



ASSESSMENT MANUAL

Begin and finish your 50-day journey by filling out the assessment questions and information. Complete these questions on day 1 and day 50.

This is not a fitness or weight loss challenge; it is a far more personal and transformative journey - the specific purpose being to equip you with the mental and emotional resilience needed to handle high-stakes situations and the daily stressors of such an essential job. Forming healthy habits is the bedrock of resilience, acting as the building blocks that support our journey toward optimal health. Without these habits, such as consistent exercise, balanced nutrition, and adequate rest, our resilience can be fleeting, experiencing only temporary changes rather than long-term transformations.

The Rules

- ✓ *At a minimum select (or create your own) 5 of the habits listed below. You can select/create more, 5 is the minimum.*
- ✓ *Complete each of your selected habits each day for 50 days. If you miss one day, you start over at day 1.*

The Habits - *Choose habits that align with your personal goals and lifestyle. The habits listed below are some of the most effective for building resilience, improving health, and optimizing daily performance. Select or create habits that are both personal and challenging. For instance, if you're not currently drinking water, aim for a manageable target like 64 ounces per day. If you haven't exercised consistently, start with a goal of 15 minutes each day. Choose at least five goals to practice daily, but feel free to set more if you'd like.*

Resilient Habits

- **30 MINUTES OF EXERCISE** - *You can follow any workout program you like. Exercise does not have to be high intensity every day, it could be recovery, yoga, stretching, or just a walk in the park.*
- **8500 STEPS** - *Get a fitness or step tracker and make sure you get at least 8500 steps each day. You cannot "bank" steps from day to day. Movement is good for many things, focus on finding ways to move more through your day.*
- **75 OUNCES (or you choose the amount) OF WATER** - *Water is the essence of every vital physiological process. Staying hydrated can help with physical and mental performance, make sure you are getting enough each day.*
- **NO CHEAT DAYS/ NO ALCOHOL** - *If sugars and alcohol are your kryptonite then why allow you to use them? Do therapists allow alcoholics or addicts a cheat day? The idea behind this challenge is to have you make some sacrifices and understand how certain elements like sugar and alcohol negatively affect your health and mind. Commit to staying clean with your diet and alcohol consumption.*
- **FOLLOW A DIET/ HEALTHY EATING PLAN** - *Stick to a meal plan that aligns with your fitness goals. This can vary based on individual needs and preferences, but consistency is key.*
- **10 MINUTES OF READING (NON-FICTION)** - *Read 10 pages of a self-improvement or educational non-fiction book daily. This fosters personal growth and learning. Or listen to a positive podcast ([like Better Every Shift](#)).*
- **1 MINUTE OF DEEP BREATHING** - *Take at least one minute of your day to practice some focused breathing. Why? Deep breathing is a practice that enables more air to flow into your body and can help calm your nerves, reducing stress and anxiety. It can also help you improve your attention span and improve cognitive function.*
- **ONE MINUTE OF GRATITUDE** - *Take a minute to think about something you are grateful for each day and write it down. I believe this is one of the best ways to change your attitude and remember/ honor those*

first responders and military who have paid the ultimate sacrifice. This one minute can change your day. Get in the habit of practicing gratitude.

- **POWER DOWN 30 MINUTES BEFORE BED** - Turn off all electronics (including TV) before sleeping. This habit helps to improve the quality of sleep and gets your brain and body ready for recovery.
- **TIME RESTRICT EATING (Intermittent Fasting)**- Try to feed during the day and fast at night. You can choose any timeframe for feeding/ fasting you want. Time-restricted feeding can build resilience by regulating the body's internal clock, leading to improved metabolic health, enhanced physical and mental performance, and better stress adaptation.
- **5 MINUTES OF MINDFULNESS OR MEDITATION**- Spend at least five minutes each day practicing mindfulness or meditation. This can help you reduce stress, enhance emotional regulation, and improve focus. Simply find a quiet space, close your eyes, and concentrate on your breath or use an app for guided sessions.
- **CONNECT WITH A SUPPORTIVE PEER**- Make it a point to reach out to a colleague, friend, or family member for a brief conversation each day. Building a support network is essential for mental resilience; sharing experiences and emotions can foster camaraderie and reduce feelings of isolation.
- **SET A DAILY INTENTION (GOAL)...and Accomplish it** - Each morning, take a moment to set a clear intention or goal for the day. This could be related to personal growth, focusing on your goals, or simply being more present. Writing down your intention can create a sense of purpose and keep you aligned with your objectives throughout the day. An example would be to perform one random act of kindness- fold a crew member's laundry, buy someone a cup of coffee, help someone carry something, compliment a stranger (or someone you know), send a text of appreciation, or leave a positive note.
- **+1 (or more) YOUR CHOICE HABIT DEVELOPMENT**- This one is up to you! Maybe you want to learn a new language, stop drinking soda, restrict caffeine, monitor your sleep, write in a journal, read to the kids, train your dog, take a cold shower, or walk outside. Choose a habit that will help reduce stress and improve your mental or physical health. Remember this needs to be a habit that you can do every day.



The rules are designed to promote self-discipline, focus, endurance, and growth. It's not just about physical transformation but also about building mental toughness and personal development. Participants should always consult with a fitness professional to ensure that the program is appropriate for their individual situation.

Your Habits (minimum of 5)

1. _____
2. _____
3. _____
4. _____
5. _____

Bonus - _____

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Motivation

What is your biggest motivation to complete the R50 Challenge?

To be successful at anything, all excuses need to go out the window... there is no such thing as "poor genetics," no such thing as "not enough time", no such thing as "it's just too hard"... NO EXCUSES! Do not tell me or yourself that you are incapable. Commit to your habits and find a way to get them done... every day. YOU GOT THIS!



You evaluated.

Before you begin your 50-day journey, I want you to do a little self- evaluation to rate: your current level of fitness, satisfaction with your level of health and stress, body weight, strength, balance, and resilience. This process will give you a benchmark to measure improvement as you follow the program.

You should fill this out on Day 1 and on Day 50 of the CHALLENGE to document your progress.

Please rate yourself in the following categories:

1 to 5 (1= bad; 2= fair; 3= average; 4= good; 5= excellent)

Body Composition? (1= flabby, 5= lean)	1	2	3	4	5
Bodyweight? (1= very overweight, 5= right where you want to be)	1	2	3	4	5
Motivation to get and stay fit? (1=none, 5= a lot!)	1	2	3	4	5
Daily Nutrition? (1= not healthy at all, 5=all the time)	1	2	3	4	5
Overall healthy lifestyle? (1= not at all, 5= very healthy)	1	2	3	4	5
Pain in joints and back? (1= lots of pain, debilitating, 5= all good)	1	2	3	4	5
Stress Level? (1= lots of stress, 5= all good)	1	2	3	4	5
Anger Index? (1= easily get worked up, 5= don't sweat small stuff)	1	2	3	4	5
Sleep (1= don't get enough/ difficult to sleep, 5= well rested/ sleep well)	1	2	3	4	5
Performance on Fire/ Rescue ground (1= not good, 5= Fire Rescue Fit)	1	2	3	4	5

Add the total of all numbers; take this evaluation once before you start the program, and once at the end. You will see a difference in your scores.

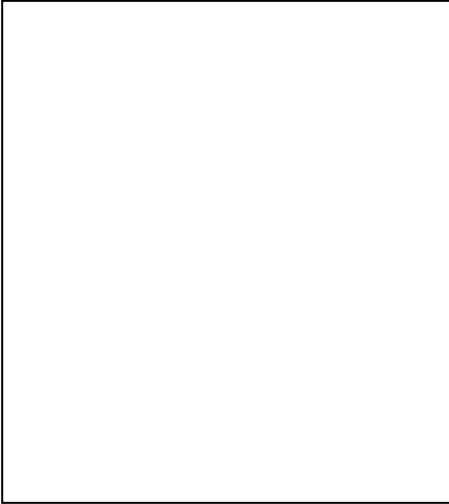
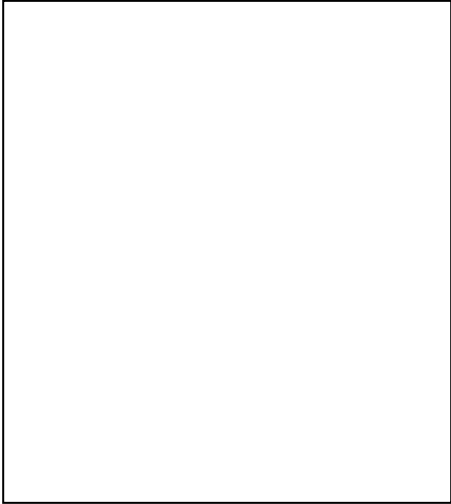
Day 1/ Beginning Score: _____

Day 50/ End Score: _____

Additional Notes:

"Before" And "After" Measurements & Photo Tips

Over the next 50 days, you will see some changes (especially if you are following FRF workouts). The habits that make you more resilient (eating healthy, exercising, sleeping, etc.) will also help you get leaner, stronger, and moving better. I always encourage "before and after" measurements and even photos. When you are seeing yourself every day, sometimes it is hard to identify these positive changes. Record your measurement data in the spaces provided below and take a "before" picture with your cell phone to help keep you motivated. You can also store your photos and measurements in the FRF app.

	<u>Before</u>	<u>After</u>
Pictures		
Body Composition (percentage)		
Click here to find out how to take your body composition		
Weight		
Chest		
Hips		
Waist (belly button)		
Right Arm (Flexed, measured at peak of bicep)		
Left Arm (Flexed, measured at peak of bicep)		
Right Thigh (Measured at mid-point of thigh)		
Left Thigh (Measured at mid-point of thigh)		
Additional Measurement (This might be size pants or shirt, cholesterol, etc.)		

Take your measurements on day 1 and 50 to compare...

