Operation RSF

4-Week Challenge

Dear 4-Week Challenge Participant,

By your willingness to step forward and take control of your mental health through physical activity, you have started a new journey which will positively impact your life. By committing to the 4-Week Challenge you are embarking on a journey towards building healthy habits which can strengthen your mental health, physical health, and general overall well-being.

There will be days that are more difficult than others but we are here to support you along your journey along with our amazing partners, ambassadors, and the people around you. This isn't a journey that you will have to take alone, by making the commitment you gain a whole team of support and become part of a community.

This packet will break down the steps to accomplish the 4-Week Challenge, the resources available, and what comes next. Everything within this packet is here because it was asked for by another participant who took the journey before you and traveled through many of the same difficult paths you will along your journey. Believe me when I say, IT CAN BE DONE. Follow the principles and pillars of Operation RSF and reach out if you have questions or need support. Most importantly, make this YOUR journey by taking ownership of everyday by making the conscious decision to keep moving towards your goal.

We believe in you and we look forwards to celebrating with you when you complete your journey. If you have any questions at any time send an e-mail to tyler@operationRSF.org.

Sincerely,

The Staff of Operation RSF

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Where the Journey Begins

Step 1: Read and sign the Bond. (See last page of this packet)

The 4-Week Challenge Bond is more than a commitment to yourself, it is a reminder of why you started and it is an agreement between you and your accountability partner. You will notice that the top of the page states "My Motivation for Starting Is _____." Fill this out first, before anything else, write down the reason(s) you are here, the reason(s) you are stepping up to the challenge. This is a reminder to your future self on difficult days as to why you are starting your journey and why it is worth completing.

Read the Bond carefully and sign your name at the bottom. You are making a commitment to yourself that you will follow through. This is about the journey to a better life through positively impacting your mental health. Keep this bond with you and read it as often as you need to for motivation and to help you focus.

Below your signature a spot for an accountability partner. This is someone who commits to you that they will hold you accountable to the requirements of the challenge. Here is our expectations of an accountability partner:

1. In regular contact with the 4-Week Challenge participant to make sure the participant is fulfilling their requirements. Accountability partner also must be able to make themselves available to the participant during the week.
2. Able to motivate & encourage the 4-Week Challenge participant on difficult days.
3. Celebrates with the 4-Week Challenge participant when accomplishing goals (new personal records, successfully completing the challenge, overcoming an obstacle, etc.).
4. Offers support as needed to the 4-Week Challenge participant.

We have seen some great successes from our partnering gyms and coaches signing as the accountability partner. But find someone who can fulfill the above requirements and who will be able to help you along your journey.

Step 2: Get connected

Community is a monumental part of your journey. If you played competitive sports or come from the military you know just how close a team can become. Becoming part of a community can help you to form a purpose, develop relationships, and strengthen your identity. It becomes a support structure where you know you feel welcomed, supported, and encouraged.

Visit www.OperationRSF.org to see our interactive map to find the closest partnering gym near you. If you are on Facebook then take a minute to join the online Virtual Community (https://www.facebook.com/groups/OperationRSF/) a closed Facebook group only for participants and a few coaches to answer questions and give support.

Step 3: Make a plan

There are no pre-designed required workouts and no designated program you have to follow as part of the 4-Week Plan. As long as you fulfill the requirements of time with an elevated heart

rate, you can choose whatever activities interest you. You can find a list of free resources and programs on our website (https://www.operationrsf.org/programs). By choosing a type of workout that you will enjoy you have a higher probability of remaining consistent along your journey.

Step 4: Get active

Position yourself with every advantage necessary to make building this routine as simple as possible. Remove every excuse you can beforehand so your only option is to follow through. This includes, but is not limited to:

- Lay out your clothes the night before.
- Tell your accountability partner what your plan is for the week/day.
- Tell your accountability partner how it went for that day.
- Set an alarm.
- Go to bed early enough.
- Know what you are doing the following day for your workout.

Step-5: Follow-up

Operation RSF is dedicated to support you along your journey but we need to receive feedback about the programs and opportunities that we provide in order to make them better. We ask that upon completion of your 4-Week Challenge you fill out a short 2-4 minute survey telling us about your experience. There is no identifiable information collected.

The survey can be found at: https://www.surveymonkey.com/r/HRRW98C

Step-6: What's next?

This is one of the most common questions we receive from past participants of the 4-Week Challenge. What's next? If you connected with one of our partnering gyms during this challenge we would recommend that you keep your commitment up and keep progressing forward. If you did not connect with a gym we would recommend visiting a few to see which ones have the atmosphere and community which makes you feel welcomed.

If you decided that you liked running, cycling, or hiking you can use the website www.MeetUp.com to find activity groups near you that enjoy the same activities. It is a great way to get connected with a community and build relationships.

If you noticed that you needed the stimulus of having a challenge to accomplish then we would recommend moving forward and taking on the 10-Week Challenge which will involve 4-5 days of physical activity a week as well as accomplishing a difficult goal at the end (e.g. race, hike a mountain, obstacle course event, etc.). It is a great way to set a goal that you are working towards while also experiencing the positive benefits of physical activity and developing stronger habits.

We are so honored to be part of your journey and truly hope that you find relief from the symptoms of Post-Traumatic Stress through physical activity.

Reach out to us at any time with any questions, comments, or thoughts and give our social media accounts a follow!

Twitter: @Operation_RSF
Instagram: @OperationRSF
Facebook: https://www.facebook.com/OperationRSF/
YouTube: https://www.youtube.com/channel/UC0Ii5KzzTyQhF5095RE6h-Q
Linked-In: https://www.linkedin.com/company/operation-rsf
E-mail: Info@operationRSF.org

Operation RSF 4- Week Challenge Bond

My MOTIVATION to start is _____ **.**

Endurance is something that I recognize as both physical and mental. In acknowledging this fact, I have decided that I will do whatever it takes to cultivate the capacity to achieve the healthy, abundant, and active life that I know that I am called to. Daily, I will refine the innate fortitude I have to become who I am meant to be.

Always bearing in mind there will be set backs, I will not give up my right to live and pursue who I am meant to be. I will be resilient and never surrender to hopelessness and fear.

Growth is something that I will look for in every day, and I know that it will come in various forms. I will use every opportunity to build my strength physically and mentally. I will be open to the challenges that come before me and remember that journey is just as important as the destination in every way.

Leading others has become part of my purpose in life starting now. The challenges that I have faced and survived have given me experience and wisdom that others will come to need in their lives and it is my responsibility to teach them what I have learned.

Elevating others above myself will be a cornerstone of who I am. I will not let my past be a crutch on which I lean to avoid difficulties or to seek pity and favors from others, because I am an integral part of my family, community, and country. I WILL be strong.

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This is my pledge. I commit to these words because I believe them. I believe that I have a purpose and calling that is unique to me, and my future is not dictated by my past. Instead, I believe that my past gives me the context to choose the right future. Just as my body is the context of my mind.

What I put into my body affects my mind. What I allow to become habit for my body will become the atmosphere of my mind. That is why I will always care for it. My body is my mind's connection to the world and the people I care for. Moreover, when my mind and body are cared for and attuned, together, I know that I can take control, and I can change the world.

For **four weeks**, I am committed to challenging myself physically and mentally. For **forty-five minutes**, **three days out of each of the next four weeks** I will invest in myself, with a heart set on choosing a better future, to take back control.

Signature: _____ Date: _____

As a Sponsor I am committed to helping _____, persevere through the 4-Week Challenge. I will hold them accountable, give moral and emotional support, and help bring motivation on the difficult days. We are a team and as a team we will succeed.

Sponsor Signature: _____ Date: _____