Dover AFB High-Risk Body Composition Program

PASSPORT TO WELLNESS

RANK & NAME:		**DOD ID #:**
PCM:	**DOB:**	**UNIT:**
MEASUREMENT DATE:	**WHtR:**	

MANDATORY MINIMUM: PCM Appointment (within 60 days)*

TITLE	DESCRIPTION	SIGNATURE
PCM APPOINTMENT Schedule your appointment within 30 days of your high-risk waist-to-height ratio result.	**All:** Watch video https://www.youtube.com/watch?v=beqHx02U1iA **All**: Complete attached screening forms and bring them with you on the day of your appointment with your PCM.	

HUMAN PERFORMANCE CENTER (HPC) CLASSES Bldg 423, just inside Dover Fitness Center on the left Scan QR code below to register for classes ***You can begin attending the below classes before your PCM visit*** ***Items highlighted in blue below are STRONGLY ENCOURAGED for all high-risk WHtR members***		**Date**	**Instructor Signature**
☐ **INBODY ASSESSMENT** (10 mins)	Walk-in at the HPC. Provides detailed body composition and basal metabolic rate in 60 seconds. Requirements: No eating or exercising 2 hours prior. Come hydrated. Light weight clothing for accurate weight.		
☐ **NUTRITION 101** (60 mins)	Learn how to eat better to positively impact body composition → Scan QR code for available class dates. Typically held every other Tuesday at 1000 in the HPC classroom. POC: Human Performance Center Staff, x3733		
☐ **SLEEP MORE, STRESS LESS** (60 mins)	Improve your sleep and stress management → Scan QR code for available class dates. Typically held every other Tuesday at 1000 in the HPC classroom. POC: Human Performance Center Staff, x3733		
☐ **EXERCISE 101** (60 mins)	Learn basic exercise principles and how to apply them → Scan QR code for available class dates. Typically held every other Thursday at 0900 in the HPC classroom & gym – bring workout clothes! POC: OST Strength and Conditioning Specialist, x3406		
☐ **RUNNING CLINIC** (90 mins)	Improve your running technique → Scan QR code for available class dates. Typically held every 1st Monday at 1500 and every 3rd Tuesday at 0730. Wear athletic gear and running shoes. POC: OST Physical Therapist/Strength & Conditioning Coach, x3406		
☐ **DO THIS, NOT THAT: INJURY PREVENTION CLASS** (90 mins)	Move well, recover well, and improve your full-body mobility to prevent overuse injuries → Scan QR code for available class dates. Typically held every 2nd Mon at 1500 and every 4th Tues at 0730. POC: OST Physical Therapist and/or Strength & Conditioning Coach		
☐ **EXERCISE PROGRAM CONSULTATION** (20 mins)	Build an individual exercise program to meet your goals → Scan QR code to book an individual appointment. POC: OST Strength and Conditioning Coach, x3406		
☐ **HEALTH COACH SESSION** (45 mins)	Decide how to make healthier choices work best for you and your schedule → Scan QR code to book an individual appointment. POC: Human Performance Center Staff, x3406		

DAFB Human Performance Center

Scan Here to Book HPC Classes and services!



Scan Here to Access DAFB Wellness Resources!

DAFB Wellness Wheel