HPRC Training Development Resources

Here is a list of commonly used resources for training materials. Print materials are available for download from the CHAMP Online Catalog. Reasonable quantities of posters and odd-size materials, such as postcards, may be requested for shipping by submitting an Ask the Expert inquiry.

Total Force Fitness

Service-Specific Resources

#GotMySix Campaign Resources

Total Force Fitness Inventory: Use this tool to understand how each domain of TFF affects you. Chart how you're doing versus how you want to be doing. Based on your answers, this self-assessment tool will help you pinpoint areas to work on to optimize your performance.

United States Army Holistic Health and Fitness (H2F) Resources: In partnership with the Army, HPRC has developed and assembled targeted resources to enable Soldiers to improve their individual performance and increase the reach of the H2F System.

United States Space Force Holistic Health Approach Toolkit: This toolkit offers practical, evidence-based tools and resources to grow your knowledge and encourage meaningful behavior change.

USCG Resilience Coordinator (RC) Toolbox: The RC Toolbox provides easy access to the resources RCs learned to use during ResCUE. Included on these pages are all the materials presented in the *RC Student Handbook* in an easy-to-print and -distribute format.

Personal Stress Toolkit: The goal of the Personal Stress Tool Kit worksheet is to help Service Members identify when they're straying from their Individual Zone of Optimal Functioning (IZOF) and use strategies to get back in their sweet spot and unlock their full potential.

The Credibility Checklist: With so much information at your fingertips, it can be hard to know what's safe, accurate, and effective. The HPRC Credibility Checklist can help you sort through the "CRAAP" (Currency, Relevance, Authority, Accuracy, and Purpose)!

Nutritional Fitness

Power Plate: Use the Power Plate to help Service Members build their meals for optimal performance

Weekday Meal Planner: A weekly meal planner can save you time at the store, reduce food waste, boost your grocery budget, and help you reach performance and body-composition goals.

TDY Meal Planner: This TDY Meal Planner is based on the Weekday Meal Planner and is designed to help you navigate nutrition on the go.

Go For Green (G4G) and Performance Nutrition: G4G makes it easy to find and choose high-performance fuel by labeling items Green (high-performance fuel), Yellow (moderate-performance fuel), and Red (low-performance fuel).

G4G Training Day Handout: This handout offers 3 simple steps to help you fuel your performance.

Are You Dehydrated? By routinely assessing weight (W), urine color (U), and thirst (T), Service Members can check for dehydration throughout the day with the WUT method.

Dehydrated? WUT to Look For: This handout enables you to assess your hydration status at home, at the gym, or in the field.

Calculate Your Hydration Needs: Fluid Replacement Worksheet: Use this worksheet to calculate your hydration needs to limit dehydration during exercise.

Military Nutrition Environment: Messages for Leadership: This infosheet is designed to raise awareness of the military nutrition environment (MNE) among leadership within DoD. CHAMP research shows that effective facilitators of the MNE process include local leadership support and buy-in.

- Performance Nutrition: Messages for Leadership
- Performance Hydration: Messages for Leadership
- Supplement Safety: Messages for Leadership

Social Fitness

Communication Toolbox: HPRC's communication toolbox highlights 6 tools you can add to your skill set. Each chapter introduces a communication tool, explains how to use it, suggests how to adapt the tool to different situations, and ends with an exercise to get you thinking about when and how you might use the tool.

Team-Building Resource Guide: Use HPRC's *Team-Building Resource Guide* to boost your team's dynamics, health, and performance.

Communication Under Stress: HPRC offers effective communication strategies for improving team performance when stressed.

Importance and Confidence Rulers: Use the importance and confidence rulers to assess your readiness to make change your behavior.

- Relationship Building
- Teams and Leadership
- Family Optimization
- Couples and Intimacy

Mental Fitness

Strategic Habits Workbook: 20 Habit Hacks to Help You Build Good Habits: HPRC's *Strategic Habits Workbook* will help you learn how your brain forms habits and will guide you to form practices that help you live out your values and goals.

Gratitude: Make It a Daily Practice: This handout offers one week of gratitude activities anyone can do to appreciate the good things in life and share gratitude with others.

Active Constructive Responding (ACR): ACR is a powerful communication skill that can promote positive emotions and enhance the quality of your relationships where you show more interest, support, and enthusiasm for other people's good news.

Stress Mindset Self-Check Worksheet: Use this worksheet to reflect on your general beliefs about stress and how stress affects performance, resilience, relationships, and well-being.

Goal-Directed Self-Talk Worksheet: Use this worksheet to harness self-talk to enhance performance in stressful situations. The worksheet helps you think through the preparation and execution phases of a performance event and what self talk strategies would improve confidence.

Physical Fitness

Military Workout Planning for Beginners: Learn a simple way to plan well-rounded resistance training programs over time.

Plan Your Workouts with Block Periodization: This is a more complex planning methodology suitable for more experienced or highly-fit exercisers.

Use the FITT-VP Principle to Plan Your Workouts: This article describes the variables of exercise planning and how to modify them for your workouts.

Guidelines to Progress Your Physical Training Over Time: These guidelines are a simple set of rules to make your workouts more challenging and grow over time.

Balance Your Work and Exercise Physical Demands to Optimize Recovery: Discover how to account for work demands when planning your exercise.

What Is Functional Fitness Training? This article defines "functional fitness" and describes how to structure your exercise to "match your functions."

Service-Specific Physical Training Series: This series of articles describes how to train for each service's physical fitness test.

Sleep Fitness

Strategic Habits for Better Sleep: This guide helps you build good habits to optimize your sleep.

How "Sleep Leadership" Can Help Optimize Sleep Readiness: Use this article to learn how leaders can prioritize sleep in their units.

Leader Guide: The Impact of Sleep on Total Force Fitness. Military leaders can use this guide in one-on-one sessions, hip-pocket trainings, presentations to military audiences, or in standard training practices to teach how sleep affects all domains of Total Force Fitness

Leader Guide: Sleep Habits to Optimize Performance, Mental Health, and Resilience. This guide is to help leaders teach optimal sleep habits

Leader Guide: Strategies to Manage Operational Fatigue: Leaders can learn several actionable strategies to manage operational fatigue when sleep conditions are sub-optimal.

Fatigue Management Kit: Having your own fatigue management kit can help you better manage your fatigue and improve your performance when needed.

Sleep Better During Deployment: This infographic lists practical tips to help you optimize your sleep readiness during deployment.