

Enclosure 1 to OPOD 13-024

Employee Wellness & Civilian Fitness Program

(Component 1)

Program Schedule

Enrollment	6 Month Period	Pre Assessment	Post Assessment	Assessment Location
8-19 Apr 2013	May 2013 – Oct 2013	1-2 May 2013	5-6 Nov 2013	SDC, Bldg# 33009 Room# C212
7-18 Oct 2013	Nov 2013 – Apr 2014	5-6 Nov 2013	6-7 May 2014	SDC, Bldg# 33009 Room# C212
7-18 Apr 2014	May 2014 – Oct 2014	6-7 May 2014	4-5 Nov 2014	SDC, Bldg# 33009 Room# C212
6-17 Oct 2014	Nov 2014 – Apr 2015	4-5 Nov 2014	5-6 May 2015	SDC, Bldg# 33009 Room# C212

USAG Fit to Live Program

(Component 2)

Program Schedule

Date	Orientation	Pre-Assessment	Location
1 st Wed of each month	0800 hrs- 1000 hrs	1000 hrs – 1200 hrs	SDC, Bldg# 33009 – Room# C212