BCP/RCP ASSAIGNMENT CHECKLIST

* Initial BCE conducted Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Create BCP folder
* Generate form NAVMAC 11621 (BCP evaluation form)
* Generate BCP assignment Pg11
* Weekly weigh ins begin
* In the S-3 office, Friday morning at 0700
* Schedule bloodwork Appt date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Appt will be SCHEDULE within 3 days of initial BCE
* Schedule medical follow up Appt date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* SgtMaj conduct counseling Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* SNM is official assigned to BCP Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* End of Initial assignment Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Start of extension Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Marine completed required MarineNet training within 30 days of assignment
* 1st assignment - Semper Fit Basic Fitness Date complete: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* 2nd assignment - Semper Fit Advanced Fitness Date complete: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Schedule Semper Fit nutrition seminar. Appt date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If a Marine makes weight at any point prior to their official assignment, they will be required to complete 30 days RCP from the date they make weight and continue weekly weigh ins.