



## **Recruit Checklist Guide**

**AS A WARRIOR RECRUIT, YOU WILL BE REQUIRED TO ACTIVELY PARTICIPATE IN A NUMBER OF LEARNING OPPORTUNITIES. YOU WILL ACQUIRE 1 POINT FOR EVERY OPPORTUNITY YOU PARTICIPATE IN AND WILL NEED TO ACQUIRE A TOTAL OF 33 POINTS TO BECOME A WARRIOR. THESE OPPORTUNITIES WILL HELP YOU BECOME IMMERSSED IN THE WARRIOR FAMILY AND WILL SUPPLEMENT THE INFORMATION LEARNED IN FORMAL TRAINING DAYS.**

### **Warrior Recruit Training Days-at least 10 points**

- **Attend at least 10 of the 11 mandatory training dates:**
  - **Phase 1 -January 9, January 23, February 6, February 20, March 6.**
  - **Phase 2 - March 20, April 17, May 1 (Teachback)**
  - **Phase 3 - May 15 (Makeup Teachbacks), June 5, June 26**

### **CPR Certification - 1 point**

- **Attend training on March 6th Or submit proof of a completed certification prior to March 6th training day.**

### **Receive a passing score on the teachbacks - 1 point**

- **Attend and pass teachbacks on May 1st**
- **Pass makeup teachbacks on May 15th**

### **Lead Trainer Sessions - At least 2 points**

- **Attend at least 2 of 3 offered during Phase 2**
  - **Dates and times will be given out during training**

### **Group Exercise Classes - At least 11 points**

- **Attend at least 4 Warrior Classes (Phase 1)**
- **Attend at least 1 Zoom practice class and Lead 1 Zoom practice class (Phase 2)**
- **Lead at least 5 Fitness Warrior classes (Phase 3)**

### **Community Events & Program Promotion - Choose at least 2 out of the options below:**

- **Lead an online demo at a scheduled virtual community event**
- **Participate in an in person community event (if available and it's safe to do so)**
- **Invite at least 10 friends to like @RVAFitnessWarriors on Facebook and/or Instagram**
- **Create a fitness demo to be uploaded to the YouTube playlist**
- **Other - seek approval from Command prior to activating your own idea**

# Recruit Checklist

**Warrior Recruit Name:** \_\_\_\_\_

**Total Points earned:** \_\_\_\_\_

## Mandatory Training: 10 points required

- |   |  |
|---|--|
| <input type="checkbox"/> SATURDAY JANUARY 9, 2021 8A-1P ZOOM  | <input type="checkbox"/> SATURDAY JANUARY 23, 2021 9A-1P ZOOM  |
| <input type="checkbox"/> SATURDAY FEBRUARY 6, 2021 9A-1P ZOOM | <input type="checkbox"/> SATURDAY FEBRUARY 20, 2021 9A-1P ZOOM |
| <input type="checkbox"/> SATURDAY MARCH 6, 2021 9A-1P ZOOM    | <input type="checkbox"/> SATURDAY MARCH 20, 2021 9A-1P TBD     |
| <input type="checkbox"/> SATURDAY APRIL 17, 2021 9A-1P TBD    | <input type="checkbox"/> SATURDAY MAY 1, 2021 9A-1P TBD        |
| <input type="checkbox"/> SATURDAY MAY 15, 2021 9A-1P TBD      | <input type="checkbox"/> SATURDAY JUNE 5, 2021 9A-1P TBD       |
| <input type="checkbox"/> SATURDAY JUNE 26, 2021 8A-2P TBD     |  |

## Lead Trainer Sessions: 2 points required

- TBD
- TBD
- TBD

## CPR: 1 point required

- SATURDAY MARCH 6, 2021 - CPR TRAINING
- I HAVE SUBMITTED PROOF TO COMMAND

## Fam time: 6 points required

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## Teachbacks: 1 point required

- SATURDAY MAY 1, 2021 9A- 1P TBD
- PASSED ON SECOND ATTEMPT

## Community Events and Program Promotions: 2 points required

- |   |   |
|---|---|
| <input type="checkbox"/> OPPORTUNITY 1_____ | <input type="checkbox"/> OPPORTUNITY 2_____ |
|---|---|

## Group Exercise Classes. 11 points required

- |  |  |
|--|--|
| <input type="checkbox"/> ATTEND WARRIOR CLASS DURING PHASE 1     | <input type="checkbox"/> ATTEND WARRIOR CLASS DURING PHASE 1       |
| <input type="checkbox"/> ATTEND WARRIOR CLASS DURING PHASE 1     | <input type="checkbox"/> ATTEND WARRIOR CLASS DURING PHASE 1       |
| <input type="checkbox"/> LEAD ONE PRACTICE CLASS ON ZOOM PHASE 2 | <input type="checkbox"/> ATTEND ONE PRACTICE CLASS ON ZOOM PHASE 2 |
| <input type="checkbox"/> LEAD YOUR OWN CLASS DURING PHASE 3      | <input type="checkbox"/> LEAD YOUR OWN CLASS DURING PHASE 3        |
| <input type="checkbox"/> LEAD YOUR OWN CLASS DURING PHASE 3      | <input type="checkbox"/> LEAD YOUR OWN CLASS DURING PHASE 3        |
| <input type="checkbox"/> LEAD YOUR OWN CLASS DURING PHASE 3      |  |