

# 2026 FIREFIGHTER SAFETY STAND DOWN



**PLAN YOUR WEEK.**

**ACCESS RESOURCES.**

**GET INVOLVED.**

**FIREFIGHTER FITNESS:**

**FIT TO SERVE, FIT FOR LIFE**

**7 DAYS. 7 FOCUS AREAS.**

- SUNDAY – FOUNDATIONS
- MONDAY – INTENTIONAL
- TUESDAY – TECHNIQUE
- WEDNESDAY – NUTRITION
- THURSDAY – EVALUATION
- FRIDAY – SLEEP
- SATURDAY – STRATEGIES FOR SUCCESS

SCAN ME



[safetystanddown.org](https://safetystanddown.org)

