

BeFit For Life Program



NAME (LAST, FIRST M.)	RANK:	DATE:
UNIT/COMPANY	GARRISON	APO

EMAIL: _____

CELL: _____

I'm entering the sustain phase of the BHI, Befit For Life Program. I'm Committed to an active lifestyle.

TO THE BEST OF MY KNOWLEDGE I AM IN GOOD HEALTH AND I VOLUNTARILY ELECT TO PARTICIPATE
IN THE "BHI, BeFit For Life Program"

SIGNATURE