Armed Forces Preparation Pack

- [ ] Personal profile – about you, family, hobbies interests etc.

- [ ] Career choice – Service, job type and regiment, phase 1 and 2 training – where it is, duration and qualifications gained.

- [ ] Regimental history – when and why it was formed, regimental flag, colours and historical events.

- [ ] Battle honours – Add significant battle honours and/or individual acts of valour where medals have been won.

- [ ] Fitness tracker – fitness assessment run times, specific training.

- [ ] Qualifications – GCSE's, mocks, any courses, leadership, first aid etc.

Fitness Tracker

Date	2km	2.4km	Beep Test	Press ups	Sit ups	Pull ups

Personal Profile

About you

About Family

Hobbies and interests

Career Choice

Service, role, regiment

Phase 1 training

Phase 2 training

Qualifications

Regimental History

When, why, how was it formed

Cap badge, colours, historical events.

Locations and regiments

Battle Honours

Regiment Honours

Individual Honours

Regiment/Service Values

RAF -

1.Respect:

2.Integrity

3. Service

4. Excellence

Royal Navy -

1.Commitment

2.Courage

3. Discipline

4. Respect for others

5. Integrity

6. Loyalty

Royal Navy -

1.Courage

2. Discipline

3. Respect for others

4. Integrity

5. Loyalty

6. Selfless Commitment

Royal Marines -

1.Excellence:

2.Integrity

3. Self Discipline

4. Humility