

Basic Q Guidelines

Updated 7 23 20

You Are The Leader

- 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 (MUST BE DONE CORRECTLY! Core to the identity of F3). 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)
- 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 (circle of trust):
 1. Count O Rama
 2. Name O Rama
 3. Announcements (convergences, 3F, reminder/explanation about Coffeeteria, Q-Source, etc.)
 4. Keep F3 business separate from your personal beliefs (especially critical with FNGs)
 - 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 (ball of men):
 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 other PAX
 4. Pledge of Allegiance (if your AO has that tradition)
- Post workout
 1. Make sure to collect contact info from any FNGs (physical cards) or assign their sponsor PAX to do it. Input their info on the F3JAX website FNG form. Get them invited to Slack and plugged in.
 2. Write and backblast within a day or two and tweet out the link if you use Twitter
 3. Think of ways to improve for your next Q, gather feedback, hold yourself accountable
- Bonus Tips:
 1. For your VQ (virgin Q) reach out in advance to an experienced Q and enlist his help and support in both the planning and execution; they are happy to help and support
 2. Wear a watch
 3. Practice counting cadence before your VQ- it is harder than expected; watch the YouTube video
 4. Plan for extra exercises to fill time if needed (or call a Dealer's Choice)

5. No one's VQ is great; flubbing a VQ is normal and accepted, being too scared or lazy to ever attempt a VQ is not.