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

1. **Performance**: Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness

   An additional session (3 periods) of EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness) may be scheduled as complementary training.

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