

**MONTHLY PROGRESS REPORT**

NAME/RANK	Unit	SN	Date

COMPONENT		Digressing	Maintaining	Improving	Comments
FORCE Results	20 mR				
	Sandbag Lift				
	Loaded Shuttles				
	Sandbag Drag				
Waist Circumference					
VO2 max					
Points on FORCE					
Movement Prep					
Back Fitness					
Strength					
Endurance					
Core Stabilization					
Flexibility/Mobility					
Speed/Agility/Quickness					
Power					
Compliance	Attendance				
	Attitude				
	Motivation				
	Progression				
Health Promotion Courses					
General Comments					
Recommendations: The PSP Fitness Department makes the following recommendations	<input type="checkbox"/> No status change <input type="checkbox"/> Change status to Personal Training Category <input type="checkbox"/> Return to Unit PT				

*NA – not assigned at this time