

NOAA CORPS PERSONAL FITNESS PLAN			
All NOAA Corps Officers shall complete Sections 1-4 annually and submit to their immediate supervisor (if NOAA Corps) or to their Line Office Liaison. The supervisor or Line Office Liaison shall keep the officer's most current form on file electronically.			
1.	NAME (Last, First, Middle Initial)	DATE	UNIT
2.	My Fitness & Health Improvement goal is:		
3.	I plan to meet NOAA Corps physical fitness requirements of 180 minutes per week of moderate to vigorous physical activity by doing the following:		
3a.	MY AEROBIC ACTIVITY PLAN		
	Activities	Time (min)	Intensity
3b.	MY STRENGTH TRAINING PLAN		
	Activities	Time (min)	Frequency (# days/wk)
4.	OFFICER SIGNATURE	SUPERVISOR SIGNATURE	
PRIVACY ACT STATEMENT			
Authority	5 U.S.C. § 301; 44 U.S.C. § 3101; 33 U.S.C. § 3007		
Purpose:	To assess an individual's fitness level as part of the NOAA Corps Physical Fitness Policy		
Routine Uses:	Information will be used by NOAA Corps officers to evaluate an individual's physical fitness and develop a personal fitness plan. Disclosure of this information is permitted under the Privacy Act of 1974 (5 U.S.C. Section 552a), to be shared with applicable entities related to the purposes described above. Disclosure of this information is subject to all of the published routine uses as identified in the Privacy Act System of Records Notice, COMMERCE/DEPT-31, COMMERCE/NOAA-22, COMMERCE/NOAA-3, OPM-GOVT 10.		
Disclosure:	Furnishing this information is mandatory. Failure to furnish this information may impede the health and fitness assessment process.		