

BASIC Q GUIDELINES

- Give a 5 minute warning and then a 1 minute warning
- Start on time
- Welcome FNGs and sporadic posters; tell FNGs what to expect
- Enthusiasm is crucial
- Give the disclaimer before starting any fitness
- Counting Cadence (WHAT F3 IS MOST PICKY ABOUT). Use these exact words in this exact sequence:
 1. First (or Next) exercise is...Side straddle hop (name the exercise)
 2. Starting position move
 3. In cadence
 4. Exercise
 5. 1,2,3-1 1,2,3-2.. (The point of cadence is to keep everyone together, if men are at different parts of the movement at different times than your counting is off or you're trying to count something that should be done OYO. If you are in the PAX, you are to match your movement to the Qs, not freelance)
 6. Voice inflection on last set of cadence; PAX calls halt
 7. Recover (this is easy to forget)
- Remember command presence and confidence- give clear instructions in an authoritative voice. You are the leader.
- Make it hard, but remember to watch the 6- leave no man behind
- Encourage the PAX. You are the leader.
- A 10 count is to be done backwards from 10- make the PAX do things right. You are the leader.
- Finish on time
- At the COT:
 1. Count O Rama
 2. Name O Rama
 3. Make sure to collect contact info from any FNGs, and make a connection or get a commitment to post again- you are the leader.

4. Announcements
5. Coffeeteria
6. Keep F3 business separate from your personal beliefs (this is especially critical with FNGs or visitors present)
 - F3 does not subscribe to any specific religion or political stance
 - If FNGs/visitors are present say something like “F3 is not about any specific religion and is open to all men. The Q is free to express his personal beliefs and we just ask that men stand respectfully by as he does it. I am a...Christian, Jew, etc”and on into the BOM

- BOM:

1. Lead whatever BOM that fits your personal belief- prayer, inspirational quote, etc.
2. `prayer requests'
3. Still steer clear of controversial statements and social issues i.e. abortion, gay marriage, etc. that can ostracize/exclude FNGs and others, regardless of your personal beliefs about these issues

- Post workout

1. Tweet your numbers and call out absences within the hour
2. Write and backblast within a day or two and tweet out the link
3. Think of ways to improve for your next Q, gather feedback, hold yourself accountable- **YOU ARE THE LEADER**