist measurement _____

Ending Information

Sit-ups _____

Push-ups _____

1.5 mile run time _____

Age _____

Height _____

Weight _____

Chest measurement _____

Hips measurement _____

Upper arm measurement _____

Upper thigh measurement _____

Waist measurement _____

Week # 1

1

2

3

4

5

Week # 2

1

2

3

4

5

Week # 3

1

2

3

4

5

Week # 4

1

2

3

4

5

Week # 5

1

2

3

4

5

Week # 6

1

2

3

4

5

Week # 7

1

2

3

4

5

Week # 8

1

2

3

4

5

Week # 9

1

2

3

4

5

Week # 10

1

2

3

4

5

Week # 11

1

2

3

4

5

Week # 12

1

2

3

4

5

Week # 13

1

2

3

4

5

Week # 14

1

2

3

4

5

Week # 15

1

2

3

4

5

Week # 16

1

2

3

4

5

Week # 17

1

2

3

4

5

Week # 18

1

2

3

4

5

Week # 19

1

2

3

4

5