



JOAG CYBER-GRAM

RECOGNITION for EXCELLENCE in PHYSICAL FITNESS PROGRAM

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REP

Don't

Overlook the REP program



Do



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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 or CDR Kalra at Dipti.Kalra@fda.hhs.gov for more information.



RECOGNITION for EXCELLENCE in PHYSICAL FITNESS PROGRAM

REP IQ TEST

Test your knowledge of the Corps' REP program.

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.

Magnify
for
answers



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)