



# Cadet Physical Conditioning Diary



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## Introduction

The Cadet Physical Conditioning Diary consists of three main parts;

- the Assessment Results,
- the Injury Management Profile and
- the Training Diary.

### Assessment Results

- You are to complete the Assessment Results following any fitness assessment.
- **Training Blocks (TB) 2** and **TB3** Initial Fitness Assessments (**IFA**) results are for assessments conducted while attending the corresponding TB.
- **A1**, **A2** and **A3** results are those from assessments conducted as part of the TB3 conditioning program
- **Multimodal A1** and **Multimodal A2** results come if multimodal cycles of the training program are completed

### Injury Management profile

Injury Management profile entries should be completed at the following stages

- Prior to Assessment A1 in the program – Complete entry '**POST TB 2 INJURY STATUS**'. This entry is the entry following TB2 and prior to the commencement of the TB3 program and is used to determine whether you sustained an injury during the TB.
- Prior to Assessment A2 and A3 in the program – Complete the entries **POST TB 3 CYCLE 1 INJURY STATUS** and **POST TB 3 CYCLE 2 INJURY STATUS**. These entries are used to determine whether you sustained an injury during the cycle of training you have just completed.
- Prior to commencing the Multimodal program or commencing TB3 - Complete entry **POST TB 3 CYCLE 3 INJURY STATUS**. This entry is used to determine whether you sustained an injury during Cycle 3 of the training program.

## **The Training Diary**

- The Training Diary is to be filled out immediately after each training session throughout the duration of the training.

**The conditioning diary is to be filled out in clear and legible handwriting as it may be collected by a PTI or course staff for auditing.**

## **FAQ**

### **How do the training days fit into the weekdays of the program?**

The four to five training sessions per week (listed as Day 1 through to Day 4 or 5) are entered on the day the sessions are completed. For example, if Day 1 is completed on a Monday then the session is entered in the 'Monday' of the program. If Day 2 is completed on the Wednesday, the 'Tuesday' in the program is left blank and the results are entered into 'Wednesday'.

## Assessment Results

### TB 2 FITNESS ASSESSMENT RESULTS

#### IFA Results

Date	Push Ups	Sit Ups	Shuttle Run Level

#### Notes:

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### TB3 CONDITIONING PROGRAM FITNESS ASSESSMENT RESULTS

#### A1 Results (CYCLE 1)

Date	Push Ups	Sit Ups	2.4 KM Run	Waist/Hip Ratio

Additional assessments	Results

Additional Health Assessments	Resting Heart Rate	Waist (cm)	Hip (cm)

#### Notes:

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### A2 Results (CYCLE 2)

Date	Push Ups	Sit Ups	2.4 KM Run	Waist/Hip Ratio

Additional assessments	Results

Additional Health Assessments	Resting Heart Rate	Waist (cm)	Hip (cm)

**Notes:**

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### A3 Results (CYCLE 3)

Date	Push Ups	Sit Ups	2.4 KM Run	Waist/Hip Ratio

Additional assessments	Results

Additional Health Assessments	Resting Heart Rate	Waist (cm)	Hip (cm)

**Notes:**

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**Multi Model A1**

Date	Push Ups	Sit Ups	2.4 KM Run	Waist/Hip Ratio

Additional assessments	Results

Additional Health Assessments	Resting Heart Rate	Waist (cm)	Hip (cm)

**Notes:**

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**Multi Model A2**

Date	Push Ups	Sit Ups	2.4 KM Run	Waist/Hip Ratio

Additional assessments	Results

Additional Health Assessments	Resting Heart Rate	Waist (cm)	Hip (cm)

**Notes:**

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**TB 3 FITNESS ASSESSMENT RESULTS**

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**IFA Results**

Date	Push Ups	Sit Ups	Shuttle Run Level

**Notes:**

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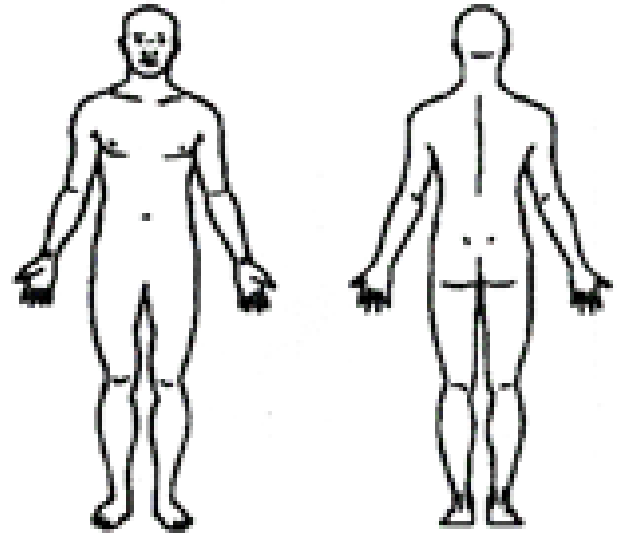
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## Injury Management

### POST TB 2 INJURY STATUS

**Circle areas with current injuries**  
**Shade areas with older injuries**



List all current injuries and causes

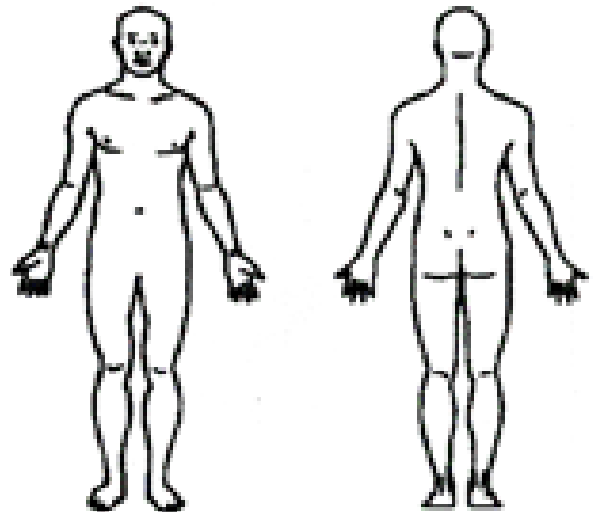
Injury location	Cause

### POST TB 3 CYCLE 1 INJURY STATUS

**Circle areas of new injuries**

**If no injuries tick the box below**

**NO new injuries**



List any injuries sustained during Cycle 1 of the Training Block and causes

Injury location	Cause

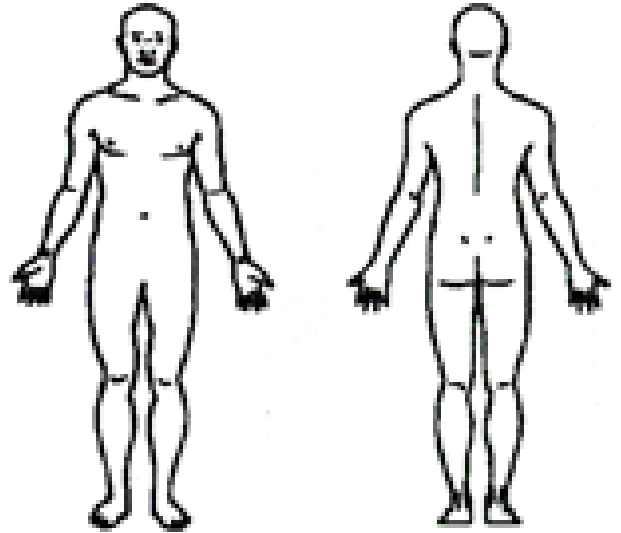


**POST TB 3 CYCLE 2 INJURY STATUS**

Circle areas of new injuries

If no injuries tick the box below

NO new injuries



List any injuries sustained during Cycle 2 of the Training Block and causes

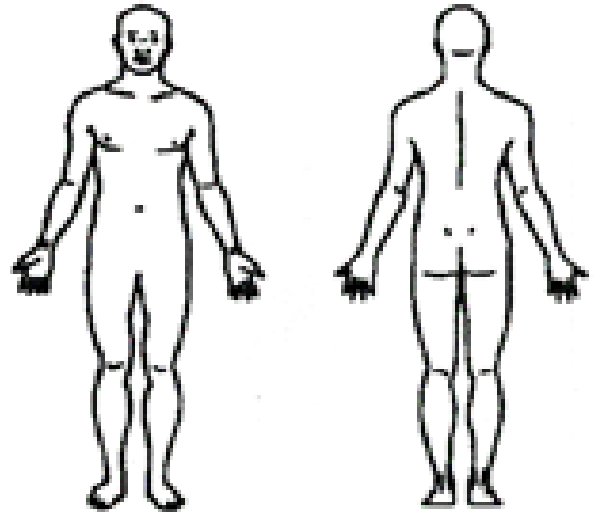
Injury location	Cause

**POST TB 3 CYCLE 3 LEAVE INJURY STATUS**

Circle areas of new injuries

If no injuries tick the box below

NO new injuries



List any injuries sustained during Cycle 3 of the Training Block and causes

Injury location	Cause

**Week Beginning**

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**Week of Training**

**MONDAY**

Cardio Vascular Conditioning				Neuromuscular conditioning / Circuits							
Type	Intensity	Distance	Time	Exercise	Load	Sets OR Rotations/Reps					
<b>Notes:</b>											

**TUESDAY**

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<b>Notes:</b>											

**WEEKEND**

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