



THE ULTIMATE RECRUIT PLANNER

NAME _____

SHIP DATE _____

WEEKS TO GO _____

Use this planner to: set weekly targets, log running and strength work, plan food and hydration, protect sleep and recovery, organize paperwork and packing, practice mental preparation, and record the milestones you want to hit before you leave.

Important: This is an organisational tool, not an official U.S. Marine Corps document. Follow current instructions from your recruiter and official Marine Corps guidance if anything differs.

1. YOUR PRE-BOOT CAMP COUNTDOWN

Start with the outcome you want, then work backward. Keep goals realistic enough to repeat every week rather than trying to overhaul everything at once.

WEEK	MAIN FITNESS GOAL	RUNNING FOCUS	RECOVERY	DONE
8 weeks out				
7 weeks out				
6 weeks out				
5 weeks out				
4 weeks out				
3 weeks out				
2 weeks out				
1 week out				

Three milestones I want to reach before I ship

1.
2.
3.

2. FITNESS BENCHMARK TRACKER

Record your starting point and re-test periodically. Use the exact events, standards and technique your recruiter currently requires. This page is designed to track progress without assuming a specific standard!

BENCHMARK	START	CHECK 1	CHECK 2	CHECK 3	PRE-SHIP
Run distance / time					
Pull-ups or push-ups					
Plank / core hold					

3. NUTRITION & HYDRATION PLANNER

The goal here is consistency (regular meals, enough fluids, and food choices that support training and recovery). If your recruiter or a qualified health professional has given you specific nutrition or weight guidance, use that instead.

DAY	BREAKFAST	LUNCH	DINNER	TRAINING SNACK	WATER
MON					
TUE					
WED					
THU					
FR					
SAT					
SUN					

My easy defaults

A breakfast I can repeat: _____

A post-running meal/snack: _____

A portable snack: _____

4. SLEEP & RECOVERY TRACKER

Training only works if you can recover from it. Track patterns rather than chasing a perfect score. Use the notes column to spot what tends to help or hurt your next day's training.

DAY	BEDTIME	WAKE TIME	HOURS	ENERGY 1-5	SORENESS 1-5	NOTES
MON						
TUE						
WED						
THU						
FR						
SAT						
SUN						

Recovery routine

My target bedtime: _____

My wind-down cue: _____

Concern to raise with the recruiter: _____

5. PAPERWORK & PACKING CHECKLIST

Do not rely on a generic internet packing list for ship day. Use this page to organise the exact documents and items your recruiter tells you to bring.

DONE	TASK	DETAIL/DATE
	Recruiter instructions reviewed	Date:
	Required identification/documents confirmed	Stored:
	Travel / reporting details confirmed	Details:
	Emergency contact information checked	Updated:
	Banking / direct-deposit information prepared if required	Status:
	Personal affairs / bills / subscriptions handled	Status:
	Approved packing list received from recruiter	Date:
	Items laid out and checked against approved list	Date:
	Items specifically prohibited / unnecessary reviewed	Date:
	Final recruiter check-in completed	Date/time:

Questions I still need to ask my recruiter:

6. MENTAL PREPARATION

Use this page to practise responding to discomfort, mistakes and nerves with a plan.

WHY AM I DOING THIS?

Write the reason you want to remember on a difficult day.

WHEN I WANT TO QUIT A WORKOUT ...

What is my next useful action?

WHEN I FEEL NERVOUS ABOUT SHIP DAY ...

What can I control today?

WHEN I MAKE A MISTAKE ...

How will I reset instead of spiralling?

WHO CAN I CHECK IN WITH?

Recruiter, training partner, family member or another appropriate support person.

7. FINAL 7-DAY READINESS CHECK

The final week is for confirming details and keeping your routine steady (not cramming in last-minute changes).

DAY	FITNESS/MOVEMENT	LOGICSTICS	SLEEP/RECOVERY	DONE
7 days out				
6 days out				
5 days out				
4 days out				
3 days out				
2 days out				
1 day out				
Ship day				

Before I leave, I want to remember...