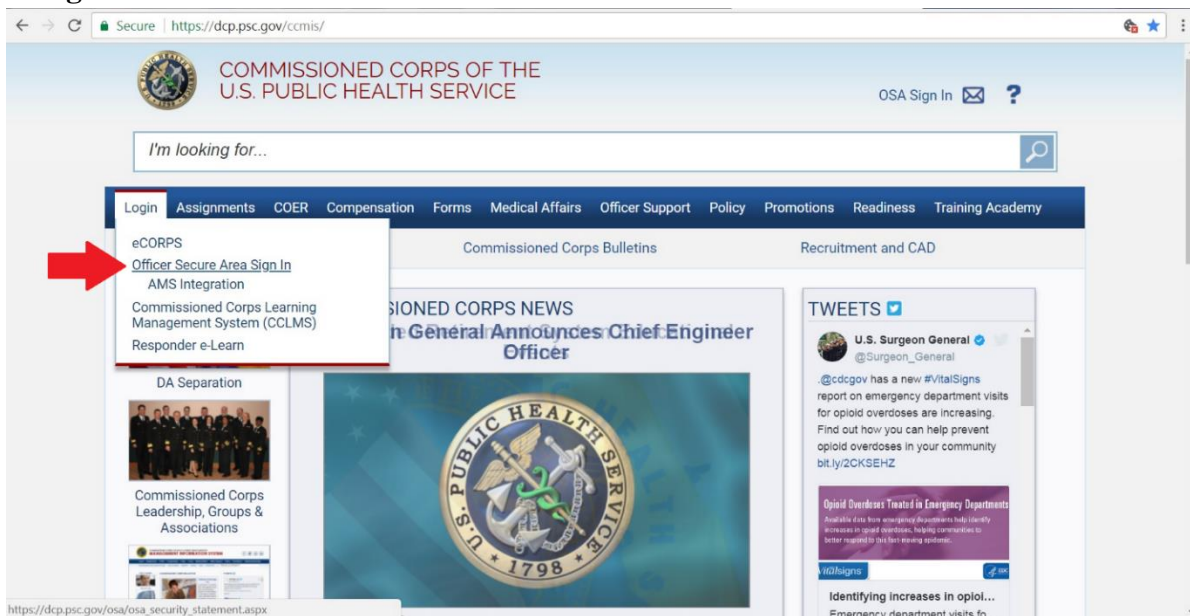


Entering Annual Physical Fitness Test (APFT) Information into RedDOG Self Service

Officers are required to have a current passing APFT to maintain basic readiness. The requirements for administering the APFT are described in the Personnel Operations Memorandum 15-004, dated 14 May 2015 (https://dcp.psc.gov/CCMIS/ccis/documents/pom15_004.pdf). If a medical condition prohibits an officer from completing the APFT, the officer should contact Medical Affairs to obtain a condition-specific waiver.

APFT results need to be incorporated into the RedDOG-Self Service System. The following instructions will demonstrate the process:

1. Go to Commissioned Corps Management Information System (CCMIS) website (<http://dcp.psc.gov/ccmis/>). Click on the “**Login**” tab and then on the “**Officer Secure Area Sign In.**”



2. Sign into to the Officer Secure Area. Click on the “**RedDOG – Self Service**” link.



3. Click on the “Self Service” tab and then on “Readiness Information.”

4. Click the “Add New Physical Fitness Exam.”

5. Enter your APFT information, including the observing officer.

6. You're done!