

2019 DEPLOYED FORCES FITNESS COURSE REGISTRATION

PLEASE MAKE YOUR SELECTION(S) BY CHECKING THE BOX NEXT TO THE COURSE TITLE. ONE REGISTRATION FORM MUST BE SUBMITTED PER COURSE.

NAME: _____ RATE/RANK: _____

WORK PHONE: _____ CELL PHONE: _____

EMAIL: _____

COMMAND: _____

LCPO/CPO NAME: _____

LCPO/CPO EMAIL: _____

CFL NAME: _____

CFL EMAIL: _____

PLEASE INITIAL THAT YOU HAVE READ AND UNDERSTAND THE REQUIREMENTS BELOW.

FOR PARTICIPANT

_____ Attendance is required every day of course dates. You must attend all sessions to receive the certificate. Therefore, it is imperative that arrangements are made to ensure full attendance.

_____ If I am unable to attend, I will notify the course instructor immediately.

_____ I understand that I have committed to attend this certification course and upon completion, I will teach _____ classes per week for the investment the command has made in me. However, this will be dictated by operational commitments/responsibilities.

Participant's Signature _____ Date _____

FOR COMMAND

Command approves and acknowledges above participant will be attending the **SELECTED** course(s). Commanding Officer, Executive Officer or Command Master Chief signature and date below is required for participant to attend course.

CO/XO/CMC Signature _____ Date _____

JANUARY

- 15 NOFFS OPS
- 22 NOFFS STRENGTH
- 29 NOFFS ENDURANCE
- 30-31 MISSION NUTRITION

FEBRUARY

- 05 NOFFS SANDBAG
- 12 NOFFS ESD - EQUIPMENT BASED
- 19 NOFFS REGENERATION

MARCH

- 05 NOFFS OPS
- 12 NOFFS STRENGTH
- 19 NOFFS ENDURANCE

APRIL

- 09 NOFFS SANDBAG
- 16 NOFFS ESDB - EQUIPMENT BASED
- 23 NOFFS REGENERATION
- 29-30 MISSION NUTRITION

MAY

- 07 NOFFS OPS
- 14 NOFFS STRENGTH
- 21 NOFFS ENDURANCE

JUNE

- 04 NOFFS SANDBAG
- 11 NOFFS ESD - EQUIPMENT BASED
- 18 NOFFS REGENERATION

JULY

- 03 UNCLE SAM CHALLENGE
- 09 NOFFS OPS
- 16 NOFFS STRENGTH
- 23 NOFFS ENDURANCE

AUGUST

- 06 NOFFS SANDBAG
- 13 NOFFS ESD - EQUIPMENT BASED
- 20 NOFFS REGENERATION
- 27-28 MISSION NUTRITION

SEPTEMBER

- 10 NOFFS OPS
- 17 NOFFS STRENGTH
- 24 NOFFS ENDURANCE

OCTOBER

- 08 NOFFS SANDBAG
- 15 NOFFS ESD - EQUIPMENT BASED
- 22 NOFFS REGENERATION

NOVEMBER

- 05 NOFFS OPS
- 12 NOFFS STRENGTH
- 19 NOFFS ENDURANCE
- 20-21 MISSION NUTRITION

DECEMBER

- 03 NOFFS SANDBAG
- 10 NOFFS ESD - EQUIPMENT BASED
- 17 NOFFS REGENERATION

SPECIAL EVENTS/CHALLENGES

- March 15 THE ICE BREAKER CHALLENGE
- May 31 THE BEACH BODY TEST
- July 03 UNCLE SAM CHALLENGE
- October 31 HALLOWEEN FITNESS GAUNTLET
- December 13 BURN IT TO EARN IT

WWW.NAVYMWRMIDLANT.COM/DFP

Email registration form to DFSFitness@navy.mil

WATERFRONT FITNESS SPECIALISTS CONTACT:

757-444-7635 | 757-444-0345