

FORCE FITNESS INSTRUCTOR COURSE (FFIC) COMMAND SCREENING CHECKLIST

NAME: <input style="width: 90%;" type="text"/>	RANK: <input style="width: 90%;" type="text"/>	EDIPI: <input style="width: 90%;" type="text"/>
------------------------------------------------	------------------------------------------------	-------------------------------------------------

PARENT COMMAND: <input style="width: 95%;" type="text"/>	MSC: <input style="width: 95%;" type="text"/>
----------------------------------------------------------	-----------------------------------------------

PREREQUISITES		COMMENTS
1. Appropriate Grade, Sergeant and above, or proof of selection for Sergeant. <i>No waiver will be accepted for Corporal and below.</i>	<input type="radio"/> Yes <input type="radio"/> No	
2. Online rank appropriate PME complete.	<input type="radio"/> Yes <input type="radio"/> No	
3. Minimum 1-year obligated service upon completion of course. EAS (YYYY-MM-DD): <input style="width: 150px;" type="text"/> <i>Note: This is waiverable by the commander</i>	<input type="radio"/> Yes <input type="radio"/> No	
4. Are there any existing family, legal, or financial hardships that would preclude this individual from attending this course?	<input type="radio"/> Yes <input type="radio"/> No	
5. Possesses an active government email account.	<input type="radio"/> Yes <input type="radio"/> No	
6. Assigned, in writing, as a Command Physical Training Representative. <i>Requires the completion of the following MarineNet courses:</i> <ol style="list-style-type: none"> 1. FFD03BCP02 – Body Composition Military Appearance Program Monitor Certification Course 2. FFD02CFT02 – Combat Fitness Test Monitor Certification Course 3. FFD01PFT02 – Physical Fitness Test Monitor Certification Course 	<input type="radio"/> Yes <input type="radio"/> No	
7. Marines must run a PFT and CFT 30 days prior to attending the course and capable of obtaining a 1st Class PFT and CFT upon check-in. Certified by (PRINT): <input style="width: 200px;" type="text"/> Date/Score of PFT: <input style="width: 100px;" type="text"/> <input style="width: 50px;" type="text"/> Date/Score of CFT: <input style="width: 100px;" type="text"/> <input style="width: 50px;" type="text"/>	<input type="radio"/> Yes <input type="radio"/> No	

<p>8. Meets height/weight standards per MCO 6110.3A W/CH-1.</p> <p>Date of Weigh-in: <input type="text"/></p> <p>Height: <input type="text"/> Weight: <input type="text"/></p> <p>BF% (if applicable): <input type="text"/></p> <p><i>*Note: Must be stamped and signed by Unit S-3*</i></p>	<p><input type="radio"/> Yes <input type="radio"/> No</p>	<input type="text"/>
<p>9. Completed sports medicine checklist, signed by medical provider, with no duty limitations</p>	<p><input type="radio"/> Yes <input type="radio"/> No</p>	<input type="text"/>
<p>10. I understand I must present detaching endorsements and DTS travel authorization (if traveling via DTS) upon reporting.</p>	<p><input type="radio"/> Yes <input type="radio"/> No</p>	<input type="text"/>

Command Endorsement

I certify that SNM possesses superb physical capacity, maturity, commitment, and leadership qualities needed to inspire and sustain the cultural change that underlines our commitment to total fitness. I understand that if SNM fails to achieve a first class PFT/CFT upon check-in SNM will be dropped per applicable orders. All information provided on this checklist is accurate and within strict adherence and standards to all applicable orders.

SERGEANT MAJOR OR SENIOR ENLISTED ADVISOR

<input type="text"/>	<input type="text"/>	<input type="text"/>
L. Name, First	Signature	Date
<input type="text"/>	<input type="text"/>	
Contact#	Email	

COMMANDING OFFICER

<input type="text"/>	<input type="text"/>	<input type="text"/>
L. Name, First	Signature	Date
<input type="text"/>	<input type="text"/>	
Contact#	Email	