



DEPARTMENT OF THE NAVY  
NAVAL SERVICE TRAINING COMMAND  
2601A PAUL JONES ST  
GREAT LAKES, ILLINOIS 60088-284

NSTCINST 6110.1  
N00  
10 Apr 14

NSTC INSTRUCTION 6110.1

Subj: COMMAND PHYSICAL TRAINING AND FITNESS ENHANCEMENT PROGRAM

Ref: (a) OPNAVINST 6110.1J

Encl: (1) [Individual Physical Training Log](#)

1. Purpose. To establish command policy and requirements concerning Physical Training (PT) and the Fitness Enhancement Program (FEP) and to ensure both Active Component (AC) and Reserve Component (RC) personnel maintain a level of physical fitness required to support overall mission readiness.

2. Scope. This instruction applies to all AC and RC Navy personnel assigned to Naval Service Training Command Staff, both in Great Lakes, IL and in Pensacola, FL.

3. Background. Reference (a) provides guidelines for the Navy Physical Readiness Program.

4. Policy. All Navy AC and RC personnel shall meet minimum physical fitness standards and participate in the command PT program.

a. Command PT Program.

(1) Members shall:

(a) Fill out enclosure (1), Individual PT Log.

(b) Annotate minutes per week engaged in moderate activity.

(c) Annotate how many strength training sessions per week that they engaged in.

(2) All personnel will sign the Individual PT Log at the end of each week.

b. FEP. Assignment to FEP is mandatory for any member fails any portion of the Physical Fitness Assessment (PFA) and is available, at the discretion of the Chief of Staff (CoS), to any member who desires to improve their fitness. Participation in FEP shall continue until the member passes the next regularly scheduled command PFA and scores "good" or better in all PRT components.

## 5. Responsibilities

a. Command Fitness Leader shall:

(1) Provide advice and guidance consistent with this instruction and reference (a).

(2) Administer, monitor, and, on a periodic basis, evaluate the Command PT Program.

(3) Make recommendations to the CoS based on evaluation findings concerning the effectiveness of the Command PT Program and the need to revise any PT program resources or guidance.

b. Department Heads shall:

(1) Allow military personnel time to PT during normal working hours.

(2) Monitor military member participation in the PT program.

c. Individual Members:

(1) Shall comply with medical screening requirements per reference (a) for participation in all physical training consistent with this instruction;

(2) Shall participate in moderate activity, at personal discretion, at least two hours and 30 minutes (150 minutes) per week, i.e., 50 minutes three times per week or 75 minutes two times per week;

(3) Should perform strength training exercises at least twice per week to work all major muscle groups. Detailed requirements for exercise sessions are located in the command

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fitness section of the Operating Guide on the Physical Readiness Program Web site:

[http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST CENTURY SAILOR/PHYSICAL/Pages/SampleWorkouts.aspx](http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/PHYSICAL/Pages/SampleWorkouts.aspx)

(4) Shall complete an Individual PT Log, retaining the log until transferred from the command or separated, whichever comes first.

(5) Shall participate in a year-round physical fitness program to meet Navy fitness and BCA standards.

(6) Shall review and verify accuracy of PFA data in PRIMS within 60 days of the PFA cycle.

(7) Shall complete a NAVPERS 6110/3 for every PFA cycle.

(8) Shall fulfill all FEP requirements in the event of a PFA failure. FEP requirements are based on an individual basis with a corrective PT program to be developed by the Command Fitness Leader.



R. J. FINK  
Acting

Distribution: (NSTCINST 5216.1B)  
List 1 and 3  
Director, OD

### **Naval Service Training Command - Individual PT Log**

				<i>Workout 1:</i>		<i>Workout 2:</i>		<i>Workout 3:</i>		<i>Workout 4:</i>		<i>Weekly Total</i>		
<b>Week</b>	<b>Rank/ Rate</b>	<b>First Name</b>	<b>Last Name</b>	<b>Minutes of Moderate Activity</b>	<b>Strength Training Session (Y/N)?</b>	<b>Minutes of Moderate Activity</b>	<b>Strength Training Session (Y/N)?</b>	<b>Minutes of Moderate Activity</b>	<b>Strength Training Session (Y/N)?</b>	<b>Minutes of Moderate Activity</b>	<b>Strength Training Session (Y/N)?</b>	<b>Minutes of Moderate Activity</b>	<b>Number of Strength Training Sessions</b>	<b>Signature</b>
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
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Note: On a weekly basis, members will perform a minimum of 150 minutes of moderate activity and two strength training sessions.