

A.T.T.A.C. Registration Form

SOLDIER/GROUP FITNESS TRAINING	
UNIT(COM):	POC(rank/ name):
PHONE:	EMAIL:
UNIT OFFICIAL AUTHORIZING TRAINING: PHONE: EMAIL:	

TRAINING TRACK (CIRCLE ONE):		
Unit Soldier Fitness Training	Group Re-conditioning Training	Individual Physical Fitness & Body Alignment Assessment
*UNIT SOLDIER FITNESS TRAINING COMPLETE SECTION 1-1 *GROUP RE-CONDITIONING TRAINING COMPLETE SECTION 1-2 *INDIVIDUAL PHYSICAL FITNESS & BODY ALIGNMENT ASSESSMENT (NON-PROFILE) COMPLETE SECTION 1-3		
SPECIFIC UNIT/ GROUP GOALS(or MOS): (ex. Improve aerobic conditioning, strength, flexibility, ACFT)		
<div></div>		
PREFERRED TRAINING DATES (CIRCLE TWO):		
MONDAY	TUESDAY	WEDNESDAY
		THURSDAY
		FRIDAY
PREFERRED TRAINING TIMES (INDICATE TWO): (ex. 0600-0700)		
1.	2.	
CURRENT CONDITIONING PROGRAM: (ex. MON: RUN 60mins, TUE: Spin, WED: OFF, THURS: Strength)		
<div></div>		
NO TRAIN DATES & REASON DURING CYCLE:		
(ex. 12/27/2021-Training Holiday; 01/18/2021-01/18/2021 Field Exercise)		
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UNIT SOLDIER FITNESS TRAINING ROSTER (1-1)

NAME/RANK	AGE	ACFT SCORE:	APFT SCORE:	
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
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10.				
11.				
12.				
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14.				
15.				
16.				
17.				
18.				
19.				
20.				

GROUP RE-CONDITIONING TRAINING (1-2)

POC NAME:	PHONE:
EMAIL:	THE NUMBER OF GROUP
Medical Dx:	

INDIVIDUAL PHYSICAL FITNESS & BODY ALIGNMENT ASSESSMENT (1-3)

NAME(/RANK):	PHONE:
EMAIL:	AGE:

Medical Clearance Form

Dear Physician/Medical Professional,

The attached individual/s wish to engage in the Advanced Tactical Training and Conditioning (A.T.T.A.C.) Program offered by the Health & Fitness Promotion Staff. The exercise program may include progressive resistance training, flexibility exercises, and a cardiovascular program that will increase in duration and intensity over time. The fitness assessment may include a submaximal cardiovascular fitness test and measurements of body composition, flexibility, and muscular endurance.

Soldiers who are fit for participation will, at a minimum, meet those requirements set by the United States Army in declaring a Soldier "Fit for Duty".

Soldiers will need to be cleared by medical staff according to the following standard:

1. Soldier is free from any conditions that prevent them from participating in regular high intensity exercise, maximal efforts, or high stress situations. Conditions include but are not limited to:
 - a. Heart conditions
 - b. Musculoskeletal injury
 - c. Respiratory conditions
 - d. Pregnancy
2. If soldier is "Fit for Duty" but meets any of the following conditions, please state the specific condition, or provide relevant information.
 - a. Insulin dependent diabetic
 - b. Asthmatic
 - c. Taking medication such as statins which could affect participation in program, or recovery from exercise.
3. If Soldier is on profile, copies of the profile need to be supported

Physician's Clearance

Please check one and explain if necessary:

<input type="checkbox"/>	I am not aware of any contraindications toward participation in a fitness program, and hereby release the individual for physical activity.
<input type="checkbox"/>	I consent to my clients wishes to engage in a fitness program with recommendations/restrictions. (Please Indicate Below)
<input type="checkbox"/>	I DO NOT consent in my clients wishes to engage in a fitness program for this reason:

Recommendations/Restrictions:

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Physician Signature

Date

Office Location

Office Phone