

# BeFit For Life Program



NAME (LAST, FIRST M.)

RANK:

DATE:

UNIT/COMPANY

GARRISON

APO

EMAIL:

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CELL:

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I'm entering the sustain phase of the BHI, BeFit For Life Program. I'm Committed to an active lifestyle.

TO THE BEST OF MY KNOWLEDGE I AM IN GOOD HEALTH AND I VOLUNTARILY ELECT TO PARTICIPATE  
IN THE "BHI, BeFit For Life Program"

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SIGNATURE