BUMED PHYSICAL FITNESS PROGRAM
ACTIVITY PLAN

This plan must be completed by the employee and approved before participating in the BUMED Physical Fitness Program. If this plan changes significantly, or the employee changes supervisors, the employee will submit a new plan for approval

The BUMED Physical Fitness Program allows up to 3 hours of physical fitness activity per week. The exercise period may be used in conjunction with a meal period to extend the time available. The exercise period may not exceed 1 hour, plus the approved meal period, on any given day. The employee and supervisor agree to the following plan.

DAY	TIME OF SESSION		ACTIVITY	LOCATION
	BEGIN	END		
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

COMMENTS

REQUESTOR		
Printed Name	Signature	Date
FIRST LEVEL SUPERVISOR		
Printed Name	Signature	Date
SECOND LEVEL SUPERVISOR		
Printed Name	Signature	Date