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HEADQUARTERS UNITED STATES MARINE CORPS
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MCO 6100.13
C461TPS
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MARINE CORPS ORDER 6100.13

From: Commandant of the Marine Corps
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS PROGRAM

Ref: (a) DODINST 1308.3, "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002
(b) MCRP 3-02A
(c) MCO 3500.27B
(d) MCO 5210.11E
(e) MCTFSPRIUM
(f) MCO P1070.12
(g) MCO P1610.7F
(h) MCO P1900.16F
(i) SECNAVINST 1920.6C
(j) MCO P1040.31J
(k) MCO P1400.31C
(l) MCO P1400.32D
(m) MCO 5000.12E
(n) MCO P1326.6D
(o) NavMed P-117
(p) BUMEDINST 6320.66E

Encl: (1) Marine Corps Physical Fitness Program Procedural Guidance

1. Situation. To provide policy and procedural guidance for implementation of the Marine Corps Physical Fitness Program (MCPFP), per the references.

2. Cancellation. MCO P6100.12.

3. Mission. This Order establishes procedures for the effective management of the MCPFP. Commanders will ensure all Marines comply with the requirements and standards contained in this Order. Policy and procedural guidance is contained in enclosure (1).

4. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. Every Marine must be physically fit, regardless of age, grade, or duty assignment, as per reference (a). The MCPFP emphasizes the requirement for all Marines to adopt a healthy lifestyle and a lifelong commitment to fitness. This combination has a direct and positive impact on job performance and combat readiness.

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(2) Concept of Operations

(a) The Marine Corps shall develop a comprehensive combat conditioning program that promotes health and fitness in order to ensure the combat readiness of all Marines.

(b) Commanders shall conduct periodic physical and combat fitness evaluations in accordance with reference (a) and the instructions contained in the enclosure.

b. Subordinate Element Missions

(1) Deputy Commandant for Manpower & Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment and reporting policies are consistent with the policies established in this Order.

(b) Provide a system capable to report and record individual Physical Fitness Test (PFT) and Combat Fitness Test (CFT) performance data in order to facilitate analysis and modification, as required.

(2) Commanding General, Training & Education Command (TECOM)

(a) Serve as program sponsor and provide subject matter experts in order to ensure the currency and relevance of the MCPFP.

(b) Manage and monitor the MCPFP through development, implementation and interpretation of standards, policies and procedures consistent with the requirements contained in reference (a).

(c) Comply with annual physical fitness reporting requirements contained in reference (a).

(d) No later than 1 October 2008, revise all Programs of Instruction (POI) at leader development courses (TBS, SNCOA, Infantry Unit Leader Course, etc.) in order to institutionalize the actions required by this Order.

(e) No later than 1 October 2008, establish a Combat Conditioning Instructor (CCI) Course, in consonance with this Order.

(3) Director, Safety Division

(a) Provide an annual assessment of PFT/CFT related injuries (Class A-C) to CG, TECOM (461TPS) no later than 28 February for the period 1 January through 31 December in order to analyze and make appropriate adjustments to the MCPFP, as required.

(b) Serve as a repository for PFT and CFT related injuries (Class A-C) via Web Enabled Safety System (WESS).

(4) Inspector General of the Marine Corps (IG)

(a) Review implementation and management of the MCPFP during command inspections.

(b) Provide an annual assessment of MCPFP IG inspection results to the Commandant of the Marine Corps no later 31 January for the period 1 January through 31 December.

5. Administration and Logistics. Recommendations concerning the contents of this Order may be forwarded to CMC (C461TPS) via the appropriate chain of command.

6. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.

James T. Conway

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LOCATOR SHEET

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RECORD OF CHANGES

Log completed change action as indicated.

Change Number	Date of Change	Date Entered	Signature of Person Incorporated Change

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Chapter 1

Combat Conditioning Program

1. Objectives

a. As professional warrior-athletes, every Marine must be physically fit, regardless of age, grade, or duty assignment. Fitness is an essential component of Marine Corps combat readiness. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline and personal commitment that are required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit are a detriment and detract from the combat readiness of their unit.

b. Marines will participate in an organizational and individual Combat Conditioning Program (CCP). The PFT, CFT and Remedial Conditioning Program (RCP) are components of an effective organizational CCP. Recent trends and advancements in sports training and physiology as well as findings from the Center for Disease Control and the American College of Sports Medicine recommend that aerobic and muscle-strengthening activities be conducted more frequently, under higher intensity and of shorter duration. Doing so provides greater health benefits and results in higher levels of overall physical fitness. Reference (b) has adopted these recommendations and provides Commanders/Officers In Charge (OICs) and Marines a wide variety of options to select from in developing effective organizational and individual CCP. Effective CCPs achieve the following:

(1) Contribute to the overall health and wellness of every Marine through regular exercise, proper nutrition, health education and periodic physical and combat fitness evaluations.

(2) Develop Marines who are physically capable of performing their job requirements in garrison, training and combat.

(3) Develop a reserve level of physical fitness and endurance in all Marines in order to enhance their survivability in a combat environment.

(4) Develop individual self-confidence and a competitive spirit through shared physical challenge and adversity, thereby enhancing organizational discipline, morale, esprit de corps, and combat readiness.

(5) Marine Corps Community Services (MCCS) offer a wide variety of resources through Semper Fit that can greatly enhance the development of effective organizational CCPs. There are more than 64 Semper Fit Fitness Centers located worldwide, staffed by certified professionals who can provide expert assistance and guidance in the following areas:

Fitness and health assessments
Exercise orientation and Semper Fit Toolkits
Group exercise opportunities
Individual instruction and skill development
Health promotion programs and nutritional information
Injury prevention assistance

(6) Navy Medicine provides care through Medical Treatment Facilities (MTF), local Branch Medical/Health Clinics (BMC/BHC) and Sports Medicine and Reconditioning Centers (SMART). Marines receive quality care and assistance through referral to a sports medicine professional or nutritionist/dietician.

2. Responsibilities

a. Commanding Officers/Officers-In-Charge

(1) Commanders/OICs are responsible for the combat readiness of their organization. Commanders can enhance combat readiness through consistent combat conditioning reflected in annual and pre-deployment training plans and by affording individual Marines the opportunity to achieve a competent level of fitness.

(2) Commanders/OICs will recognize Marines who make substantial improvement to and/or attain an exceptional level of physical fitness.

(3) Commanders/OICs are responsible for the development, implementation and management of the organizational CCP.

(4) Commanders/OICs are required to ensure their Marines comply with the requirements and standards contained in this Order and take appropriate action when required.

(5) Commanders/OICs will ensure Marines perform at least five combat conditioning sessions, of 30 minutes duration, per week. This requirement can be satisfied through combining organizational and individual CCP participation with Marine Corps Martial Arts Program (MCMAP), Marine Corps Water Survival Training (MCWST), or other mission/operational specific training.

(6) Commanders/OICs will select and assign in writing a Combat Conditioning Instructor (CCI) and/or Command Physical Training Representative (CPTR).

(7) Commanders/OICs will periodically assess the effectiveness of their CCP through physical fitness and combat fitness tests.

(8) Commanders/OICs will ensure the timely and accurate recording of performance data in Marine-On-Line (MOL), Unit Diary/Marine Integrated Personnel System (UD/MIPS), and the Marine Corps Training Information Management System (MCTIMS).

(9) Commanders/OICs will ensure the timely and accurate recording, reporting and investigation of all physical training, PFT and CFT Class A-C mishaps via the WESS reporting system.

b. CCI/CPTR

(1) The CCI or CPTR will thoroughly review reference (b) and the contents of this Order, immediately upon assignment.

(2) The CCI or CPTR is responsible to the Commander/OIC for development, implementation, management and supervision of the organizational CCP.

(3) The CCI or CPTR is responsible for coordinating and supervising the execution of regularly scheduled organizational semi-annual PFTs and CFTs. Responsibilities may include, but not be limited to the following:

(a) Select and train PFT/CFT monitors, as required.

(b) Select CFT location.

(c) Select PFT run route.

(d) Conduct PFT and CFT Operational Risk Management (ORM) evaluations in accordance with reference (c).

(e) Document and record PFT/CFT evaluation performance data.

(f) Manage and maintain PFT/CFT documentation in accordance with reference (d).

c. Individual Marines

(1) Every Marine must be physically fit, regardless of age, grade, or duty assignment.

(2) Every Marine is responsible to comply with the standards and requirements contained in this Order.

(3) Every Marine will participate in an effective organizational and/or individual CCP on a continuing and progressive basis.

3. Components. Organizational CCPs will consist of the following:

a. Commanders will ensure their unit CCP addresses the specific unit METL per reference (b) and consists of five 30 minute sessions per week.

b. Strength training consisting of compound functional movements should be done at least twice a week, in combination with or separate from cardiorespiratory exercise.

c. Exceeding the guidelines above will result in greater fitness and health benefits, but should be done in a manner that is progressive in nature and provides adaptations to additional physical demands.

d. Physical conditioning programs should not be developed solely towards preparation for the PFT or CFT.

e. To the extent possible, commanders will allow Marines to conduct these conditioning sessions within normal working hours.

f. Organizational CCPs will be developed to ensure Marines are able to meet the physical demands of their unit mission and the challenges posed by environmental and operational conditions.

g. Every Marine will develop an individual CCP in order to enhance their ability to meet the physical demands of their military occupational specialty (MOS) while emphasizing the Marine Corps ethos of every Marine a rifleman. The individual CCP is meant to augment not replace the organizational CCP.

4. Reporting

a. PFT/Partial PFT (PPFT) Reporting

(1) Performance. PFT monitors are responsible for completing the PFT/CFT Performance Worksheet found in Figure 1-1; copies and instructions regarding use of Figure 1-1 can be found at https://navalforms.daps.dla.mil. Monitors will ensure PFT performance data is calculated in accordance with Tables 2-3 and 2-4 of this Order. Only a command scheduled and monitored PFT/PPFT satisfies the semi-annual/annual requirement. If more than one CCI or CPTR monitored PFT/PPFT is conducted during a reporting period, only the official PFT/PPFT will be recorded in MCTFS/MOL and item 8b of Section A of the fitness report form. All other tests will be documented as a directed comment in Section I of the fitness report form. However, a failure in any subsequent PFT/PPFT will render a fitness report adverse and have proficiency mark implications. PFTs/PPFTs taken in conjunction with the Remedial Conditioning Program (RCP) do not satisfy semi-annual/annual requirements and will not be used for MCTFS/Performance Evaluation reporting purposes.

For example, if a Sergeant achieves a 2d class score on a command directed PFT in July, but achieves a 1st class PFT score for an SDA screening in August, the July score and classification will be listed on Section A and the August score with comment annotated in Section I for the September transfer (TR) fitness report.

(2) MCTFS/MOL. PFT monitors will ensure the timely submission of final PFT/CFT Performance Worksheets in accordance with reference (e) and locally established administrative procedures. Only one PFT/PPFT score will be reported on the MOL/Unit Diary per semi-annual/annual period. No retest or remedial PFT scores will be recorded on the MOL/Unit Diary.

(3) Proficiency Marks. For Marines, corporals and below, Proficiency Marks will be adjusted commensurate with PFT/PPFT performance, in accordance with paragraph 4005 of reference (f).

(4) Performance Evaluation

(a) Fitness Report. For Marines, sergeants and above, PFT/PPFT scores will be recorded on item 8b of Section A for the respective reporting period, in accordance with paragraph 4003.8b of reference (g). PFT/PPFT failures render a fitness report adverse. PFT/PPFT failures will be addressed within the reporting period which they occur, regardless of performance on a more recent PFT/PPFT.

(b) Directed Comments. A Section I directed comment will be made to address the following circumstances:

1. Score of 285 and above

2. Not Medically Qualified (NMED)

3. Medical basis for PPFT

4. Required/Did Not Take (RDNT). RDNT renders a fitness report adverse if the Reporting Senior (RS) deems the Marine Reported On (MRO) did not exercise due diligence in meeting the PFT/PPFT semi-annual/annual requirement.

5. PFT/PPFT failure. PFT/PPFT failure renders a fitness report adverse.

(5) SRB/OQR. A page 11, 6105 counseling entry is required when a Marine has failed consecutive PFTs or PPFTs and administrative separation is being considered, in accordance with paragraph 6206 of reference (h) for enlisted personnel and enclosure (3) of reference (i) for officers.

b. CFT/Partial CFT (PCFT) Reporting

(1) Performance. CFT monitors are responsible for completing the PFT/CFT Performance Worksheet found in Figure 1-1; copies and instructions regarding use of Figure 1-1 can be found at https://navalforms.daps.dla.mil. Monitors will ensure CFT performance data is calculated and a Pass/Fail determination made, in accordance with Table 3-3 of this Order. Only a command scheduled and monitored CFT/PCFT satisfies the semi-annual/annual requirement. If more than one CCI or CPTR monitored CFT/PCFT is conducted during a reporting period, the official CFT/PCFT will be recorded in MCTFS/MOL and Section I of the fitness report form. All other tests will be documented as a directed comment in Section I of the fitness report form. However, a failure in any subsequent CFT/PCFT will render a fitness report adverse and have proficiency mark implications. CFTs/PCFTs taken in conjunction with the RCP do not satisfy semi-annual/annual requirements and will not be used for MCTFS/Performance Evaluation purposes.

(2) MCTFS/MOL. CFT monitors will ensure the timely submission of final PFT/CFT Performance Worksheets in accordance with reference (e) and locally established administrative procedures. Only one CFT/PCFT marking will be reported on the MOL/Unit Diary per semi-annual/annual period. No retest or remedial CFT marks will be recorded on the MOL/Unit Diary.

(3) Proficiency Marks. For Marines, corporals and below, Proficiency Marks will be adjusted commensurate with CFT/PCFT performance, in accordance with paragraph 4005 of reference (f).

(4) Performance Evaluation

(a) Fitness Report. For Marines, sergeants and above, CFT scores will be recorded in Section I for the respective reporting period, in accordance with reference (g). CFT/PCFT failures render a fitness report adverse. CFT/PCFT failures will be addressed within the reporting period which they occur, regardless of performance on a more recent CFT/PCFT.

(b) Directed Comments. A Section I directed comment will be made to address the following circumstances:

1. Not Medically Qualified (NMED)

2. Medical basis for PCFT

3. Required/Did Not Take (RDNT). RDNT renders a fitness report adverse if the Reporting Senior (RS) deems the Marine Reported On (MRO) did not exercise due diligence in meeting the CFT/PCFT semi-annual/annual requirement.

4. CFT/PCFT failure. CFT/PCFT failure renders a report adverse.

(5) SRB/OQR. A page 11, 6105 counseling entry is required when a Marine has failed consecutive CFTs or PCFTs and administrative separation is being considered, in accordance with paragraph 6206 of reference (h) for enlisted personnel and enclosure (3) of reference (i) for officers.

5. Administrative Actions. Table 1-1 contains a summary of required administrative actions as a result of PFT/PPFT or CFT/PCFT failure, in accordance with references (e) through (n).

	PFT Failure		CFT Failure	
Administrative Action	1st	2d	1st	2d
Mandatory RCP	Yes	Yes	Yes	Yes
Page 11 6105 Entry	No	Yes	No	Yes
Adverse Fitness Report	Yes	Yes	Yes	Yes
Substandard Proficiency Mark	Yes	Yes	Yes	Yes
Promotion Restriction	Yes	Yes	Yes	Yes
Eligible for PCS Transfer	Yes	Yes	Yes	Yes
Eligible for Reenlistment	No	No	No	No
Eligible for Special School Assignment	No	No	No	No
Process for AdSep	No	Yes	No	Yes

Table 1-1. -- Administrative Summary.

6. Medical Considerations. When a Marine is unable to complete a PFT/CFT due to an underlying physical or medical condition an evaluation by an Appropriately Privileged Health Care Provider (APHCP) must be conducted in accordance with references (o) and (p). The APHCP will make a medical status determination regarding the Marine's ability to complete the PFT/CFT, PPFT/PCFT or if referral to a Medical Evaluation Board (MEB)/Physical Evaluation Board (PEB) is warranted. A medical determination is required to excuse a Marine from participating in a particular event or an entire test, but a PEB finding is required for a semi-annual/annual exemption. Marines assigned to a light/limited duty status are not exempt from the semi-annual/annual PFT/CFT requirement and are still required to perform those events not affected by the condition, unless otherwise specified by the APHCP.

For example, a Marine may be placed on light duty for 30 days and excused from performing a PFT/CFT in March due to a training injury in February, but is not exempt from completing a PFT and CFT for the January to June semi-annual period.

If the condition becomes extended or is considered permanent in nature, then a determination by a formal MEB, PEB, or both must be conducted to determine the Marine's medical qualification for continued active service. A Marine may not be repeatedly excused from participation in the PFT/CFT without a MEB determination and is not exempt from the semi-annual/annual requirement without a PEB determination.

a. PPFT/PCFT. Marines who are medically excused from performing a particular event of the PFT or CFT as certified by an APHCP, are still required to perform a PPFT/PCFT.

(1) Marines will perform a PPFT/PCFT when an APHCP determines they are physically incapable of performing a particular event of the PFT/CFT. The APHCP will document the medical condition, expiration date, exercise limitations, and PPFT/PCFT events a Marine can perform during the

light/limited duty period. For Marines who are incapable of performing any portion of a PFT or CFT, their inability will not be considered a failure and an appropriate fitness report Section I Directed Comment will be made, in accordance with reference (g). Commanders/OICs will ensure assistance is provided to Marines in order to facilitate their return to full duty.

(2) To meet PPFT requirements, Marines must complete two of the three PFT events. Marines will be required to obtain at least the minimum acceptable performance requirements for the two events, as well as earn the additional points needed to achieve a 3d class PFT score, or better. Event times/repetitions will be awarded points the same way the PFT awards points. As with a PFT, failure to meet the minimum requirements in either event constitutes a test failure. However, no numerical score or classification will be performed for PPFTs. For Marines requiring a composite score for promotion purposes, commands will use the score (points) achieved during the last semi-annual/annual PFT for the event missed. See Table 2-1 for minimum PFT requirements and table 1-1 for a summary of administrative actions warranted as a result of PFT failure.

(3) To meet PCFT requirements, Marines must complete at least one of the three CFT events. Marines will be required to obtain the minimum acceptable performance requirements for the single event. As with a CFT, failure to meet the minimum requirement will constitute a test failure. In most cases, musculoskeletal limitations will allow for the conduct of either the Movement To Contact (MTC) or Ammunition Lift (AL). Considering the all-encompassing nature of the Maneuver Under Fire (MANUF), musculoskeletal limitations may limit participating in this event as the one selected when performing a PCFT. CFT performance does not directly impact composite score for promotion purposes. However, CFT/PCFT failure directly impacts promotion eligibility. See table 3-3 for minimum CFT requirements and Table 1-1 for a summary of administrative actions warranted as a result of CFT failure.

b. Consecutive PPFT/PCFTs. Marines who perform a PPFT/PCFT for two consecutive semi-annual/annual periods, for the same medical condition, will be referred to an APHCP for MEB/PEB evaluation, in accordance with reference (o).

c. Injury. Marines injured while participating in a PFT/CFT may be given credit for a PPFT if two out of three events were completed or for a PCFT if one out of three events were completed prior to the injury. A Marine injured during the conduct of a PFT/CFT may be afforded the opportunity to retake a PFT/CFT once returned to full duty by an APHCP. For Marines who elect to retake the PFT/CFT, their new score will replace the previous score and is final. Only Commanders/OICs can authorize PPFT/PCFT credit or a retest for Marines injured during the conduct of a PFT/CFT. Marines completing only one event prior to the injury will receive neither a PFT score nor PPFT credit. If assigned light duty status as a result of the injury, the Marine will be required to retake the PFT/CFT no earlier than 30 and no later than 90 days from return to full duty status. Marines who are evaluated and not assigned a light duty status, will retake the PFT at the Commander’s/OIC’s discretion.

d. Illness. Marines encountering a rapid onset illness prior to conducting a PFT/CFT must obtain a light duty chit. Light duty chits will be submitted to the command prior to the scheduled PFT/CFT. Only the Commander/OIC can decide if a Marine will be authorized to take a missed PFT/CFT or if an RDNT determination is required.

e. Post-Light/Limited Duty

(1) Marines who did not take a PFT/PPFT or CFT/PCFT for the semi-annual/annual requirement due to physical/medical reasons, will be

administered a PFT/CFT no less than 30 days and no more than 90 days after return to full duty. Commanders/OICs should be attentive that Marines returning to full duty status following an extended limited duty period will require a progressive training routine in returning to pre-injury/disease fitness levels. If the grace period crosses over into the next semi-annual interval, the new PFT/CFT score will satisfy the current requirement and NMED will be utilized for the previous semi-annual/annual period.

(2) Marines who were able to perform a PPFT/PCFT and are able to complete a PFT/CFT after returning to full duty will have the option to either keep the PPFT/PCFT score or conduct a PFT/CFT. Marines will be given a minimum of 30 days and no more than 90 days to complete a PFT/CFT. The new score will replace the previous PPFT/PCFT. This is the only time a retest score will be used to replace a previous entry reported in MCTFS. If the grace period crosses over into the next semi-annual interval, the new PFT/CFT score will satisfy the current requirement and the PPFT/PCFT score will be utilized for the previous semi-annual/annual period. The new score will not be considered a remedial score.

f. Pregnancy/Post-Partum

(1) After confirmation of pregnancy from an APHCP or Obstetrician (OB) and an appropriate duty limitation code is entered into MCTFS, Marines will be waived from conducting the semi-annual/annual PFT/CFT requirement. Pregnant Marines will participate in a medically approved exercise program throughout the pregnancy and postpartum period, except when not recommended by a APHCP, in accordance with references (m) and (o).

(2) Marines will fulfill the semi-annual/annual PFT/CFT requirement after the 42-day (post-partum) convalescent period and no later than 6 months after return to full duty. Unless medically prohibited, physical conditioning should resume as soon as possible following delivery. Commanders/OICs should be attentive that Marines returning to full duty status following pregnancy will require a progressive training routine in returning to the level of fitness experienced prior to pregnancy.

(3) For pregnancies that do not come to full term, Marines will be required to meet semi-annual/annual PFT/CFT requirements in a time period determined by a APHCP/OB healthcare provider. Time limits will not exceed those that are prescribed for a full term pregnancy.

(4) Although rare, difficult pregnancies, Cesarean sections or still births present unique challenges that may require greater recovery time. Therefore, in pregnancies where complications develop, APHCPs will determine the time needed to Return to Full Duty (RTFD) and complete a PFT/CFT.

(5) Marines who fail to RTFD following the 42-day (post-partum) convalescent leave period, may be given an additional period of up to 30 days light duty, to allow additional recovery time. If upon termination of the 30 days light duty, the Marine is still not RTFD, then the Marine will be placed on medical hold and referred to a MEB for determination of fitness for continued military service.

g. 46 and Over Risk Factor Screening. Marines, age 46 years and over, who do not possess a current physical examination or Navy Annual Health Evaluation (BUMEDINST 6120.26) will conduct a self-validation “Risk Factor Worksheet, "30-60 days prior to conducting a PFT/CFT. Marines will complete sections (A) and (B) of the Risk Factor Worksheet found in Table 1-2, and submit the signed/completed form to their Commander/OIC for review. An APHCP medical screening is required prior to PFT/CFT participation under the following circumstances:

(1) Marine replies “yes” to any question in section (B).

(2) Marine exceeds body composition standards.

(3) Marines requiring a follow-on medical screening must be medically cleared by an APHCP prior to PFT/CFT participation. Supplemental SF600 forms will be attached to the Risk Factor Worksheet if additional APHCP remarks are required. Independent Duty Corpsmen are not authorized to issue a medical clearance for any Marine who replied “yes” to any Risk Factor Worksheet question. Marines who are not cleared for PFT/CFT participation by an APHCP are restricted from participation for the remainder of the current semi-annual period, either voluntarily or involuntarily. This restriction only applies to the semi-annual period during which the APHCP determination was made. However, Marines are authorized to participate in the PFT/CFT when medically cleared by an APHCP following referral and provided no further medical evaluation is required. Risk Factor Worksheets and SF600 documents will be appropriately safeguarded and filed in the health record when completed. The CCI or CPTR will annotate completion of the Risk Factor Worksheet on the PFT/CFT Performance Worksheet prior to the conduct of the PFT/CFT, when required.

NAVMC 11639 (08-01) (EF) **RISK FACTOR WORKSHEET**
FOUO - Privacy Sensitive when filled in.

NAME (LAST, FIRST, M.I.):		SSN (LAST 4):
COMMAND:	SECTION:	PHONE:

SECTION A: (COMPLETED BY THE MARINE)	YES	NO
(1) ARE YOU IN COMPLIANCE WITH MEDICAL PHYSICAL EXAMINATION REQUIREMENTS FOR YOUR AGE?	☐	☐
(2) DATE OF LAST PERIODIC PHYSICAL EXAMINATION:		

SECTION B: (COMPLETED BY THE MARINE)	YES	NO
(1) DO YOU HAVE A HISTORY OF HEART DISEASE OR HIGH BLOOD PRESSURE WHICH REQUIRES YOU TO RESTRICT PHYSICAL ACTIVITY OR SEEK MEDICAL TREATMENT?	☐	☐
(2) SINCE YOUR LAST PERIODIC PHYSICAL EXAMINATION, SEMI-ANNUAL RISK FACTOR SCREENING, OR PFT/CFT, HAS		
A. A CHANGE IN YOUR HISTORY OF HEART DISEASE OR HIGH BLOOD PRESSURE WHICH REQUIRED YOU TO RESTRICT PHYSICAL ACTIVITY OR SEEK MEDICAL TREATMENT?	☐	☐
B. A CHANGE IN YOUR FAMILY HISTORY SUCH AS IMMEDIATE FAMILY MEMBERS EXPERIENCING A HEART ATTACK OR DIED OF HEART DISEASE BEFORE THEY WERE 45 YEARS OLD?	☐	☐
C. A CHANGE IN YOUR INCIDENCE OF DISCOMFORT TO YOUR CHEST, ARMS, OR NECK WHILE EXERCISING?	☐	☐
D. AN INCIDENT WHERE YOU WERE PRONE TO HEAT EXHAUSTION/HEAT STROKE, FEELING FAINT, OR FEELING THAT YOU WERE ABOUT TO LOSE CONSCIOUSNESS?	☐	☐
E. A CHANGE IN ANY MEDICAL CONDITION (E.G., DIABETES, ASTHMA, BONE OR JOINT DISEASE) WHICH YOU THINK MIGHT LIMIT YOUR PARTICIPATION IN THE PFT?	☐	☐
F. A SIGNIFICANT WEIGHT CHANGE?	☐	☐
G. A CHANGE IN YOUR SMOKING HABITS SUCH THAT YOU NOW SMOKE ONE OR MORE PACKS OF CIGARETTES DAILY?	☐	☐

MARINE'S SIGNATURE	DATE:

SECTION C: (COMPLETED BY THE APPROPRIATELY PRIVILEGED HEALTH CARE PROVIDER (M.O.) IF REQUIRED)

DATE OF MEDICAL EVALUATION:	YES	NO
(1) THE MARINE MEETS BCP STANDARDS	☐	☐
REMARKS:		
(2) THE MARINE ANSWERED 'YES' TO QUESTIONS IN SECTION (B)	☐	☐
REMARKS:		

SECTION D: (COMPLETED BY THE APPROPRIATELY PRIVILEGED HEALTH CARE PROVIDER (M.O.) IF REQUIRED)

(1) MEDICAL RECOMMENDATION: REFERRED FOR FURTHER MEDICAL CONSULTATION (E.G., PSYCHOLOGY, NUTRITION, INTERNAL MEDICINE, PHYSICAL THERAPY)	☐	☐
REMARKS:		
(2) CLEARED FOR PARTICIPATION IN PFT/CFT	☐	☐
REMARKS:		

SIGNATURE OF M.O.	DATE:
PRINTED NAME:	PHONE:
COMMAND:	UNIT:

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Table 1-2. -- Risk Factor Worksheet

7. Exemptions and Waivers

a. Exemptions. Marines are exempt from the semi-annual/annual PFT/CFT requirement under the following conditions:

(1) Deployment to a combat zone and while in receipt of hostile fire pay. Marines are exempt from the semi-annual/annual PFT/CFT requirement for 60 days following their departure from a combat zone/termination of hostile fire pay. Routine deployments in support of the Unit Deployment Program (UDP) or Marine Expeditionary Units (MEU), and while not in receipt of hostile fire pay, do not exempt Marines from the semi-annual/annual PFT/CFT requirement.

For example, a Marine deploys in May and is in receipt of hostile fire pay. The Marine departs the combat zone and returns to Camp Pendleton in November. The Marine is not required to perform a semi-annual PFT/CFT until the next semi-annual period beginning in January.

For example, a Marine deploys in August and is in receipt of hostile fire pay. The Marine departs the combat zone and returns to Camp Lejeune in March. The Marine is required to perform a semi-annual PFT/CFT for the current semi-annual period beginning in May.

(2) Marines on Temporary Limited Duty (TLD), Permanent Limited Duty (PLD), or awaiting PEB results. APHCP verification is required. Marines on light duty or awaiting MEB results are not exempt from the semi-annual/annual PFT/CFT requirement.

(3) Marines, age 46 and older, who have completed a risk factor screening and were not cleared by an APHCP for PFT/CFT participation.

(4) After confirmation from an APHCP/OB healthcare provider and an appropriate duty limitation code entered into MCTFS, Marines are exempt from taking the PFT/CFT during pregnancy, the 42-day (post-partum) convalescent period and for 6 months following return to full duty. For pregnancies that do not come to full term, Marines will be required to meet PFT/CFT semi-annual/annual requirements after consultation with an APHCP/OB health care provider and upon return to full duty.

b. Waivers

(1) Waivers may be solicited only for short-term situations that temporarily prevent an individual, group, or an entire unit from completing the semi-annual/annual training requirements contained in this Order. The intent is for units to request a waiver when it has been determined that time or the lack of sufficient resources will prevent an individual, group, or entire unit from accomplishing the required semi-annual/annual combat conditioning training. The purpose of granting waivers is to protect individual Marines who were legitimately unable to complete required semi-annual/annual training from being adversely affected.

(2) Waivers must state the circumstances preventing an individual, group, or unit from completing required combat conditioning training and what steps are being taken by the unit to fulfill established training requirements. A unit requesting a “blanket waiver” is not permitted. Waiver requests must be submitted with a by-name roster for all individuals needing a waiver. Because semi-annual/annual PFT/CFT requirements are based on the calendar year, waivers will only apply for the time period requested.

(3) The authority to waive training rests with the following Commanders and cannot be delegated:

(a) Deputy Commandant for Manpower and Reserve Affairs (DC M&RA)

(b) Marine Corps Combat Development Command (CG MCCDC)

(c) Marine Forces Command (COMMARFORCOM)

(d) Marine Forces Pacific (COMMARFORPAC)

(e) Marine Forces Reserve (COMMARFORRES)

(f) Marine Forces Special Operations Command (COMMARSOC)

(g) I, II, and III Marine Expeditionary Force (MEF)

(f) For separate organizations not commanded by a General Officer, authorization to waive training must be obtained from CG, MCCDC (C461TPS).

(g) For Marine activities that are not tenants of Marine Corps posts or stations, waivers may be submitted to CG, MCCDC (C461TPS).

(4) Commands authorized by this Order to grant waivers must send a copy of the waiver response to CG, MCCDC (C461TPS) within 30 days of disposition.

PFT/CFT Performance Worksheet

Unit		Period		Monitor	
Individual Data		PFT Performance Data		CFT Performance Data	

Rank	First Name	MI	Last Name	SSN	Age*	Gender	Height	Weight	Pull Up/FAH	Score	Crunches	Score	3 Mile Run	Score	PFT Total	MTC	Time	AL	Reps	MANUF	Time	Pass/Fail

*Note: Risk Factor Worksheet required for Marines age 46 and over.

NAVMC 11622 FOUO - Privacy sensitive when filled in. Adobe Designer 8.0

Figure 1-1. -- PFT/CFT Performance Worksheet

Chapter 2

Physical Fitness Test

1. Purpose. The PFT is a collective measure of general fitness Marine Corps-wide. The PFT was specifically designed to test the strength and stamina of the upper body, midsection, and lower body, as well as efficiency of the cardiovascular and respiratory systems.

2. Requirement

a. Active Component. The PFT is a scored, calendar year semi-annual requirement for all active duty Marines, regardless of age, gender, grade, or duty assignment.

b. Reserve Component. The PFT is a scored, calendar year annual requirement for all Selected Marine Corps Reserve (SMCR) and Individual Mobilization Augmentee (IMA) Marines, regardless of age, gender, grade, or duty assignment. PFT scores will remain valid for two years for promotional purposes should operational constraints prevent annual testing.

c. Activated Reservists. Activated Reserve Marines, to include Active Reserve (AR), mobilized or those performing Active Duty Operational Support (ADOS) will comply with the Active Component semi-annual PFT requirement. Exceptions and waivers will be administered in accordance with this Order.

d. End of Active Service (EAS)/Retirement. Marines are required to complete a PFT during the semi-annual period preceding their EAS or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine PFT requirements.

For example, a Marine whose EAS or retirement date occurs in September, but is scheduled to commence terminal leave in June, is required to take a semi-annual PFT for the January-June timeframe. This Marine is not required to perform the semi-annual PFT for the July-December timeframe.

e. EAS/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a PFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the semi-annual PFT for that period. This policy is also applicable to the Reserve Component annual requirement.

For example, a Marine who completes their final physical examination in March, but does not EAS or retire until October, is still required to perform the semi-annual PFT for the January-June timeframe.

3. Sequence. The PFT consists of three events. Male Marines will perform dead-hang pull-ups, abdominal crunches, and a 3.0 mile run. Female Marines will complete the flexed-arm hang, abdominal crunches, and a 3.0 mile run. The sequence of PFT events is at the discretion of the unit Commanding Officer/OIC. However, all PFT events will be conducted in a single session, not to exceed 2 hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate and prepare for the next event. The command will not impose restrictions on the performance of any event other than those specifically stated in this Manual.

For example, a command will not mandate that Marines must use the overhand grip when executing pull-ups or flexed-arm hang.

4. Procedures

a. Safety. Operational Risk Management (ORM) will be utilized in order to ensure PFT participants are not exposed to unnecessary risk.

b. Supervision. The CCI or CPTR will monitor the PFT and maintain the PFT/CFT Performance Worksheet, listed as Figure 1-1. Marines will be kept advised of their progress as they are performing each event. The CCI or CPTR or designate will call out each repetition for the pull-ups, and time-passed (in intervals) for the flexed-arm hang and abdominal crunch. The CCI or CPTR (and additional monitors) will be posted along the 3.0 mile run course and provide Marines their split time (1.5 miles) and finishing time.

c. Uniform. The only authorized uniform for the PFT is the Marine Corps approved green-on-green T-shirt, shorts, socks, and running shoes. The green-on-green sweat suit or running suit with watch cap and gloves may be worn, as required. However, the running suit is not to be used in conjunction with the sweat suit in any combination.

d. Equipment. A timepiece (digital or stopwatch) that accurately measures time to the second is required for the flexed-arm hang, abdominal crunch, and 3.0 mile run.

5. Events

a. Pull-up

(1) This is not a timed event and can be conducted either indoors or outdoors.

(2) Diameter of the bar may range between 1 and 1 3/4 inches. The use of athletic tape on the bar is authorized.

(3) The bar must be high enough to allow the tallest Marine’s legs to hang straight without touching the ground, when arms are fully extended.

(4) A bench or stool may be used to initially grasp the bar.

(5) Sweatshirts/running suit top will be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.

(6) The preparatory command is “Ready” and the execute command is “Go.”

(7) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Assistance up to the bar will not be used as momentum into the first pull-up.

(8) The bar must be grasped with both palms facing either forward or to the rear.

(9) The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist and the body is motionless.

(10) Legs may be positioned in a straight or bent position, but knees may not be raised above the waist.

(11) One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat the exercise. At no time during the execution of this event can a Marine rest his chin on the bar.

(12) The intent is to execute a vertical “dead hang” pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking or kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition does not count for score.

(13) A repetition will be counted when a correct and complete pull-up is performed.

(14) The goal of this event is for Marines to execute as many correct and complete pull-ups before dropping off the bar.

b. Flexed-Arm Hang

(1) This is a timed event and can be conducted either indoors or outdoors.

(2) Sweatshirts will be removed during the conduct of the flexed-arm hang event in order to observe when the Marine has completely locked-out her elbows.

(3) Assistance to the bar with a step up, being lifted up, or jumping up to the start position is authorized.

(4) The bar must be grasped with both palms facing either forward or to the rear.

(5) The preparatory command is “Ready” and the execute command is “Go.”

(6) The correct starting position begins when the Marine’s arms are flexed at the elbow, the chin is held above the bar and not touching it, and the body is motionless. At no time during the execution of this event can a Marine rest her chin on the bar.

(7) Marines are authorized to drop down below the bar, however, some degree of elbow flexion must be maintained with both arms. Once a Marine's arms are fully extended or the Marine drops off the bar, the clock will stop.

(8) The goal of this event is for Marines to hang (maintain elbow flexion) for as long as possible within the prescribed time limit of 70 seconds.

c. Abdominal Crunch

(1) This is a timed event with a 2-minute time limit.

(2) This event can be conducted either indoors or outdoors.

(3) The preparatory command is “Ready” and the execute command is “Go.”

(4) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees bent, and both feet flat on the deck.

(5) Arms will be folded across the chest or rib cage with no gap between the arms and chest/rib cage. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position until both forearms or elbows simultaneously touch the thighs, and then return to the starting position with the shoulder blades touching the deck.

(6) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting of the buttocks is permitted.

(7) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine’s feet is permitted.

(8) A repetition will be counted when a correct and complete abdominal crunch is performed.

(9) The goal of this event is for Marines to execute as many correct and complete crunches within the 2-minute time limit.

d. 3.0 Mile Run

(1) This is a timed event and can be conducted either indoors or outdoors.

(2) The run course will be 3.0 miles and must be measured for accuracy and set over reasonably level ground.

(3) The preparatory command is “Ready” and the execute command is “Go.”

(4) The course should be an “out and back” or a wide loop course. The run course should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance prior to conducting the PFT. Run courses should not require a Marine to do more than 12 laps to cover 3.0 miles, (e.g., a course should not be shorter than 440-yards per lap). Running this event on a treadmill is not authorized.

(5) The goal of this event is for Marines to complete the measured course as quickly as possible.

6. Performance. The minimum performance requirement for Marines to pass the PFT is to achieve a 3d class score, by age group. Marines must complete the minimum performance requirements in each event and achieve an overall combined score, as shown in Table 2-1.

Age Groups	Pull-Ups/ Flexed Arm	Abdominal Crunches	3.0 Mile Run (Min)	Total Points	Min Score	Additional Points Needed
17-26	3/15(SEC)	50	28(m) 31(f)	105	135	30
27-39	3/15	45	29(m) 32(f)	94	110	16
40-45	3/15	45	30(m) 33(f)	88	88	0
46+	3/15	40	33(m) 36(f)	65	65	0

Table 2-1. -- PFT Minimum Performance Requirements

7. Classification. The minimum performance in each event will not achieve the overall points required for a passing score. Additional points must be earned in at least one event in order to achieve a 3d Class PFT or better, as shown in Table 2-2. Failure to meet the minimum requirements in any one event constitutes a failure of the entire test, regardless of the total number of points earned. Table 1-2 shows the minimum score required, per age group, to earn each PFT classification score. Marines should be encouraged to continually strive to perform their best and not merely accept minimum performance.

PFT Class	Age Groups 17-26	27-39	40-45	46+
1st	225	200	175	150
2d	175	150	125	100
3d	135	110	88	65

Table 2-2. -- PFT Classification Scores

8. Score. Calculating a cumulative score for a completed PFT can be derived from Table 2-3. The official Marine Corps PFT calculator is found at Marine OnLine (MOL): https://tfas.mol.usmc.mil/SSO/LoginRequest.do.

9. Altitude Considerations. Units administering the PFT at altitudes of 4,500 feet or more above sea level will utilize Table 2-4 for adjusted run times. Commanders are directed to provide Marines a 30-day acclimatization period prior to conducting a PFT at altitude. Marines scheduled to report to commands at altitude in June or December will complete their PFTs prior to detaching.

PFT SCORING TABLE (FEMALES)

Points	Flexed-Arm Hang	Crunches	3-Mile Run	**Points**	Flexed-Arm Hang	Crunches	3-Mile Run
100	70 sec	100	21:00	**50**	45 sec	50	29:20
99		99	21:10	**49**		49	29:30
98	69 sec	98	21:20	**48**	44 sec	48	29:40
97		97	21:30	**47**		47	29:50
96	68 sec	96	21:40	**46**	43 sec	46	30:00
95		95	21:50	**45**		45	30:10
94	67 sec	94	22:00	**44**	42 sec	44	30:20
93		93	22:10	**43**		43	30:30
92	66 sec	92	22:20	**42**	41 sec	42	30:40
91		91	22:30	**41**		41	30:50
90	65 sec	90	22:40	**40**	40 sec	40	31:00
89		89	22:50	**39**	39 sec	x	31:10
88	64 sec	88	23:00	**38**	38 sec	x	31:20
87		87	23:10	**37**	37 sec	x	31:30
86	63 sec	86	23:20	**36**	36 sec	x	31:40
85		85	23:30	**35**	35 sec	x	31:50
84	62 sec	84	23:40	**34**	34 sec	x	32:00
83		83	23:50	**33**	33 sec	x	32:10
82	61 sec	82	24:00	**32**	32 sec	x	32:20
81		81	24:10	**31**	31 sec	x	32:30
80	60 sec	80	24:20	**30**	30 sec	x	32:40
79		79	24:30	**29**	29 sec	x	32:50
78	59 sec	78	24:40	**28**	28 sec	x	33:00
77		77	24:50	**27**	27 sec	x	33:10
76	58 sec	76	25:00	**26**	26 sec	x	33:20
75		75	25:10	**25**	25 sec	x	33:30
74	57 sec	74	25:20	**24**	24 sec	x	33:40
73		73	25:30	**23**	23 sec	x	33:50
72	56 sec	72	25:40	**22**	22 sec	x	34:00
71		71	25:50	**21**	21 sec	x	34:10
70	55 sec	70	26:00	**20**	20 sec	x	34:20
69		69	26:10	**19**	19 sec	x	34:30
68	54 sec	68	26:20	**18**	18 sec	x	34:40
67		67	26:30	**17**	17 sec	x	34:50
66	53 sec	66	26:40	**16**	16 sec	x	35:00
65		65	26:50	**15**	15 sec	x	35:10
64	52 sec	64	27:00	**14**	x	x	35:20
63		63	27:10	**13**	x	x	35:30
62	51 sec	62	27:20	**12**	x	x	35:40
61		61	27:30	**11**	x	x	35:50
60	50 sec	60	27:40	**10**	x	x	36:00
59		59	27:50	**9**	x	x	X
58	49 sec	58	28:00	**8**	x	x	X
57		57	28:10	**7**	x	x	X
56	48 sec	56	28:20	**6**	x	x	X
55		55	28:30	**5**	x	x	X
54	47 sec	54	28:40	**4**	x	x	X
53		53	28:50	**3**	x	x	X
52	46 sec	52	29:00	**2**	x	x	X
51		51	29:10	**1**	x	x	X

***Round up all values (e.g., 21:01 to 21:09 equals 99 points)**

Table 2-3. -- PFT Scoring Table (Females)

PFT SCORING TABLE (MALES)

Points	Pull-ups	Crunches	3-Mile Run	**Points**	Pull-ups	Crunches	3-Mile Run
100	20	100	18:00	**50**	10	50	26:20
99		99	18:10	**49**		49	26:30
98		98	18:20	**48**		48	26:40
97		97	18:30	**47**		47	26:50
96		96	18:40	**46**		46	27:00
95	19	95	18:50	**45**	9	45	27:10
94		94	19:00	**44**		44	27:20
93		93	19:10	**43**		43	27:30
92		92	19:20	**42**		42	27:40
91		91	19:30	**41**		41	27:50
90	18	90	19:40	**40**	8	40	28:00
89		89	19:50	**39**		x	28:10
88		88	20:00	**38**		x	28:20
87		87	20:10	**37**		x	28:30
86		86	20:20	**36**		x	28:40
85	17	85	20:30	**35**	7	x	28:50
84		84	20:40	**34**		x	29:00
83		83	20:50	**33**		x	29:10
82		82	21:00	**32**		x	29:20
81		81	21:10	**31**		x	29:30
80	16	80	21:20	**30**	6	x	29:40
79		79	21:30	**29**		x	29:50
78		78	21:40	**28**		x	30:00
77		77	21:50	**27**		x	30:10
76		76	22:00	**26**		x	30:20
75	15	75	22:10	**25**	5	x	30:30
74		74	22:20	**24**		x	30:40
73		73	22:30	**23**		x	30:50
72		72	22:40	**22**		x	31:00
71		71	22:50	**21**		x	31:10
70	14	70	23:00	**20**	4	x	31:20
69		69	23:10	**19**		x	31:30
68		68	23:20	**18**		x	31:40
67		67	23:30	**17**		x	31:50
66		66	23:40	**16**		x	32:00
65	13	65	23:50	**15**	3	x	32:10
64		64	24:00	**14**	x	x	32:20
63		63	24:10	**13**	x	x	32:30
62		62	24:20	**12**	x	x	32:40
61		61	24:30	**11**	x	x	32:50
60	12	60	24:40	**10**	x	x	33:00
59		59	24:50	**9**	x	x	x
58		58	25:00	**8**	x	x	x
57		57	25:10	**7**	x	x	x
56		56	25:20	**6**	x	x	x
55	11	55	25:30	**5**	x	x	x
54		54	25:40	**4**	x	x	x
53		53	25:50	**3**	x	x	x
52		52	26:00	**2**	x	X	x
51		51	26:10	**1**	x	x	x

*** Round up all values (e.g., 18:01 to 18:09 equals 99 points)**

Table 2-3. -- PFT Scoring Table (Males)

Points	3.0-Mile	3.0-Mile	Points	3.0-Mile	3.0-Mile	Point	3.0-Mile	3.0-Mile
100	19:30	22:30	**65**	25:20	:20	**30**	31:10	34:10
99	199:40	22:40	**64**	25:30	28:30	**29**	31:20	34:20
98	19:50	22:50	**63**	25:40	28:40	**28**	31:30	34:30
97	20:00	23:00	**62**	25:50	28:50	**27**	31:40	34:40
96	20:10	23:10	**61**	26:00	29:00	**26**	31:50	34:50
95	20:20	23:20	**60**	26:10	29:10	**25**	32:00	35:00
94	20:30	23:30	**59**	26:20	29:20	**24**	32:10	35:10
93	20:40	23:40	**58**	26:30	29:30	**23**	32:20	35:20
92	20:50	23:50	**57**	26:40	29:40	**22**	32:30	35:30
91	21:00	24:00	**56**	26:50	29:50	**21**	32:40	35:40
90	21:10	24:10	**55**	27:00	30:00	**20**	32:50	35:50
89	21:20	24:20	**54**	27:10	30:10	**19**	33:00	36:00
88	21:30	24:30	**53**	27:20	30:20	**18**	33:10	36:10
87	21:40	24:40	**52**	27:30	30:30	**17**	33:20	36:20
86	21:50	24:50	**51**	27:40	30:40	**16**	33:30	36:30
85	22:00	25:00	**50**	27:50	30:50	**15**	33:40	36:40
84	22:10	25:10	**49**	28:00	31:00	**14**	33:50	36:50
83	22:20	25:20	**48**	28:10	31:10	**13**	34:00	37:00
82	22:30	25:30	**47**	28:20	31:20	**12**	34:10	37:10
81	22:40	25:40	**46**	28:30	31:30	**11**	34:20	37:20
80	22:50	25:50	**45**	28:40	31:40	**10**	34:30	37:30
79	23:00	26:00	**44**	28:50	31:50	**9**	34:40	37:40
78	23:10	26:10	**43**	29:00	32:00	**8**	34:50	37:50
77	23:20	26:20	**42**	29:10	32:10	**7**	35:00	38:00
76	23:30	26:30	**41**	29:20	32:20	**6**	35:10	38:10
75	23:40	26:40	**40**	29:30	32:30	**5**	35:20	38:20
74	23:50	26:50	**39**	29:40	32:40	**4**	35:30	38:30
73	24:00	27:00	**38**	29:50	32:50	**3**	35:40	38:40
72	24:10	27:10	**37**	30:00	33:00	**2**	35:50	38:50
71	24:20	27:20	**36**	30:10	33:10	**1**	36:00	39:00
70	24:30	27:30	**35**	30:20	33:20			
69	24:40	27:40	**34**	30:30	33:30			
68	24:50	27:50	**33**	30:40	33:40			
67	25:00	28:00	**32**	30:50	33:50			
66	25:10	28:10	**31**	31:00	34:00			

Table 2-4. -- PFT Altitude Compensation Table

Chapter 3

Combat Fitness Test

1. Purpose. To assess a Marine's physical capacity in a broad spectrum of combat related tasks. The CFT was specifically designed to evaluate strength, stamina, agility and coordination as well as overall anaerobic capacity. The CFT is a complement to the PFT and measures the functional elements of combat fitness through execution of a series of events that represent every Marine's combat experience, emphasizing our ethos of "every Marine a rifleman."

2. Requirement

a. Active Component. The CFT is a pass/fail, calendar year semi-annual requirement for all active duty Marines, regardless of age, gender, grade, or duty assignment.

b. Reserve Component. The CFT is a pass/fail, calendar year annual requirement for all SMCR/IMA Marines, regardless of age, gender, grade, or duty assignment. CFT accomplishment will remain valid for two years for promotional purposes should operational constraints prevent annual testing.

c. Activated Reservists. Activated Reserve Marines, to include AR, mobilized or those performing ADOS will comply with the Active Component semi-annual CFT requirement. Exceptions and waivers will be administered in accordance with this Order.

d. End of Active Service (EAS)/Retirement. Marines are required to complete a CFT during the semi-annual period preceding their EAS or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine CFT requirements.

For example, a Marine whose EAS or retirement date occurs in September, but is scheduled to commence terminal leave in June, is required to take a semi-annual CFT for the January-June timeframe. This Marine is not required to perform the semi-annual CFT for the July-December timeframe.

e. EAS/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a CFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the semi-annual CFT for that period. This policy is also applicable to the Reserve Component annual requirement.

For example, a Marine who completes their final physical examination in March, but does not EAS or retire until October, is still required to perform the semi-annual CFT for the January-June timeframe.

3. Sequence. The CFT consists of three events: Movement To Contact (MTC), Ammunition Lift (AL) and Maneuver Under Fire (MANUF). No deviation from the above sequence is authorized. All CFT events will be conducted in a single session, not to exceed 2 hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate and prepare for the next event. Rest between events will be no less than five (5) minutes.

4. Procedures

a. Safety. ORM will be utilized in order to ensure CFT participants are not exposed to unnecessary risk. If the MTC is conducted on a path, trail, or roadway, ORM measures will be taken to ensure safety of CFT participants.

b. Supervision. The CCI or CPTR will monitor the CFT and maintain the PFT/CFT Performance Worksheet. The CCI or designate will ensure proper techniques are employed during the AL and MANUF and will call out each repetition for the AL and time-passed (in intervals) for all events. The CCI will be posted at the start/finish point of the 880 yard run course and provide Marines their split time and finishing time for the MTC. Prior to the start of the MTC, the CCI will place monitors at various locations to encourage participants and ensure they remain on the course. During the MTC, the CCI will position the fastest runners towards the front and ensure participants are not placed too closely together to allow for a safe start. Because of the relative proximity and speed of runners throughout the MTC, the CCI will ensure the finish area remains clear.

c. Uniform. The only authorized uniform for the CFT is the Marine Pattern (MARPAT) utility uniform and boots. Watch cap, kneepads/elbow pads and gloves may be worn, as required. For the AL event, Marines will wear a green short-sleeve t-shirt so that lock out of the elbows can be observed. The blouse will be worn for the MANUF event. Commanders may authorize Marines to remove blouses for the running of the MTC event.

d. Equipment. The following equipment is required to conduct the CFT:

(1) A timepiece (digital or stopwatch) that accurately measures time to the second.

(2) Calibrated scale.

(3) Engineer tape, chalk or other fielding lining material.

(4) 100 foot measuring tape.

(5) Dummy grenade(s).

(6) M2A1 5.56mm ammunition cans weighing 30 pounds. A combination of sand and water of sufficient weight will be needed. Contents of can should not move excessively when lifted. Grip tape will be applied to the sides of the can to improve grip. Ammunition cans used expressly for the CFT should be appropriately marked in order to avoid confusion.

(7) Cones, pylons, utility flags, sand bags or other visible markers.

5. Events

a. Movement To Contact (MTC)

(1) This is a timed event that can be conducted either indoors or outdoors.

(2) The preparatory command is “Ready” and the execute command is “Go.”

(3) The run course will be 880 yards and must be measured for accuracy and set over reasonably level ground. Prior to the conduct of this event, the CCI/CPTR will ensure the running surface is free from hazards or debris that can cause injury to MTC participants.

(4) This event can be conducted on a track or measured surface and should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A wide turnaround point will be implemented to prevent Marines from having to stop and turnaround, causing a loss in time on the event.

(5) Running this event on a treadmill is not authorized.

(6) The goal of this event is for Marines to complete the measured course as quickly as possible.

b. Ammunition Lift (AL)

(1) This is a timed event with a 2-minute time limit.

(2) This event can be conducted either indoors or outdoors.

(3) The preparatory command is “Ready” and the execute command is “Go.”

(4) The AL is a repetitive lift of a 30-pound ammunition can from shoulder height to overhead.

(5) Prior to the start of the AL, Marines will be paired up by weight (within 10 pounds) and by approximate height in order to facilitate efficient transition to the MANUF.

(6) The partner counting repetitions will be located to the side (approx. 90 degree angle) of the Marine performing the AL in order to observe elbow lockout and prevent injury should the participant drop or return the ammunition can to the deck.

(7) When Marines are conducting the AL within close proximity, participants will conduct the event facing away from each other.

(8) Starting position for the AL is to hold the ammunition can sideways at shoulder height with both hands, handle facing away from the participant. The proper lifting technique is head up, chest elevated and lumbar curve maintained. Feet will remain shoulder-width apart or staggered in a basic-warrior stance position.

(9) The ammunition can must be lifted to a point overhead where the elbows are momentarily locked out. The ammunition can does not have to be lifted directly overhead. Once lock out is achieved, the ammunition can will be lowered to a point where the top of the can is at or below chin level. Once the ammo can is returned to this level, this counts as one repetition. To reach this level Marines may have to widen the distance between elbows. The top of the ammunition can is to remain parallel to the deck throughout the entire movement.

(10) A repetition will be counted when a correct and complete overhead lift is performed.

(11) Marines are encouraged to use their legs to generate upward momentum of the ammunition can, especially when fatigued. There is no penalty if Marines choose not to use their legs. Alteration of stance during the AL is permissible.

(12) Marines are authorized to rest during the AL. The ammunition can may be held in the starting position or placed on the deck. If placed on the deck, the ammunition can will be lowered in a controlled movement and not thrown or dropped. Once lowered to the deck, no assistance can be provided when returning the ammunition can to the starting position. Proper technique will be utilized when returning to the starting position.

(13) The CCI or CPTR will monitor the event ensuring elbows are locked out and the ammunition can is lowered to a point at or just below the chin.

(14) The goal of this event is to complete as many correct and complete repetitions as possible in the 2-minute time limit.

c. Maneuver Under Fire (MANUF)

(1) The MANUF is a timed event to be conducted outdoors. The MANUF course should be constructed on a smooth and level grass surface, preferably a football or soccer field. Prior to the conduct of this event, the CCI/CPTR will ensure the running surface is free from hazards or debris that can cause injury to participants.

(2) The MANUF is a 300 yard shuttle run that includes a variety of combat-related tasks, to include crawls, buddy drags/carries, ammunition re-supply, grenade throw and agility running. See Tables 3-1 and 3-2 for MANUF layout.

(3) The number of monitors required is dependent upon the amount of lanes necessary to facilitate maximum throughput of a single running.

(4) The CCI or CPTR is the primary MANUF monitor. Each lane will have one field monitor positioned at the 25 yard line. One grenade pit observer will verify 2 lanes. The rank requirement for MANUF monitors is NCO or above. Grenade pit observers can be any rank. Monitors may rotate as necessary and are authorized to participate in the CFT. Mass starts for the MANUF is not necessary and individual field monitors can start Marines in their individual lanes upon approval of the CCI or CPTR.

For example, if eight MANUF lanes are established, thirteen monitors/observers are required: One primary MANUF monitor, eight field monitors and four grenade pit observers.

(5) Prior to execution, the primary monitor will partner Marines by weight (within 10 pounds) and approximate height (within 6 inches) and assign a lane.

(6) Prior to execution, the primary monitor will ensure partnered pairs are assigned lanes based upon MTC times (from fastest to slowest). Marines with the fastest MTC times will execute the MANUF first in order to ensure a uniform pace that facilitates overall supervision and safety of participants. The Marine from the partnered pair not executing the MANUF first will serve as the Simulated Casualty (SC).

(7) Prior to execution, the primary monitor will direct designated SCs to proceed to the 75 yard line; sit up facing away with legs straight; one yard inboard from the right lateral limit of the assigned lane.

(8) Prior to execution, a dummy grenade will be placed in the center of each lane at the 75 yard line.

(9) Prior to execution, the primary monitor will ensure MANUF participants confirm their lane and SC location.

(10) Marines will start the MANUF while lying in the prone; chest on the ground; one yard inboard from the right lateral limit of the designated lane; on line with the SC located at the 75 yard line. Staggering placement of the legs is permitted.

(11) The preparatory command is “Ready” and the execute command is “Go.” On the command “Go” Marines will rise and sprint to the 25 yard line.

(12) Upon reaching the 25 yard line, Marines will decelerate and execute a forward facing clockwise turn (“J” hook) around the marker placed one yard inboard from the right lateral limit of the lane. Once the forward facing turn has been executed, Marines will assume a high crawl position.

(13) With their chest on or behind the 25 yard line following the “J” hook, Marines will drop and execute a high crawl for 10 yards. The high crawl is characterized by the Marine maintaining contact with the ground with elbows, knees and torso.

(14) After high crawling 10 yards to the 35 yard line, Marines will then execute a modified high crawl for 15 yards to the 50 yard line. The modified high crawl is characterized by the Marine maintaining six (6) points of contact (hands, knees, and feet) with the ground.

(15) After reaching the 50 yard line, Marines will rise and negotiate a network of cones (utility flags/other markers) for 25 yards until reaching the 75 yard line. The SC will be seated at the 75 yard line with legs straight and forearms clasped together.

(16) Upon reaching the SC from the rear, Marines will prepare to conduct a casualty drag by reaching underneath and through the arms of the SC and obtaining a solid grasp on both forearms. Marines will then lift and drag the SC 10 yards through the first two cones at the 65 yard line. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and the natural curve of the lumbar spine maintained. Field monitors may verbally guide Marines dragging the SC through the nearest two cones.

(17) Once the feet of the SC have passed the second cone, the field monitor will direct “Casualty Stand.” Once the SC is fully erect, Marines will lift the SC into the Fireman’s Carry position. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will ensure the SC is placed high on the shoulders. The SC will place the palm of one hand in the small of the back of the Marine doing the carry for support. Marines will then transport the SC 65 yards straight back to the start line without negotiating the remainder of the cone network. Stopping to rest and/or readjust is permitted.

(18) Once the SC is passed through the start line, Marines will place the SC safely on the ground and lift two ammunition cans weighing 30 pounds each. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will transport the two 30 pound ammunition cans back to the 75 yard line, negotiating the cone network while en route.

(19) Upon reaching the 75 yard line, Marines will place the ammunition cans next to the dummy grenade while utilizing a good lowering technique by bending at the knees.

(20) Marines will pick up the dummy grenade and engage the grenade target from the standing position. After the grenade is thrown, Marines will immediately drop to the deck and execute three pushups. The grenade pit observer will signal to the field monitor both verbally and via hand signal whether the grenade throw was a hit or miss.

(21) To be counted as a hit, grenade throws must land directly in the grenade pit or strike the line marking the area. If the grenade lands in the grenade pit area, but rolls out, the throw is considered a hit. The field monitor will report the results of the grenade throw to the Marine after completion of the MANUF. Five seconds will be deducted from the overall MANUF time for hits and five seconds will be added to the overall MANUF time for misses.

(22) After conducting three properly executed push ups, Marines will pick up the ammunition cans, utilizing proper lifting techniques by keeping the head up, chest elevated and buttocks down. After negotiating the cone network, Marines will transport the ammunition cans back to the start line. The primary monitor will ensure a five yard buffer zone is maintained between the start/finish line and any personnel/equipment.

(23) The primary monitor will sound off as event time elapses. The field monitor will provide grenade throw results. Marines will provide MANUF times and grenade throw results at the conclusion of the event. Scores will be calculated as follows:

For example, a Marine with an overall MANUF time of 2:42 and had a hit on the grenade throw portion would report “2:42 with a hit.” The Marine recording will mark the overall time for this Marine as 2:37.

(24) The goal of this event is for Marines to complete the measured course as quickly as possible.

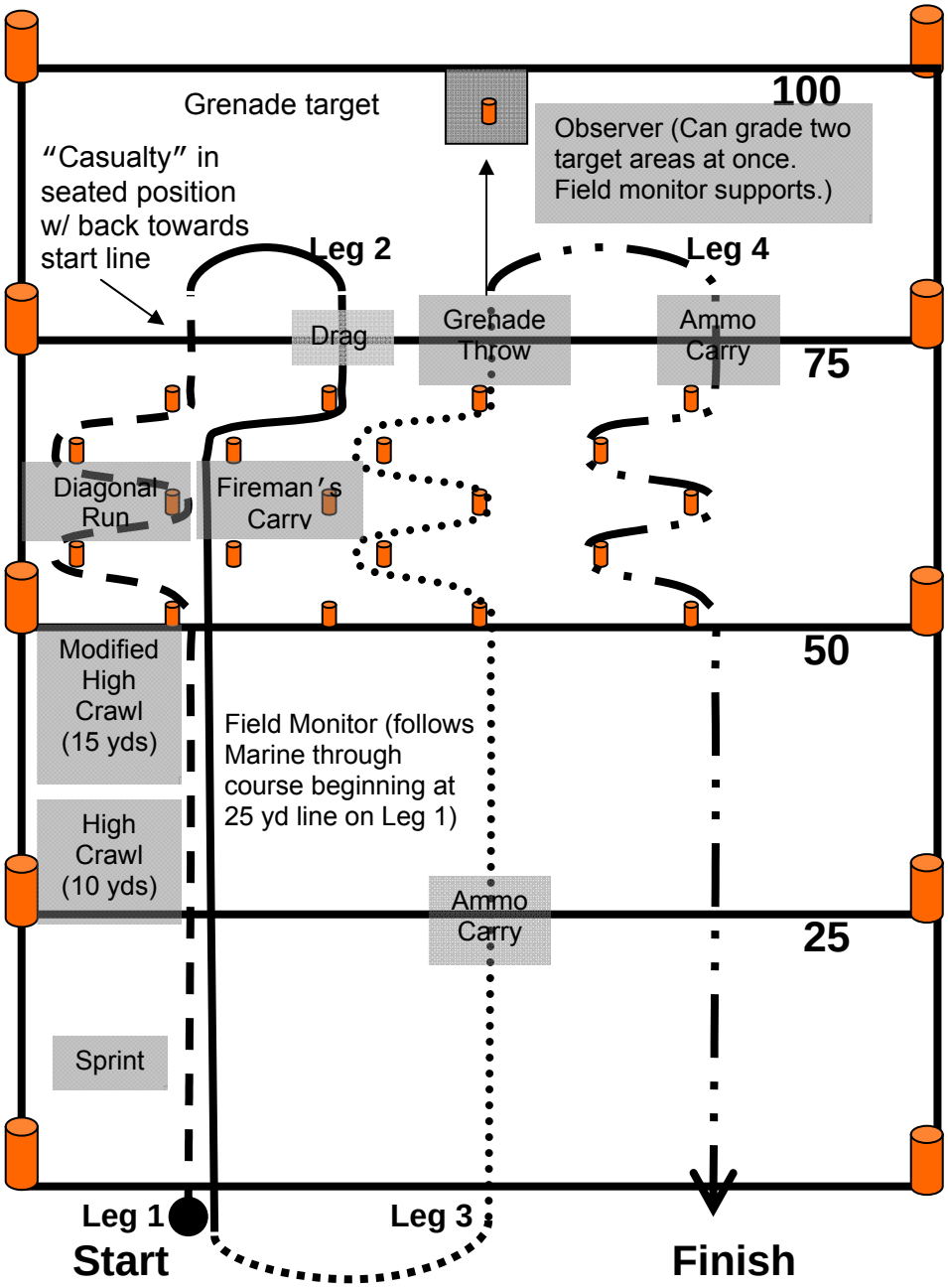
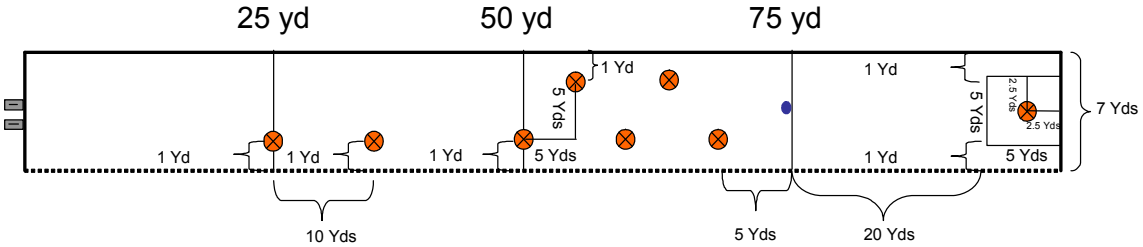


Table 3-1. -- Maneuver Under Fire Layout
(Diagram not to scale -- All events occur within same lane)

Lane Marking

(Lane shown is left most lane)



30 lb Ammo Cans
Dummy grenade ("Blue Body", empty)
Small cone, pylon, red/yellow utility flag, small sandbag or other visible marker

Table 3-2. -- Maneuver Under Fire Lane Marking

6. Performance. The minimum performance requirements for Marines to pass the CFT are contained in table 3-3. Marines must meet or exceed the minimum performance requirements for each event.

CFT Pass/Fail Requirements				
Male				
	17-26	**27-39**	**40-45**	**46+**
MTC	**3:48**	**4:00**	**4:19**	**4:21**
AL	**45**	**45**	**44**	**43**
MANUF	**3:29**	**3:55**	**3:57**	**4:28**
Female				
	17-26	**27-39**	**40-45**	**46+**
MTC	**4:34**	**4:40**	**5:09**	**5:20**
AL	**20**	**21**	**17**	**15**
MANUF	**4:57**	**5:27**	**6:07**	**6:30**

Table 3-3. -- CFT Minimum Performance Requirements

7. Classification. CFT passing criteria has been derived from extensive testing of a wide sample population representing all demographics that comprise the Marine Corps Total Force. There are no differences or separate events based on gender or age. Minimum performance criteria were established utilizing specific performance percentiles, by age group. Marines must achieve the minimum performance requirement for all three events to successfully pass the CFT. Failure to meet the minimum requirement in any one event constitutes a failure of the entire test.

8. Score. The CFT is a Pass/Fail event.

9. Altitude Considerations. Units located at altitudes of 4,500 feet or more above sea level will provide Marines a 30-day acclimatization period prior to conducting a CFT. Marines scheduled to report to commands at altitude in June or December will complete their CFTs prior to detaching. Adjusted times for altitude are not required.

Chapter 4

Remedial Conditioning Program

1. Purpose. The purpose of the Remedial Conditioning Program (RCP) is to provide a structured environment through focused supervision and tailored fitness training in order to adjust the attitudes and improve fitness and appearance levels of Marines that have been degraded due to apathy, injury, disease, pregnancy or prolonged periods of inactivity.

a. Remedial conditioning is a process by which Marines are encouraged and challenged in a progressive manner to meet established fitness and body composition standards.

b. The CCI or CPTR will develop RCP training plans in accordance with reference (b), respective organizational METL, applicable MOS tasks and identified deficiencies of assigned Marines.

c. RCP training should be conducted in small groups in order to facilitate focused instruction, oversight, and positive reinforcement.

d. RCP training groups should be organized by area of deficiency and fitness level. RCP training should be commensurate with ability level and, when possible, weaker Marines should be partnered with stronger Marines.

e. As performance levels improve, Marines should be further reorganized in order to improve remaining deficiencies.

For example, one group may exhibit a deficiency in upper body strength while another may exhibit deficiencies in cardiovascular/respiratory endurance. RCP training plans should be developed that target the specific deficiencies of each group.

2. Requirement. The RCP is a locally managed program with no formal administrative assignment process. RCP assignment is not punitive in nature, but is intended to encourage improvement in overall fitness levels or serve as a supplement to the Marine Corps Body Composition and Military Appearance Program (MCBCMAP). Marines who meet the following criteria will be assigned to the RCP:

a. Marines who are required, but do not take (RDNT) the PFT or CFT.

b. Marines who achieve less than a 3d class score on the PFT or fail to pass the CFT.

c. Marines formally assigned to the Military Appearance Program (MAP).

d. Marines formally assigned to the Body Composition Program (BCP).

e. Marines who routinely demonstrate an inability to physically perform MOS related tasks, as demonstrated by a lack of strength, cardiovascular endurance, mobility, balance, stability, agility, coordination, power, speed or flexibility.

f. Marines recovering from injuries, disease or prolonged periods of inactivity.

3. Assignment

a. The minimum participation period for Marines assigned to the RCP is 30 days, regardless of change in ability.

b. Marines assigned to the RCP must achieve a 3d class PFT score, pass the CFT, and meet established MAP/BCP standards prior to removal. Failure to do so will result in continued RCP participation.

c. Marines will remain in the RCP for the duration of their MAP assignment. Because MAP assignment could continue indefinitely, RCP participation will continue until compliance with established MAP standards is achieved.

d. Marines will remain in the RCP for the duration of their BCP assignment. Marines being administratively processed for BCP failure will remain assigned to the RCP until separated or compliance with established BCP standards is achieved.

e. Marines will remain in the RCP until identified performance related deficiencies have been corrected.

f. Female Marines assigned to the MAP or BCP prior to pregnancy and RTFD status will resume active participation in the RCP upon the recommendation of an APHCP.

4. Procedures

a. Safety

(1) ORM will be utilized in order to ensure RCP participants are not exposed to unnecessary risk.

(2) RCP training plans should be challenging while ensuring measures are taken to avoid over-training and potential overuse injuries.

b. Supervision. Commanders/OICs assist Marines through identification of specific deficiencies and subsequent assignment to the RCP. The CCI or CPTR is primarily responsible to the Commander/OIC for developing RCP training plans that improve fitness, performance and appearance levels. The CCI or CPTR will develop and supervise the performance of Marines assigned to the RCP in order to ensure compliance with established fitness and appearance standards.

c. Measurement. Continuous measurement is the only way to gauge progress. While testing should not supplant training, periodic testing is essential. Progress measurement should include, but is not limited to the execution of periodic PFT, CFT or weigh-ins. At a minimum, Marines assigned to the RCP will be evaluated at least once during each 30-day assignment.