

**FORCE FITNESS INSTRUCTOR COURSE (FFIC)
COMMAND SCREENING CHECKLIST**

NAME:

RANK:

UNIT:

EDIPI:

PREREQUISITES

COMMENTS

1. Appropriate Grade, Sergeant and above.
No waiver will be accepted for Corporal
and below.

YES NO

2. Minimum 1 year obligated service upon completion of course.

EAS: _____

YES NO

3. Are there any existing family or
financial hardships that would preclude
this individual from attending this course?

YES NO

4. Possesses appropriate uniform and equipment for this course?
Gear list <https://www.fitness.marines.mil/Force-Fitness-Instructor/>

YES NO

5. Marines must run a PFT and CFT 30 days prior to attending the
course and capable of obtaining a 1st Class PFT and CFT upon
check-in.

Certified by: _____
Date/Score of PFT: _____
Date/Score of CFT: _____

YES NO

6. Meets height/weight standards per MCO 6110.3A W/CH-1

Date of Weigh-in: _____
HT: _____
WT: _____
BF% (if applicable): _____

YES NO

Note: Must be stamped and signed by Unit S-3

7. Currently in a full duty status, and have been in a
full duty status for at least six months prior to course convene date.

YES NO

Medical provider name: _____
Date of physical: _____
Medical provider billet: _____
Medical provider signature: _____

**Note: Must be signed and stamped by a medical officer, civilian health
Provider, Nurse practitioner, or IDC.**

Command Recommendations

I certify that SNM possesses superb physical fitness attributes but even more importantly, possesses the maturity, commitment, and leadership qualities needed to inspire and sustain the cultural change that underlines our commitment to total fitness. All information provided on this checklist is accurate.

SERGEANT MAJOR

Name

Signature

Date

COMMANDING OFFICER

Name

Signature

Date