



UNITED STATES MARINE CORPS
I MARINE EXPEDITIONARY FORCE HEADQUARTERS GROUP
I MARINE EXPEDITIONARY FORCE
BOX 555325
CAMP PENDLETON, CA 92055-5325

GruO 6100.1B
S-3
SEP 19 2011

GROUP ORDER 6100.1B

From: Commanding Officer
To: Distribution List

Subj: MARINE CORPS BODY COMPOSITION (BCP) AND MILITARY APPEARANCE PROGRAMS (MAP)

Ref: (a) MARCORMAN
(b) MCO 6110.3 W/ CH 1
(c) MCO 6100.13 W/ CH 1
(d) DODINST 1308.3, "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002
(e) MCO 3500.27B
(f) MCO 5210.11E
(g) MCO P1900.16F
(h) SECNAVINST 1920.6C
(i) NavMed P-117
(j) MCO 5000.12E
(k) BUMEDINST 6320.66E
(l) MCTFSPRIUM
(m) MCO P1400.32D
(n) MCO P1400.31C
(o) MCO P1040.31J
(p) MCO P1326.6D
(q) MCO P1070.12K
(r) MCO P1610.7F
(s) MHG SFRAGO 11-011

Encl: (1) BCP Evaluation Form
(2) MAP Evaluation Form
(3) NAVMC 118, Individual Administrative Remarks
(4) I MHG BCP/MAP Counseling Forms
(5) I MHG BCP/MAP Remedial Conditioning Program Tracker

1. Situation. I Marine Expeditionary Force Headquarters Group (I MHG) continues to improve the readiness of its force via enforcement of the Body Composition Program. This Group Order will outline steps to be taken when a Marine does not meet the Marine Corps' height and weight and military appearance standards.

2. Cancellation. Group Order 6100.1A

3. Mission. All Marines must maintain themselves within Marine Corps weight and body fat standards in order to promote health and physical fitness in accordance with reference (c) in order to maintain a constant state of combat readiness commensurate with our expeditionary nature.

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4. Execution

a. Commander's Intent

(1) Purpose. To establish I MHG's policy for placing Marines on the Body Composition Program (BCP) and Military Appearance Program (MAP).

(2) Method. Through the use of proper tools (e.g. education, supervision, and positive reinforcement), leaders will make their Marines successful in achieving and maintaining a healthy and fit lifestyle. Individuals who fail to meet these standards will be assigned to the BCP/MAP for an initial assignment not to exceed six months (See coordinating instructions for extension assignment explanation).

(3) Endstate. All Marines are physically capable to perform their duties and maintain the Corps' height and weight standards. Additionally, Marines who do not meet established standards will be counseled accordingly and given the opportunity and proper guidance to achieve the standards through the BCP/MAP and Remedial Conditioning Program (RCP).

b. Concept of Operations

(1) The I MHG Commanding Officer will assign Marines to the BCP and RCP who fail to comply with established weight and body composition standards, in accordance with reference (d). For purposes of this Order, I Marine Expeditionary Force Command Element (I MEF CE) personnel will be assigned, monitored, and reported through the I MHG Operations Chief in conjunction with the I MHG Headquarters Company Chain of Command (HQ Co CoC).

(2) The I MHG S-3 Operations Chief is the Command Physical Training Representative (CPTR) for I MEF and I MHG. The CPTR will maintain the master roster and the I MHG BCP/MAP Tracker for all Marines assigned to the program. The HQs Co Staff will assign four Combat Conditioning Instructors (CCIs) to assist the CPTR. I MEF CE OICs and SNCOICs will assign a CCI to assist the I MHG HQ Co CoC in supervising and implementing this order. There are no prerequisites for CCI/CPTR assignment. The CPTR, the HQ Co CoC, and the respective section OIC/SNCOICs will coordinate weekly to ensure compliance with the following steps:

(a) The I MHG CPTR will notify the Marine's Chain of Command; either the I MHG Headquarters Company or I MEF CE section OIC/SNCOIC, that a Marine is out of standard and a medical evaluation is necessary. The CPTR will add SNM or SNO to the I MHG BCP/MAP Tracker.

(b) The Chain of Command or respective I MEF CE Section OIC/SNCOIC will then send the Marine to medical for evaluation by an Appropriately Privileged Health Care Provider (APHCP). The APHCP will make the following determinations and recommendations:

1. Weight gain is due to underlying medical conditions.
2. Medical clearance to participate in BCP-MAP RCP.
3. Physical limitation/restrictions.
4. Recommended weight and body composition fat reduction

goals.

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5. Recommended nutritional and dietary measures.

(c) When diagnosed with an underlying medical condition or associated disease, the AHCP will make an appropriate annotation in the Marine's Health Record and make the following recommendation(s)/ take the following action(s):

1. Treat/alleviate the medical condition, return Marine to RTFD, and recommend for assignment to the BCP or MAP.

2. Hospitalize the Marine for Obesity treatment.

3. Diagnose the condition/disease as untreatable or permanent in nature and forward to a PEB for determination of fitness to continue military service.

4. Marines will be placed and remain in an inactive status until the condition is resolved.

(3) The I MHG Company Commander or I MEF CE Section OIC will counsel all Marines assigned to the BCP on the following:

(a) Deficiencies.

(b) Corrective action required.

(c) Information regarding BCP assignment responsibilities.

(4) Marine will sign the BCP or MAP evaluation form.

(5) All packages requiring a 6105/page 11 entry will be routed through the HQs Company Commander. The I MHG Company Commander will route the BCP package to the I MHG Commanding Officer for page 11/6105 counseling entries in accordance with reference (g). The I MHG Company Commander will ensure that the I MHG S-3 BCP/MAP tracking document is updated upon page 11/6105 entry.

(6) The respective I MHG staff section OIC and SNCOIC will retain all completed BCP packages and coordinate their Marine's BCP/MAP execution with the CPTR and CCIs via the weekly coordination meeting.

c. Tasks

(1) S-3, I MHG HQ

(a) Appoint I MHG Operations Chief as the I MHG CPTR. The assigned CPTR is responsible to the Commander for development, implementation, management and supervision of the organizational, BCP/MAP and RCP. The CPTR's duties responsibilities include, but are not limited to:

1. Select and train Body Composition Evaluators (BCE), as required.

2. The CPTR is responsible for providing periodic feedback to the Senior Enlisted Advisor, Executive Officer and Commander/OIC regarding the status and performance of Marines assigned to the MAP.

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(b) Convene weekly BCP/MAP coordination meeting.

(c) Coordinate with the Company staff, I MEF CE Section SNCOICs, and CCIs on all BCP and MAP Marines and packages.

(d) Submit all BCP/MAP entries using the Training Management System in Marine OnLine.

(2) I MEF CE Section OICs

(a) Assign a SNCO or officer to attend weekly BCP/MAP coordination meetings.

(b) Section OICs and SNCOs will continuously monitor all members of their command to ensure assigned personnel maintain the proper body composition standards per the references.

(c) Section OICs and SNCOs will identify all personnel in their units who are "not within standard" (Marines considered not within these standards when their body weight and body fat exceed the maximum limits as contained in the reference) and have those personnel report to the I MHG S-3 section for further evaluation and processing.

(d) Per the references, sections will ensure their assigned Marines participate in a remedial conditioning program and ensure the commensurate administrative entries (FITREP/PRO-CON) are completed.

(e) Submit no later than 10 working days from identification that a Marine is out of standards, all packages to the I MHG HQ Co CoC or the CPTR for follow-on processing.

(3) I MHG HQ Company

(a) Conduct 100 percent weigh-in and measurement of personnel at a minimum on a quarterly basis.

(b) I MHG Section OICs and SNCOs will continuously monitor all members of their command to ensure assigned personnel maintain the proper body composition standards per the reference.

(c) I MHG Section OICs and SNCOs will identify all personnel in their units who are "not within standard" (Marines considered not within these standards when their body weight and body fat exceed the maximum limits as contained in reference (c)), and have those personnel report to the I MHG Company Office for further evaluation and processing.

(d) Per the references, conduct a remedial conditioning program for Marines in HQ Co/I MEF CE who have been placed on the BCP and ensure the commensurate administrative entries (FITREP/PRO-CON) are completed.

(e) In conjunction with the I MHG S-3 Section, select and assign in writing four CCIs who will be responsible to the Company Commander for the supervision and implementation of this order.

(f) Upon notification that a Marine is not within standards, the Company Office in conjunction with the I MHG S-3 Section will have the CCI

evaluate and administratively process the Marine into the BCP/MAP as per reference (c).

(g) Submit no later than 10 working days from identification that a Marine is out of standards, all packages to the I MHG HQ Co CoC or the CPTR for follow on processing.

(4) I MHG MP Support Company

(a) Continuously monitor all members of command to ensure assigned personnel maintain the proper body composition standards per the references.

(b) Identify all personnel in their units who are "not within standard" (Marines considered not within these standards when their body weight and body fat exceed the maximum limits as contained in the reference(c)), and have those personnel report to the I MHG Company Office for further evaluation and processing.

(c) Per the references, conduct a remedial conditioning program for Marines in their companies that have been placed on the BCP and ensure the commensurate administrative entries (FITREP/PRO-CON) are completed.

(d) Select and assign in writing a CCI who will be responsible to the company commander for the supervision and implementation of this order.

(e) Upon notification that a Marine is not within standards, the Company Office will have the CCI evaluate and administratively process the Marine into the BCP/MAP as per the Reference (c).

(f) Submit no later than 10 working days from identification that a Marine is out of standards, all packages to the I MHG HQ Co CoC or the CPTR for follow on processing.

(5) Assigned CCIs

(a) The CCI, in coordination with the CPTR, is responsible for coordinating and supervising the execution of weigh-ins and BCE at the company/I MEF CE section level. Responsibilities may include, but are not limited to, the following:

1. Report BCE findings to the CPTR for those Marines who exceed weight and body composition standards in accordance with the reference.

2. Document and record BCE data in the Marine's package.

3. Manage and maintain BCE documentation in accordance with references.

(b) BCE documentation will contain, but is not limited to, the following:

1. BCP Evaluation Form.

2. Medical documentation.

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3. Counseling records.
4. Periodic weigh-in and BCE results.
5. RCP training log.
6. Physical Fitness Test (PFT)/Combat Fitness Test (CFT) performance results.

(c) The CCI will coordinate diet and nutrition seminars or coordinate appointments with Semper Fit fitness and lifestyle professionals for Marines assigned to the BCP or MAP.

(d) The CCI will ensure Marines on their first BCP assignment order and complete MCI 4133 (Semper Fit Basic).

(e) The CCI will ensure Marines on their second or subsequent BCP assignment order complete MCI 4134 (Semper Fit Advanced).

(f) The CCI, in conjunction with the CPTR, is responsible for providing periodic feedback to the Senior Enlisted Advisor, Executive Officer and Commander/OIC regarding the status and performance of Marines assigned to the MAP.

(g) Upon notification, the CCI will initiate MAP evaluation procedures utilizing the MAP Evaluation Form.

(h) The CCI will document and record MAP performance data.

(i) The CCI will manage and maintain MAP documentation. MAP documentation will contain, but is not limited to, the following:

1. MAP Evaluation Form.
2. Counseling records.
3. Periodic weigh-in and BCE results.
4. RCP training log.

(6) Individual Marine

(a) Every Marine will conform to established Marine Corps weight and body composition standards and present a suitable military appearance, regardless of age, grade, gender or duty assignment.

(b) Marines who exceed established Marine Corps weight and body composition standards will take the necessary action to return to standard within the prescribed timeline.

(c) Marines who do not present a suitable military appearance will take all necessary action to improve their appearance within prescribed timelines. Failure to do so may result in formal assignment to the MAP which decreases competitiveness for selection for promotion and administrative action that includes limitations on promotion, retention and assignment.

d. Coordinating Instructions

(1) Enclosures (1) through (5) provide the supporting documents and general outline for the sequence of events related to BCP and MAP assignment and tracking.

(2) Per reference (b), weigh-ins will be conducted in USMC green on green PT gear.

(3) Assistance in maintaining or achieving the USMC standards for physical fitness can be obtained from the Semper Fit Office, Marine Corps Community Service, and Medical.

(4) Logs will be maintained in accordance with enclosure (4) to record weigh-ins and counselings.

(5) During the last week of each month, each company and I MEF CE CCI will report progress of BCP/MAP personnel to the I MHG S-3.

(6) Units will maintain counseling sheets per enclosure (4).

(7) Extensions

(a) Marines on a first assignment may receive an extension at the discretion of the Commanding Officer.

(b) Extensions may be granted for one 6-month period to Marines not making weight but who have demonstrated progress.

(c) No more than one extension is authorized.

(8) Second/Subsequent Assignment

(a) Marines previously assigned to the BCP at any time in their career failing to meet weight and body composition standards receive a second one-time 6-month assignment to BCP.

(b) Extensions to second/subsequent assignments are not authorized.

5. Administration and Logistics

a. Administration

(1) BCP and MAP packages will be maintained by the I MHG S-3 Section.

(2) Per reference (b), Permanent Change of Station/Assignment (PCS/PCA) Orders. A Marine can be transferred, receive PCS/PCA orders during an initial assignment or under an extension to an initial BCP/MAP assignment. Marines will not be transferred or execute PCS/PCA orders while on a second or subsequent assignment to the BCP. For transferred Marines on their initial BCP assignment, losing commands will ensure the original BCP file in its entirety is forwarded to the gaining command by registered/receipt mail within 7 days of departure. The losing command will retain a copy of the file in accordance with reference (e). Marines assigned to the MAP are eligible for PCS/PCA and End of Active Service (EAS). When a Marine on first assignment receives PCS/PCA orders, the unit will make a copy of the Marine's

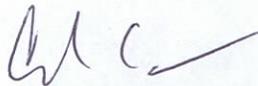
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BCP/MAP folder and send the original BCP/MAP folder and appropriate paperwork to the their next command via official mail.

(3) Per reference (b), Marines on BCP and MAP are deployable. BCP Marines are not deployable on their second assignment.

(4) Per reference (b), while deployed to a hostile fire zone, and in receipt of hostile fire pay, the Commanding Officer may submit a waiver to the appropriate MARFOR. Upon approval, a BCP/MAP assignment waiver will apply to all Marines within the command. Affected Marines will be placed in an inactive status and will not be evaluated by their commands. However, Marines should continue a reasonable attempt to conform to body composition standards and present a suitable military appearance. While assigned to the BCP/MAP, Marines are ineligible for promotion or reenlistment, regardless of combat zone assignment or BCP status.

6. Command and Signal. This order is applicable to the I MHG and I MEF CE personnel. I MHG Subordinate Elements are expected to have a BCP/MAP order at the battalion level.



E. C. GREELEY
Acting

Distribution: A

BCP Evaluation Form

| | | | | | | | | | | | |
|--|--|----------------------------|--------------|-----------|-------------------|---|-----|------------|-----|---------|-----|
| FOUO - Privacy Sensitive when filled in | | BCP EVALUATION FORM | | | | | | | | | |
| Unit | | Respondent Information | | | | | | | | | |
| Rank | First Name | MI | Last Name | | SSN | DOB | | | | | |
| Initial BCP Assessment | | | | | | | | | | | |
| Date | Height | Weight | Max Weight | BC% | Max BC% | | | | | | |
| Combat Conditioning Instructor/Command PT Representative | | | | | | | | | | | |
| Rank | First Name | MI | Last Name | | Signature | Date | | | | | |
| Initial Medical Evaluation | | | | | | | | | | | |
| Findings | Weight gain due to an underlying cause or disease, additional medical testing/evaluation required | | | | | | | | | | |
| | Weight gain due to an underlying cause or disease, residential obesity program recommended | | | | | | | | | | |
| | Weight gain not due to an underlying cause or disease, fit for assignment to BCP and RPCP | | | | | | | | | | |
| | Weight gain not due to an underlying cause or disease, fit for assignment to BCP with limitations | | | | | | | | | | |
| Recommendations | | | | | | | | | | | |
| Limitations | | | | | | | | | | | |
| ACHCP | | | | | | | | | | | |
| Rank | First Name | MI | Last Name | | Title | Service | | | | | |
| Signature | | | | | Date | | | | | | |
| BCP Monthly Objectives | | | | | | | | | | | |
| Month 1 | | Month 2 | | Month 3 | | Month 4 | | Month 5 | | Month 6 | |
| Weight | BC% | Weight | BC% | Weight | BC% | Weight | BC% | Weight | BC% | Weight | BC% |
| BCP Assignment | | | | | | | | | | | |
| Assignment | | Start Date | | End Date | | Target Weight | | Target BC% | | | |
| Evaluation | First | Extention | Second | | | | | | | | |
| Commanding Officer | | | | | | | | | | | |
| Rank | First Name | MI | Last Name | | Unit Diary Number | Date | | | | | |
| Signature | | | | | Date | | | | | | |
| Respondent Acknowledgement | | | | | | | | | | | |
| Initial | I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program. | | | | | | | | | | |
| | I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation. | | | | | | | | | | |
| | I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation. | | | | | | | | | | |
| | I understand I am required to complete MCI Course 3316, "Basic Nutrition." (First assignment to BCP only) and adhere to the nutritional guidance provided by an ACHCP throughout my assignment to the BCP. | | | | | | | | | | |
| | I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP. | | | | | | | | | | |
| Respondent Signature | | | | | | Date | | | | | |
| Final BCP Assessment | | | | | | | | | | | |
| Start Weight | Start BC% | Start Date | Final Weight | Final BC% | End Date | | | | | | |
| BCP Determination | | | | | | | | | | | |
| Initial | 1st/2d Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary. | | | | | | | | | | |
| | 1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation. | | | | | | | | | | |
| | 1st Assignment: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months. | | | | | | | | | | |
| | Extension: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment. | | | | | | | | | | |
| | Extension/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation. | | | | | | | | | | |
| Respondent Signature | | | | | | Date | | | | | |
| Commanding Officer | | | | | | | | | | | |
| Rank | First Name | MI | Last Name | | Unit Diary Number | Date | | | | | |
| Signature | | | | | Date | | | | | | |
| NAVMC 11621 (06-08) (EF) | | | | | | | | | | | |
| | | | | | | FOUO - Privacy Sensitive when filled in | | | | | |

MAP Evaluation Form

| | | | | | |
|--|--|------------------------|------------|--------------------|---|
| FOUO - Privacy Sensitive when filled in | | | | | |
| MAP Evaluation Form | | | | | |
| Unit | | Respondent Information | | | |
| Rank | First Name | MI | Last Name | SSN | DOB |
| Initial MAP Assessment | | | | | |
| Date | Height | Weight | Max Weight | BC% | Max BC% |
| Combat Conditioning Instructor/Command PT Representative | | | | | |
| Rank | First Name | MI | Last Name | Signature | Date |
| Photo | Executive Officer | | Rank | Name | |
| | Sergeant Major/Senior Enlisted Advisor | | Rank | Name | |
| | Findings | | | | |
| | Respondent presents suitable military appearance | | | | |
| | Respondent does not present suitable military appearance due to subjective personal appearance indicators | | | | |
| | Respondent does not present suitable military appearance due to improper weight distribution | | | | |
| | Recommendation | | | | |
| | MAP assignment not warranted, no further action required | | | | |
| | MAP assignment required in order to ensure compliance with military appearance standards | | | | |
| | MAP Assignment | | | | |
| Start Date | Initial End Date | Target BC% | Start Date | Extension End Date | Target BC% |
| Commanding Officer | | | | | |
| Rank | First Name | MI | Last Name | Unit Diary Number | Date |
| Signature | | | | Date | |
| Respondent Acknowledgement | | | | | |
| Initial | I understand I do not present a suitable military appearance and that failure to comply with established height/weight and body composition standards may result in my assignment to the Body Composition Program. | | | | |
| | I understand I am required to comply with established body composition, personal hygiene, grooming and uniform standards within the prescribed timeline and failure to do so may result in my continued assignment to the Military Appearance Program. | | | | |
| | I understand I am required to meet established military appearance standards, participate in the unit Remedial Physical Conditioning Program and that failure to do so may result in my continued assignment to the MAP. | | | | |
| | I understand I am required to complete MCI Course 3316, "Basic Nutrition." (First assignment to MAP only) and adhere to the nutritional guidance provided by an ACHCP throughout my assignment to the MAP. | | | | |
| | I understand my participation in RPCP is mandatory while assigned to the MAP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the MAP. | | | | |
| Respondent Signature | | | | Date | |
| MAP Determination | | | | | |
| Initial | You are in compliance with Marine Corps military appearance standards, and are officially removed from the MAP (and RPCP) on the Unit Diary. | | | | |
| | You are not in compliance with Marine Corps military appearance standards, your assignment to the MAP (and RPCP) remains in effect. | | | | |
| | You are not in compliance with Marine Corps body composition standards and will be evaluated for assignment to the Body Composition Program (and RPCP). | | | | |
| Respondent Signature | | | | Date | |
| Commanding Officer | | | | | |
| Rank | First Name | MI | Last Name | Unit Diary Number | Date |
| Signature | | | | Date | |
| | | | | | FOUO - Privacy Sensitive when filled in |

NAVMC 11620 (06-08) (EF)

G

ADMINISTRATIVE REMARKS (1070)

| | | |
|---|---|--|
| DATE | DATE | |
| Articles UCMJ explained to me this date as required by Article 137, UCMJ. | Articles UCMJ explained to me this date as required by Article 137, UCMJ. | |
| (Signature) | (Signature) | |

| | |
|----------------------------|-----|
| NAME (last, first, middle) | SSN |
|----------------------------|-----|

NAMVC 118(11) (REV. 3-82) (EF) SN: 0109-LF-062-8400 U/I: SH
PREVIOUS EDITIONS WILL BE USED



UNITED STATES MARINE CORPS

HEADQUARTERS COMPANY
I MARINE EXPEDITIONARY FORCE HEADQUARTERS GROUP
I MARINE EXPEDITIONARY FORCE
BOX 555325
CAMP PENDLETON, CA 92055-5325

Rank/Name: _____ SSN: _____

Start Date: _____ Start WT/BF%: _____ Target WT/BF%: _____

| | | |
|--------------|-------------------------|------------------|
| WEEK #1 | Positive: _____ | Negative: _____ |
| Counseling: | _____ _____ _____ | |
| SNM: _____ | Sign | Counselor: _____ |
| | | Sign |
| WT/BF% _____ | Date: _____ | Print: _____ |

| | | |
|--------------|-------------------------|------------------|
| WEEK #2 | Positive: _____ | Negative: _____ |
| Counseling: | _____ _____ _____ | |
| SNM: _____ | Sign | Counselor: _____ |
| | | Sign |
| WT/BF% _____ | Date: _____ | Print: _____ |

| | | |
|--------------|-------------------------|------------------|
| WEEK #3 | Positive: _____ | Negative: _____ |
| Counseling: | _____ _____ _____ | |
| SNM: _____ | Sign | Counselor: _____ |
| | | Sign |
| WT/BF% _____ | Date: _____ | Print: _____ |

**I MEF/I MHG
BCP/RCP PT TRACKER**

| | | WEEK #1 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #2 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #3 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #4 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #5 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #6 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #7 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |

| | | WEEK #8 | | | |
|-------------------|--|------------|-----------|------------|-----------|
| TRAINING EXERCISE | | BCP MARINE | SIGNATURE | INSTRUCTOR | SIGNATURE |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |