

F³ NATION

What are the sectors?

- Sectors are the frame we build F3 on, and we aim to keep them lizard like and nimble.
- 7 Sectors last SOTN - not enough to stay proximate
- Aiming for 20+ world-wide for now with as many as needed at a future state
- This means triple the leaders to step up as sector and area Qs
- Sector structure is designed to be an intermediate level of leadership so that information can be passed up and can be heard at all the levels.

What are the sectors?

- Estimate of 90,000 men are in F3 - no movement can survive and flourish without some structure
- Sites and Regions will always be the place where the 'work' of F3 gets done and our goal of the Sector structure is to help HIMs of F3 to have more support to accomplish the mission.

Men need YOUR leadership

Have you been wondering what is next
in your F3 journey?

The **SECTORS TEAMS** can be the place.

Sectors@F3Nation.com



We need your help

- Informational repository
- Swinging Richards
- Area Qs
- 'A year in the life of an F3 Region'
- Systems and Standard Operating Procedures

Sectors@F3Nation.com

Who are we looking for?

- Are you ready and willing work?
- Can you communicate and collaborate in a team environment?
- Do you understand the mission of F3?
- Are you ready to IMPACT the world?

Sectors@F3Nation.com

LDP (Leadership Development Process)

Why the focus on LDP: If you were asked “*what kind of organization is F3?*” what would you say?

We are a movement that develops leaders through fitness, community, and knowledge transfer. We believe the **most effective mechanism** to positively impact where we live is by invigorating Men to lead. As Leaders are unlocked and find purpose, invigoration occurs.

LDP happens thru:

- Schooling: The didactic instruction that the potential Leader receives on the timeless fundamentals of leadership.
- Apprenticeship: New Leader is given the chance to develop the skills he learned from his Schooling under the watchful eye of a more experienced Leader.
- Opportunity: The chance for the growing Leader to put what he has learned into practice under conditions where he is directly responsible for the outcome.
- Failure: It is from Failure that Leaders learn the most. Success teaches far less because it does not isolate what works from what does not the way Failure does.



LDP: Decentralized execution to a Central Purpose.

LDP Team: Names and Contacts

Focus	Regional LDP	Individual LDP- Project Afterburner	Stuff Worth Trying- Podcast	Stuff Worth Trying- Website
Lead	Bilbo 	Gopher 	Tommy Boy 	Lucky Charms 
Slack	Bilbo (F3 Gold Rush, CA)	Gopher	Tommy Boy (XQ of Education)	Lucky Charms
Email	F3Bilbo@gmail.com	Nhandel210@gmail.com	Tommyboy@f3nation.com	Brianprahm@gmail.com

LDP Weasel Shaker: Village People

Slack: Village People (F3 The Union/Nation LDP)

Email: Couchmanbrent@gmail.com



Head of LPD: Camo

Slack: Camo (Nation LDP)

Email: Camo@F3Nation.com



LDP Team: 2025 Focus

LDP Team Mission: - *To Equip, Educate, & Exhort the men of F3 Nation to move forward for greater impact.*

Culture: The What and Why of F3

Focus on “Back to Basics” around what it is to live as an F3 Man. Pursue virtuous leadership, Get/Live/Lead/Leave Right. Purpose and Legacy.

End to End Leadership (EEL):

Assist in creating opportunities for men to lead and serve at every level of the organization...from Site to Nation.

Education and Enablement:

Tools, resources, and proven “stuff worth trying” to help both Regions and individual PAX move forward.



Equip, Educate, Exhort

- **Program-Project Afterburner:** Virtual individual LDP sessions going deep into FTL, Q-Source concepts in a 4-week class format. *Contact Gopher.*
- **Program-Accelerate Incubator:** Virtual workshop-style program for Nantans and SLT members on building and operating a best-in-class Region. *Contact Bilbo.*
- **Resource-Stuff Worth Trying Website & Podcast:** Deep repository of best practices, resources, ideas, and other things which are....worth trying. www.stuffworthtrying.com
- **Resource-Q Source:** Handbook of Virtuous Leadership <https://f3nation.com/q-source>
- **Event-LEAD Camps/Conferences:** In person events led by Regions focused on LDP acceleration. *Contact Camo.*
- **Other:** Other Podcasts, Nation Website, Slack. Region G3L.

Example Event: F3 Wichita-The Disruptor



Weekend-long, leadership focused, fitness event. Full schedule of boot camps, rucks, lectures, study, and a wide variety of challenges.

They'll share the Playbook after!

Disclaimer: The approaches and docs on this sheet represent ONE way to do things not necessarily THE way. Find what works for your Region and Lead!

Functional Area

0 ON RAMP

1 GET RIGHT

2 LIVE RIGHT

3 LEAD RIGHT

4 LEAVE RIGHT

1st F

- Lead WOs to Standard
- Understand proper form
- Corner to Corner BDs

- Adding new AOs
- Site/AOQs in Place
- VQ School

- Different types of AOs
- >10 AOs
- Q Acceleration Focus
- Ruck Culture/ PAX@GTE

- WO intensity
- IR/Respectables/Broga
- Host a GTE

- Site/AOQs intentionally develop next leader

2nd F

- PAX 2nd F meetups: Patio, Driveway, Restaurant, etc

- Regular Coffeteria
- Thirsty 3rd Thursday or similar

- FNG/Kotter Campaigns
- Regular CSAUPS
- Convergences
- AO Launches

- M & 2.0 family events
- Cross-Region CSAUPS/ Convergences

- Localized 2nd F across Region

3rd F

- Movement towards Truth and “safe place for sharing” in COT

- Engage in 3rd F conversations
- Encourage PAX to serve

- Q Source
- LDP established
- Devotionals

- Shield Locks/Whetstones
- Active community leaders
- F3 accessible to all areas of region (underserved)

- Established Regional 3rd F programs and campaigns

Leadership Team

- Site/AO Leadership

- Key Roles-Nantan, 1st F, 2nd F in place and meeting regularly

- Addl roles: 2nd F, 3rd F, WS, Commz
- Established 43ftGoals and Expansion plans

- Actively spinning off Starfish Regions and supporting proximate new

- Sua Sponte
- Nation/Sec Leadership
- Mentoring new Regions nearby

IT/Comz

- Text, Phone

- Band, GroupME, Slack, Email, Text, Social

- Website
- Metrics tracking (PAX, FNGs, BDs, etc)

- Full Social Media presence

- Engage local media

Tools & Resources

- [Freed to Lead](#)
- [Q School](#)
- [AOQ Responsibilities](#)
- [Q Planning Sheet](#)
- [VQ Guidelines](#)

- [AO Launch Playbook](#)
- [SLT Roles](#)
- [Qsource & tools](#)
- [FNG Docs](#)

- [AOQ School template](#)
- [30/30 SOP](#)
- [CSAUP SWT Page](#)
- [Q Source Launch](#)
- [SLT 43ft Retreat](#)

- [TorchBearer SOP](#)
- [State of Region](#)
- [Starfish Region Guidelines](#)
- [ShieldLock Launch](#)
- [Whetstone Launch](#)

You have to want it

Nation LDP team is committed to providing programs and resources...**but YOU have to take ownership of your LDP.**

As a PAX:

- Use the tools available to grow: Freed to Lead and QSource are great places to start. AfterBurner to go deeper.
- Seek out Whetstone relationships.
- Build a Shield Lock around yourself with others seeking to progress through their G3L.

As a Region:

- Assess: Is your Regional LDP where you want it? If not, take action. Consider a Q of LDP on Region SLT. And if yes...tell LDP so we can help.
- Arm the SLT with best practices through the Accelerate program.
- VAPE and Create opportunities for PAX to step up at all levels. Implement a Leadership Pipeline.
- Reach out to your Area and Sector Qs for support.

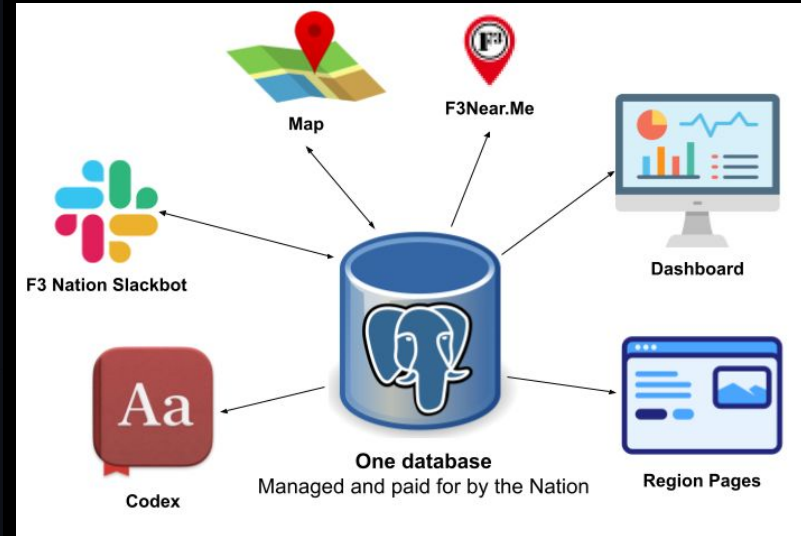
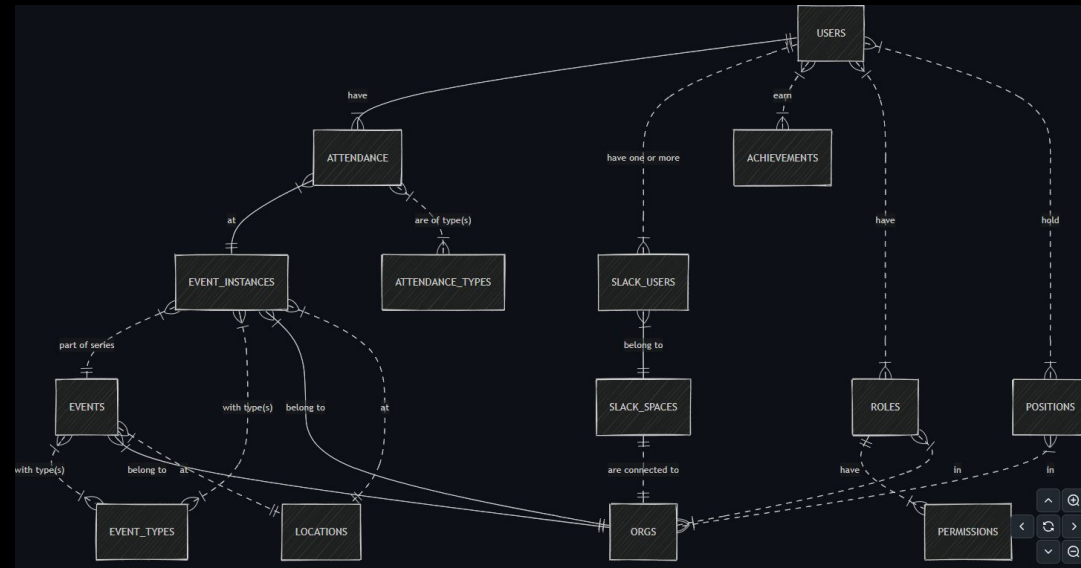


Camo@F3Nation.com

Unified Database

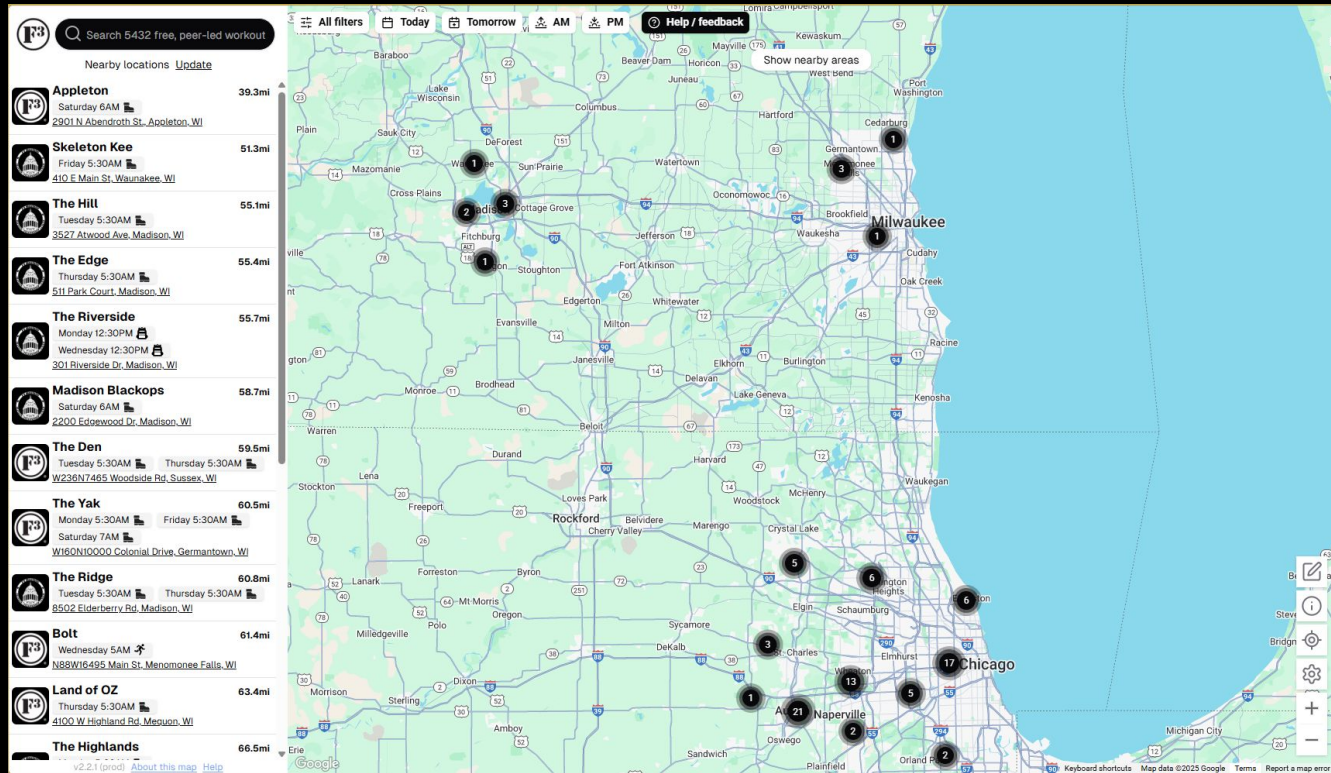
Everyone (mostly Moneyball with help from Spuds)

<https://github.com/F3-Nation/F3-Data-Models?tab=readme-ov-file#entity-overview>



Map

Spuds (Boone, NC) and
<https://mtndev.com/>



Map: map.f3nation.com
User Guide: mapinstructions.f3nation.com
Check Map Admins: https://lookerstudio.google.com/reporting/2e3a8820-ae53-44bf-b5ad-948246040b3b/page/p_8comui5psd
Request Map Admin Access: <https://forms.gle/8AR4JCK3txSVr1Xy7> (36% coverage)

The Codex (Exicon/Lexicon)

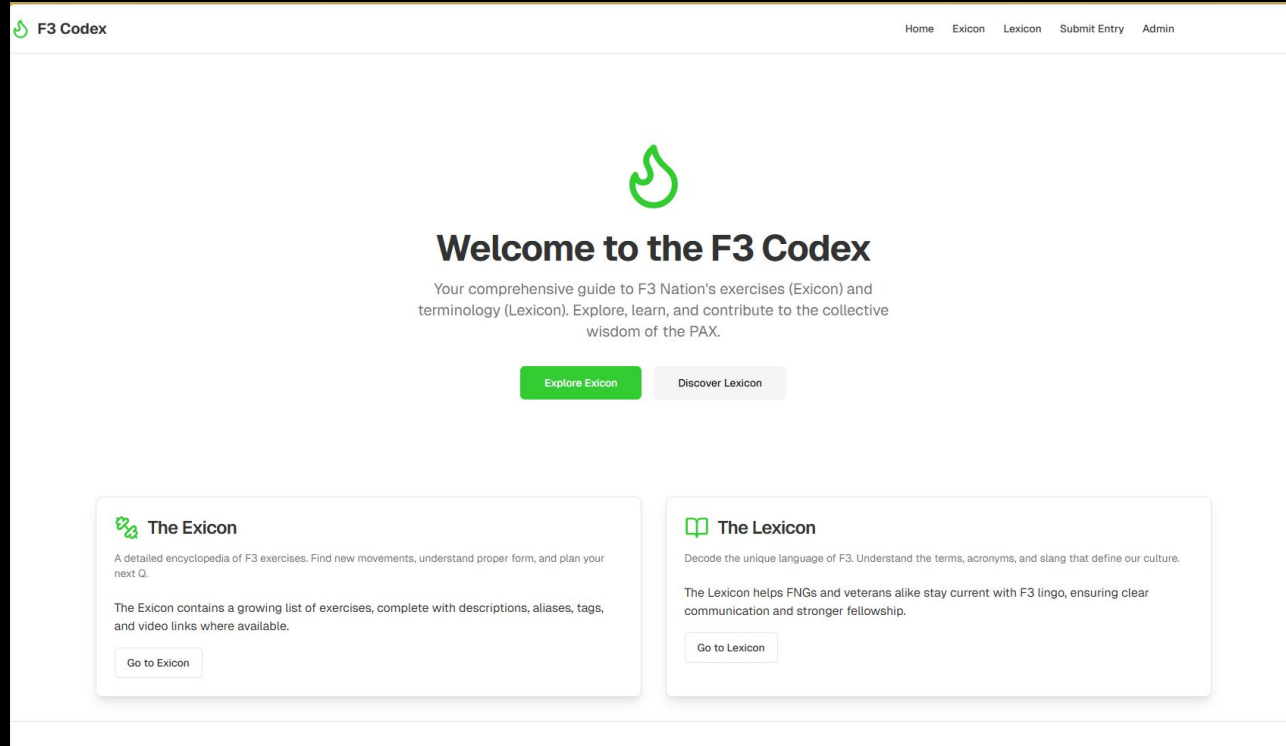
Roma (North Houston)



Winner of the 2025 F3 Hackathon

Thank you to these HIMs for their submissions:

- Baguette (Muletown)
- Gelato (Gold Rush)
- Mac (North Star)
- Big Wheel (Kings Den)
- Peacock (South Fork)



Slackbot

Moneyball (St. Louis)



#ao-the-drop

Messages Region Canvas

Region Canvas

17 This Week

AO Location	Monday 6/25	Tuesday 6/26	Wednesday 6/27	Thursday 6/28	Friday 6/29	Saturday 6/30	Sunday 7/1
The Bayou				OPEN! BC 0530			
Center for Airb Lafayette Elementary School Wentzville, MO							Moneyball BC 0530
Churchill Downs Test	Patty Birthday Q 0530						
County		OPEN! Open 0530		OPEN! Open 0530			
The Drop	Moneyball BC 0530		OPEN! BC 0530			OPEN! BK 0600	
The Lagoon	Gravelled Austin F3 Mark Ellis Competition 2200	Ford SW 0600					
The Maul	OPEN! BC 0530		OPEN! BC 0530		OPEN! BC 0530		
The Village		Sunkbed Birthday Q 0530				OPEN! Open 0530	

Shared Leadership Team

#ao-the-drop

Messages Region Canvas

Shared Leadership Team

Nantan

Dave Timson

10:52 PM local time

Weasel Shaker

Missions (Jeff City)

10:52 PM local time

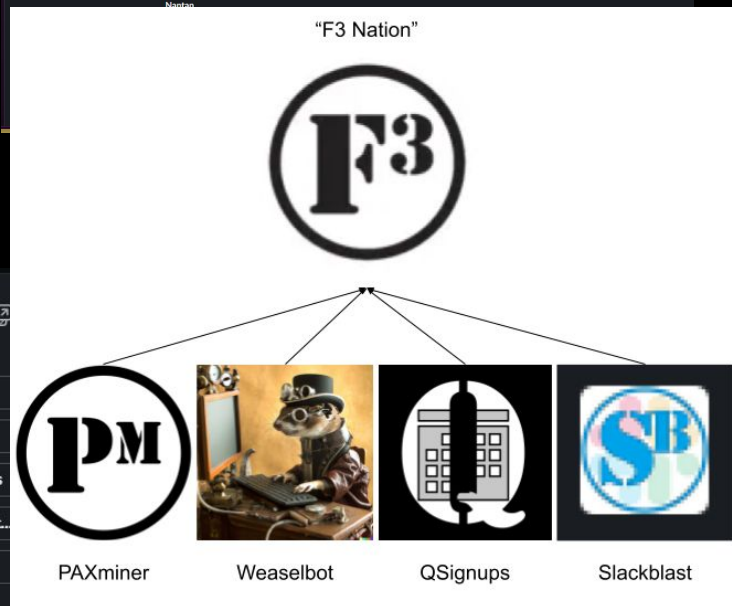
1st-FQ

Brandon Konen

10:52 PM local time

2nd-FQ

Michael Potter
App Breaker



F3 Nation Settings

- Calendar Settings
- User Settings
- Achievement Settings
- SLT Settings
- Backblast Email Settings
- Region Info
- Welcomebot Settings
- Region Canvas Settings
- Backblast & Preblast Settings
- Custom Field Settings



F3 Nation APP 7:00 PM

Preblast: The Drop Bootcamp

Date: Monday, June 30

Time: 0530

Where: #ao-the-drop - Spencer Beach Park

Event Type: Bootcamp

Q: @Moneyball

HC Count: 4

HCS: @Moneyball @LCD @Big Bird (Spring Hill TN Weasel Shaker)

No preblast text entered

HC/Un-HC

Edit Preblast

Dashboard

Jolt (Northlake, TX [DFW])



Progressive Web App: [How To](#)

Achievements

Leader of Men

Recent Events

The Maul Bootcamp

Jan 17 2023 @ The Maul

Q:

PAX:

The Village Fun Run

Jan 16 2023 @ The Village

Q:

PAX:

The Drop Bootcamp

Jan 15 2023 @ The Drop

Q:

PAX:

Out and Back

Jan 9 2023 @ Hurt Locker

Q:

PAX:

PAX VAULT

SEARCH FOR A REGION

SEARCH FOR A PAX

Jolt
Northlake

PAX Summary

AllRegion Only

Total Posts:

278

Total Qs:

91

Bestie:

91 BDs with HobbyLobby

First BD:

Tue, Jan 3 2023 at The Reaper

Last Seen:

Wed, Jun 18 2025 at The Maul

Unique PAX Met:

177 PAX

First Q:

Tue, Feb 21 2023 at The Reaper

Most Recent Q:

Wed, Jun 18 2025 at The Maul

Unique PAX Led:

108 PAX

AO Breakdown

As PAXAs Q

Hurt LockerNorthlake128 beatdowns

The ReaperNorthlake99 beatdowns

Hurt Locker, Uncle Bill's PorchNorthlake25 beatdowns

Dog PoundNorthlake8 beatdowns

Eagle's NestNorthlake3 beatdowns

The FrontierNorthlake2 beatdowns

HacksawNorthlake2 beatdowns

The DropApp Pioneers1 beatdown

The VillageApp Pioneers1 beatdown

The MaulApp Pioneers1 beatdown

PAX Insights

Monthly Post Volume

Monthly Q Volume

Region Pages

Baguette (Muletown, TN)



Home: regions.f3nation.com

Example: regions.f3nation.com/milwaukee

LIVE NOW - Go use it

[← Back to Regions](#)

F3 Denver

Free, peer-led workouts for men. Open to all men, held outdoors, rain or shine, hot or cold.

F3 Denver

[Visit Region Website](#)

Filter by Day

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Filter by Workout Type

Bootcamp Ruck Run

Workouts

Central Park

Tuesday

🕒 5:30 AM - 6:15 AM
📍 8741 E 33rd Ave, Denver, CO, 80238, United States

🔗 [Bootcamp](#)

Notes:

We meet near the northwest corner of Central Park, just east of the hill, you should be able to see our flag from 33rd Ave.

Please always check with the site lead (CentralPark@f3denverco.com) before showing up for the first time. If you don't hear back from them, reach out to info@f3denverco.com.

Louisville

Tuesday

🕒 5:30 AM - 6:15 AM
📍 1341 Main St, Louisville, CO, 80027, United States

🔗 [Bootcamp](#)

Notes:

Please always check with the site lead (Louisville@f3denverco.com) before showing up for the first time. If you don't hear back from them, reach out to info@f3denverco.com.

Littleton

Tuesday

🕒 6:00 AM - 6:45 AM
📍 6601 S Cherokee St, Littleton, CO, 80120, United States

CPR

Wednesday

🕒 5:00 AM - 6:00 AM
📍 North Central Denver, Denver, CO, 80022, United States

F3 Tech Takeaways

Ad Hoc & Stand Alone

Enterprise-Minded, Stand Alone, Single Data Set

Single App

- Open Source Community
 - <https://github.com/F3-Nation>
 - Join our F3 Devs Slack Workspace
 - WE NEED HELP (yes, YOU)
 - F3 Nation Slack (need an invite?) or tackle@f3nation.com
- Relying heavily on Slack & Distancing ourselves from Slack
- We are not here to hold you back
 - Freed to lead
 - There will be growing pains (Looker Studio)
- Making it easier to onboard new regions and regions without nerds
 - Get back out in the gloom quicker
 - IT guide for new regions (WORK IN PROGRESS):
<https://docs.google.com/document/d/10l6x6xkhOS43W83giCOcvqP99mGoZC77SUE-1ojmp3o>

F3 Stewardship

News

- New Steward “Gilligan”
(Kirkland, WA [SEA])

The Org

- F3 Nation
- SLT
- Outside Professional Accountant
- BOD (both organizations) w/ Financial Committee

The Scrooge – F3N

- Past
- Present
- Future

Gilligan@F3nation.com

F3 Charitable Arm

Accelerating F3 Nation's mission and impact through generosity.

- **HIM Society**
- **Accelerate Campaign**
- **Use of Funds**
- **F3 Partnerships - Local Fundraising**

HIM *Society*



HIM *Society*

The HIM Society is a group of “High Impact Men” who are committed to a three-year investment to provide operational and missional sustainability for F3 Nation.



HIM Society



BADASS BLACK

\$15,000



GOLD

\$7,500



SILVER

\$3,000

To date, these generous PAX have provided \$336,756 in financial support.

HIM Society





USE OF FUNDS

National attraction campaign

\$156,000*

- Facebook/Instagram/YouTube/Google ads
- Billboards

Cultural investments

\$114,000*

- Travel for national + area F3 leadership
- Grow School trainings

Tech to fuel growth + connection

\$54,000*

- Continued map improvements
- PAXminer (and similar software) + future apps

**3-Year Total*

USE OF FUNDS

New region starter kits

\$46,000*

- Copies of Freed to Lead
- Business cards + stickers
- Shovel flag
- Regional logo design

3-YEAR TOTAL INVESTMENT

\$370,000*

**3-Year Total*




F3 NATION PARTNERSHIPS

Partner with F3 Nation to Accelerate your LOCAL impact through generosity. The Nation will handle “back of house” while local PAX focus on raising funds, creating impact and changing lives!

A smiling Black man with a beard, wearing a green t-shirt with the F3 logo, pointing both index fingers upwards.

- ✓ **Raise More Money**
- ✓ **Secure Corp Sponsors**
- ✓ **Tax Deductible Giving**
- ✓ **Online Giving Page with:**
 - Local F3 Branding
 - Text-to-give Code
 - Matching Gift Software

A grayscale image of a man with a beard, wearing a light-colored t-shirt with the F3 logo, holding his head in his hands with a distressed expression.

- ✗ **Financial Liability**
- ✗ **Taxable Activities**
- ✗ **Local 501 c 3**
- ✗ **Admin Burdens:**
 - Charitable Tax Receipts
 - Fiscal Management
 - Paying Vendors

Head of Culture - Huckleberry

Responsible for helping to maintain the standard for “how” we do things around here.

The megaphone for the Vision of the SLT and The Nation.

Needs: Be Voice.

F³ NATION