

JOINT BASE PEARL HARBOR-HICKAM

# FITNESS/NUTRITION/TRAINING REQUEST

TWO-WEEK NOTICE RECOMMENDED FOR ALL FITNESS REQUESTS.

Please print clearly. Send requests to JBPHH Fitness Training Director, Mark McFarland via fax at (808) 471-1998 or e-mail at mark.mcfarland@navy.mil.

FROM (Name of Requestor): \_\_\_\_\_ DATE: \_\_\_\_\_

COMMAND/UNIT: \_\_\_\_\_

DATE REQUESTING: \_\_\_\_\_ TIME (Start to Finish): \_\_\_\_\_

LOCATION: \_\_\_\_\_ APPROXIMATE NUMBER OF PARTICIPANTS: \_\_\_\_\_

## SERVICES REQUESTED (Check all that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> CARDIOVASCULAR TRAINING.PPT (60 minutes) | <input type="checkbox"/> PROPER STRETCHING.PPT (30 minutes) |
| <input type="checkbox"/> FITNESS & NUTRITION.PPT (60 minutes)     | <input type="checkbox"/> SPORTS SAFETY.PPT (45 minutes)     |
| <input type="checkbox"/> INTRO TO FITNESS.PPT (60 minutes)        | <input type="checkbox"/> STRENGTH TRAINING.PPT (60 minutes) |
| <input type="checkbox"/> MISSION NUTRITION (16 hours)             | <input type="checkbox"/> TRX TRAINING                       |
| <input type="checkbox"/> NOFFS (Locally called OFFS)              | <input type="checkbox"/> WEIGHT MANAGEMENT                  |
| <input type="checkbox"/> OFFICIAL CFL COURSE *                    |   |
| <input type="checkbox"/> PROGRAM OVERVIEW (30 minutes)            | <input type="checkbox"/> OTHER _____                        |

## TRAINING & GROUP EXERCISE SESSIONS (FIP/FEP Programs)

- |   |  |
|---|--|
| <input type="checkbox"/> CARDIOVASCULAR TRAINING  | <input type="checkbox"/> OUTDOOR CONDITIONING        |
| <input type="checkbox"/> CIRCUIT CLASSES          | <input type="checkbox"/> OUTDOOR CIRCUIT             |
| <input type="checkbox"/> CORE CARDIO CONDITIONING | <input type="checkbox"/> PROPER STRETCHING           |
| <input type="checkbox"/> FITNESS CHALLENGE        | <input type="checkbox"/> STRENGTH CIRCUIT (NAUTILUS) |

SIGNATURE: \_\_\_\_\_

DUTY PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_



For R2R workout schedule or other fitness program information, go to [www.greatlifehawaii.com](http://www.greatlifehawaii.com).