

January 26, 2021

# M.O.V.E.

Transforming OKARNG Fitness Culture



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## Upcoming Events

- Best Warrior Competition  
@ Camp Gruber 18-21 Mar
- Master Fitness Trainer Course  
@ Camp Gruber 25 Apr —7 May

## 1st Quarter ACFT Results

It's a new year! That means we have officially completed the first quarter ever of the new ACFT-era! Despite the constraints of the pandemic, roughly 10% of the force has managed to conduct an ACFT for the TY, allowing for us to begin to see our baseline. Of those who have taken it, the average score is 398 out of 600. The top ten high scores range from 565 to 600 pts, with one OKARNG Soldier, 1LT Colby Thomason, in the elite 600-club so far. Each ACFT event averages a 90% or better pass rate except for two. You guessed it, the LTK and 2MR prove to be the biggest

obstacles with a pass rate in the upper 70% range.

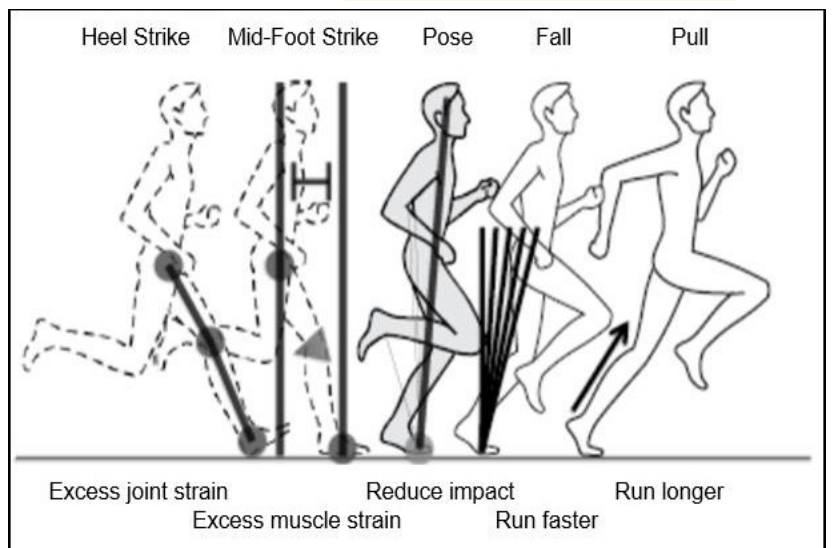
Most of you have not taken the ACFT for this TY yet so you still have time to get after your training. And now you have a target. Future goals for Project M.O.V.E. include friendly competition to between brigade-echelons for different unit achievements! Use the attached year-long training program to get a head start.

## Monthly Challenge

Follow and complete the month of October's training regimen in the attached one-year ACFT prep plan from the old FM 7-22.

## Trivia

1. What chapter in the new H2F FM 7-22, teaches you how to properly design your own training routine, including topics of exercise selection and order, training frequency, load, reps, sets, and rest periods?
2. On what page of FM 7-22 do you find the running diagram shown here?



## Soldier Spotlight

Congratulations to the following 1-160th soldiers:

**SGT Robertson, N.** *Distinguished Honor Grad, ALC*

**SPC Warlick, J.**

*Honor Grad, Wheeled Vehicle Recovery Ops*

**SSG Smith, L.**

*Honor Grad, Ordinance SLC*

You make the OKARNG proud!