

FITNESS IMPROVEMENT PROGRAM (FIP)

Progress Chart

PRIVACY ACT STATEMENT

AUTHORITY: 10 USC 8013 & EO 9397

PRINCIPLE PURPOSE: To process members into and through the Air National Guard Fitness Improvement Program

ROUTINE USE: None

DISCLOSURE: Mandatory. Failure to furnish information may result in administrative action or punishment.

The results of the annual Air National Guard Fitness Program (ANGFP) show that you do not meet the established fitness standards in accordance with ANGI 10-248, Air National Guard Fitness Program. Entry into the FIP and a reassessment in six months is required. You can request to be reevaluated at any time while assigned to the FIP. If you do request early reassessment and do not reach the minimum fitness standards, you will be continued in the FIP.

Instructions. Use this progress chart (one chart for each month) to record your physical fitness activities. For each day you exercise, please write in the type of exercise and time spent on that activity.

You must report to the Unit Fitness Program Manager (UFPM) quarterly to review your progress chart. Failure to do so may warrant administrative action.

NAME _____ DATE _____ DATE OF QUARTERLY REVIEW WITH UFPM _____

DAY	1	2	3	4	5	6	7	8	9	10	
AEROBIC/CARDIO TRAINING											
STRENGTH/MUSCULAR TRAINING											
FLEXIBILITY TRAINING											
DAY	11	12	13	14	15	16	17	18	19	20	
AEROBIC/CARDIO TRAINING											
STRENGTH/MUSCULAR TRAINING											
FLEXIBILITY TRAINING											
DAY	21	22	23	24	25	26	27	28	29	30	31
AEROBIC/CARDIO TRAINING											
STRENGTH/MUSCULAR TRAINING											
FLEXIBILITY TRAINING											

HEALTH PROMOTIONS MANAGER (Initial FIP enrollment) _____ DATE _____

QUARTERLY REVIEW (UFPM signature) _____ DATE _____