



**MISSOURI NATIONAL GUARD**  
**MISSOURI RECRUITING AND RETENTION BATTALION**  
**801 ARMORY DRIVE**  
**JEFFERSON CITY, MISSOURI 65109**

NGMO-PER-RRB

28 November 2016

**MEMORANDUM FOR RECORD**

**SUBJECT: Duty Appointment – Master Fitness Trainer (MFT)**

1. Effective 28 November 2016, the following individuals are appointed as MFTs:

**RANK AND NAME**

2. Authority: FM 7-22, AR 350-1 and AR 600-9.

3. Purpose:

a. Prescribe proper exercise and fitness techniques to assist Soldiers in meeting and maintaining body fat standards.

b. Assist commanders in developing physical fitness programs and in training other NCOs in proper height, weight and body circumference methodology.

c. Tracking and reporting progress of Soldiers flagged for APFT and/or Height/Weight.

4. Period: Until officially relieved or released from appointment or assignment.

5. Special Instructions: Become familiar with FM 7-22, AR 350-1 and AR 600-9.

6. POC for this memo is COMMANDER at PHONE NUMBER ext. XXXXX or e-mail at COMMANDERS EMAIL.

COMMANDERS NAME HERE  
LTC, MP, USA  
Commanding

CF:

1 – Battalion Appointment File

1 – Individual(s) concerned