

RZM 1622

By 2028 a world-class Army that is a source of National pride.

## PRT FORM

Name: CPL RUMMEL Z MAULLON JR (ARM) PA  
 Unit/Office: 6 Cav Coy (S), Armor Div, PA

Age: 39  
 Period Covered: 30 MAY TO 05 JUNE 22

Date	No. of KMs (Jog/Walk)	No. of Push-up	No. of Sit-up
30 MAY 2022	0	20	20
31 MAY 2022	2 km	20	20
01 JUNE 2022	2 km	25	30
02 JUNE 2022	2.44 km	25	30
03 JUNE 2022	0	30	30
04 JUNE 2022	4.05 km	30	30
05 JUNE 2022	0	30	30
<b>TOTAL</b>	<b>10.49</b>	<b>180</b>	<b>190</b>

Certified Correct:


CPL RUMMEL Z MAULLON JR (ARM) PA  
 Signature over Printed Name of Personnel


Noted By:

1LT RINZE MARRION D EVIOTA (ARM) P  
 Signature over Printed Name of Unit  
 Commander or Admin Officer

# You PROGRESS

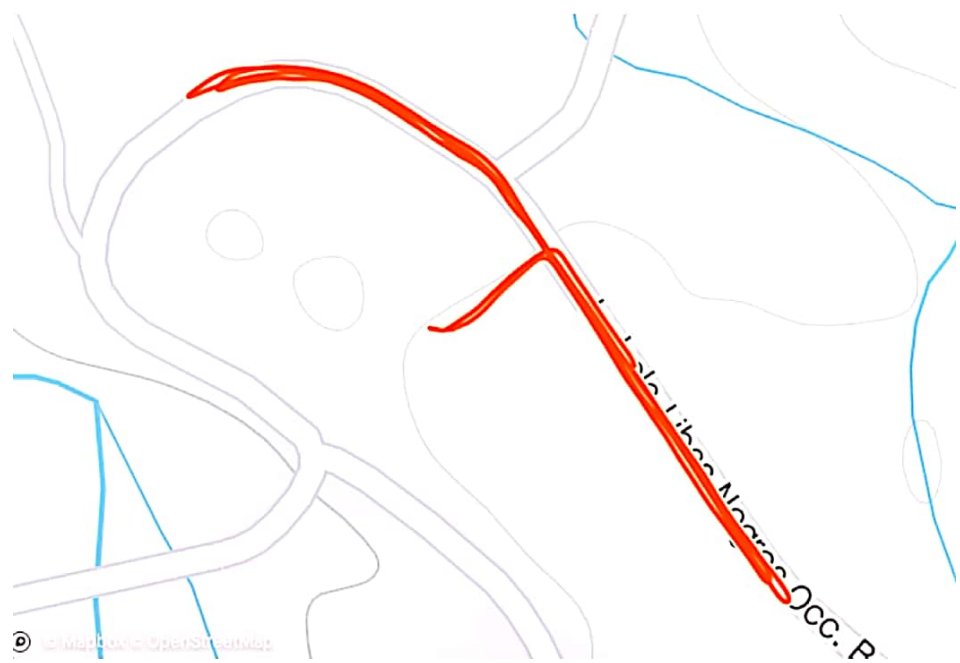





**Rommel Jr. Maullon**  
 Today at 7:23 AM · Negros Occidental

## Morning Run

Distance	Pace	Time
2.44 km	6:25 /km	15...





**Way to go!**  
Find friends to inspire your next activity.



You



PROGRESS

ACTIVITIES

PROFILE

Search by keyword

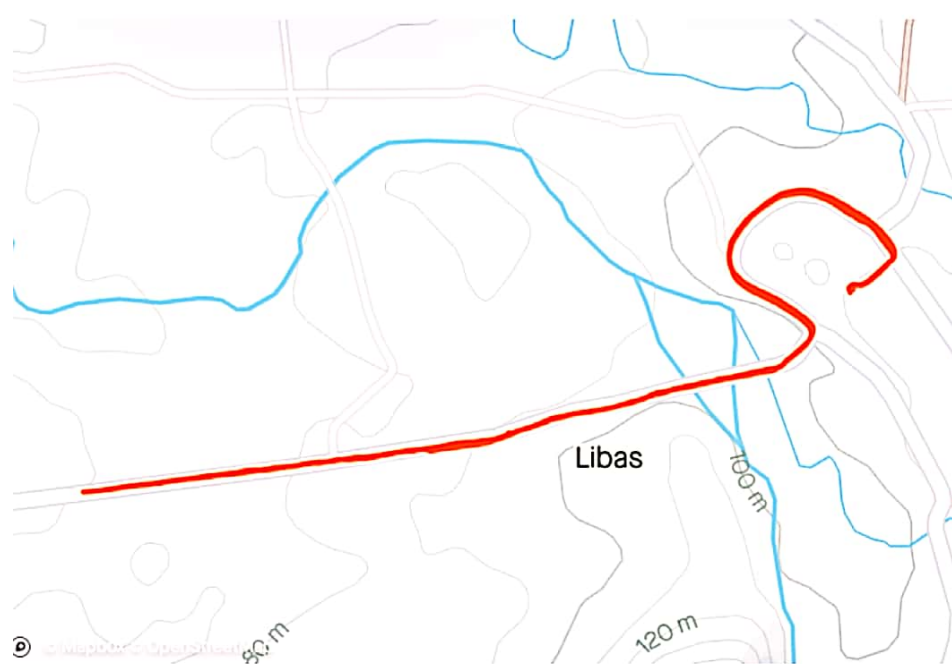


Rommel Jr. Maullon

Today at 4:11 PM · Negros Occidental

# Afternoon Walk

Distance	Elev Gain	Time
4.05 km	35 m	49m 27s



Home



Maps



Record



Groups



You

