COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE PERSONAL FITNESS AND HEALTHY LIVING

SECTION 4

EO CX04.01 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS

Total Time:	One session (3 periods) = 90 min

THERE IS NO INSTRUCTIONAL GUIDE PROVIDED FOR THIS EO. REFER TO THE LESSON SPECIFICATION LOCATED IN A-CR-CCP-701/PG-001, *ROYAL CANADIAN ARMY CADETS GREEN STAR QUALIFICATION STANDARD AND PLAN*.

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Verify against the official publication.

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