

## Navy Command Fitness Guide

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Command/Unit PT is any command led fitness activity. Command/unit PT must be lead by a qualified Command Fitness Leader (CFL), Assistant Command Fitness Leader (ACFL) or Morale Welfare Recreation...

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The Command Fitness Leader (CFL) The CFL (appointed in writing) is the primary advisor to the commanding officer on all Physical Readiness Program (PRP) matters. The CFL administers the semi-annual...

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Set the foundation to instill a Culture of Fitness that assists Sailors in developing their ability to complete tasks that supports the command mission and Navy operational readiness.

### Navy Physical Readiness

Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors. CFLs are not only responsible for conducting the bi-annual PFA for their commands, but also provide exercise programming and guidance throughout the year to ensure the members of their command maintain physical readiness.

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