



Assessing Readiness

ACTIVITY LEVEL QUESTION SCREENING	Building a Foundation	Early Preparation	Almost Ready	FORCE Combat Ready
FUNCTIONAL WORK CAPACITY Rate your FORCE evaluation performance	Loads are somewhat heavy and maintaining performance through 4 tasks is challenging	Loads are a little heavy and completing each task at best effort is fairly tough	Loads are manageable and can complete each task effectively at best effort	Loads are easy to manage at best effort
MENTAL TOUGHNESS What is your ability to push yourself out of your physical comfort zone?	Minimal	Some	Confident	Very confident
EXTERNAL LOAD CARRIAGE What is your recent exposure to carrying a loaded pack?	None-very little	Walk/work less than 2 times per month with a load of 10-15 kg	Walk/work more than 2 times per month with a load of 10-25 kg	Walk/work more than 2 times per month with a load of 25-35 kg
METABOLIC CAPACITY What is your current level of cardiovascular training?	None-very little	Perform cardiovascular activity 1-2 times per week at an easy to moderate intensity for 30 mins	Perform cardiovascular activity 3-4 times per week at an easy to moderate intensity for 30 mins	Perform cardiovascular activity more than 4 times per week at a moderate to high intensity for more than 30 mins
STRENGTH - POWER How often do you regularly lift and/or handle heavy objects?	Never-rarely	Regularly work with loads of 5-15 kg	Regularly work with loads of 15-25 kg	Regularly work with loads greater than 25 kg

Recommended Work-Up Training

TRAINING GUIDANCE	Building a Foundation	Early Preparation	Almost Ready	FORCE Combat Ready
Recommended training plan based on the answers to the activity level screening questions. For more assistance consult your local PSP Staff.	Generate and follow a <i>Regeneration training program</i> for 4 weeks followed by a <i>FORCE Combat training program</i> for 12 weeks. Recommend 5 times per week for each program at a novice level. Increase loads & intensity based on target load for FORCE Combat. Programs can be found under Army Operations at DFit.ca.	Generate and follow a <i>FORCE Combat training program</i> for 12 weeks. Recommend 5 times per week at a novice or intermediate level. Increase loads & intensity based on target load for FORCE Combat. Programs can be found under Army Operations at DFit.ca.	Generate and follow a <i>FORCE Combat training program</i> for 4-8 weeks, 5 times per week at an intermediate level. Increase loads & intensity based on target load for FORCE Combat. Programs can be found under Army Operations at DFit.ca.	Maintain your current training and physical activity level

Recommended Evaluation Progression

If you had excessive difficulty completing the evaluation consider moving back a level

FORCE Combat 1st Evaluation	Loaded march with 15-25 kg in 60 mins, Circuit with 5 kg, Rest as required	Loaded march with 25 kg in 60 mins, Circuit with 15-25 kg, Rest as required	Loaded march with 25-35 kg in 50-60 mins, Circuit with 25 kg, Rest as required	Full evaluation
2nd Evaluation	Loaded march with 25 kg in 60 mins, Circuit with 15-25 kg, Rest as required	Loaded march with 25-35 kg in 50-60 mins, Circuit with 25 kg, Rest as required	Full evaluation	
3rd Evaluation	Loaded march with 25-35 kg in 50-60 mins, Circuit with 25 kg, Rest as required	Full evaluation		
4th Evaluation	Full evaluation			