COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
PERSONAL FITNESS
AND HEALTHY LIVING

SECTION 7

EO CX04.04 – ATTEND A PERSONAL FITNESS AND HEALTHY LIVING PRESENTATION

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-601/PG-001, *ROYAL CANADIAN SEA CADETS PHASE ONE QUALIFICATION STANDARD AND PLAN*.

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