***JOAG Cyber-Gram***

***April 2018***

***Volume 3, Issue 2***

***Recognition for Excellence in Physical Fitness Program (REP)***

**Don’t:** Overlook the REP Program

**Do:**

* Get recognized for high achievement by applying for the REP certificate
* Build rest days between workouts to aid muscle recovery
* Set a goal of earning multiple levels of certificates

Bookmark:

*Note. This program was previously known as the PHS APFT Certificate of Excellence (PACE). Contact CDR Kishore at* [*Vandna.Kishore@fda.hhs.gov*](mailto:Vandna.Kishore@fda.hhs.gov) *or CDR Kalraat* [*Dipti.Kalra@fda.hhs.gov*](mailto:Dipti.Kalra@fda.hhs.gov) *for more information.*

**Policy Review**

**REP IQ Test**

Test your knowledge of the Corps’ REP policy.

1. REP certificates will be awarded to officers who \_\_\_\_\_\_\_?

a. Improve level(s) from prior APFT (example: "Good" to "Excellent").

b. Achieve "Maximum" or "Outstanding" level.

c. All of the above.

2. How many levels of certificates exist?

a. 1-Level Increase.

b. 2-Level Increase; Outstanding/Maximum Level.

c. 3-Level Increase; Outstanding/Maximum Level; Three-year Outstanding/Maximum Level.

3. To apply for a REP certificates;

a. Send an email to RedDOG.

b. Send an email to the REP team.

c. Enter APFT results into Direct Access.

Answers: C, C, B

Bookmark:

REPprogram@fda.hhs.gov| <https://dcp.psc.gov/CCMIS/RedDOG/REDDOG_APFT_m.aspx>

**Keep your finger on the pulse, check for policy updates at**

<https://dcp.psc.gov/ccmis/bulletin/BULLETIN_archives_m.aspx>

**Policy Awareness and Notification (PAN)**

Co-Leads: LCDR Dakota McMurray & LT Danny Benbassat

LCDR Linda Park

LCDR Mindy Chou

LT Stephanie Lanham

LT Maria Agresta Workman

**PAN Mission:** Provide policy guidance and support to the JOAG Policy and Procedures Committee Chair and updates to all junior officers.

The PAN Subcommittee is under the direction of JOAG’s Policy and Procedures Committee (Chair: LCDR Chris Sheehan)