

To:

U.S. Army Outreach Company

ATTN: Warrior Fitness Team

1307 Third Ave

Fort Knox, KY 40121

Date: _____

Subject: Statement of Understanding

I understand if I am selected to the US Army Warrior Fitness Team that I will be performing physical fitness activities not exclusive to US Army Physical Readiness Training and outlined in FM 7-22. Activities will include, but are not limited to, weight lifting, gymnastics, running, swimming, biking.

Furthermore, I understand, I will not be permitted to withdraw from an event or competition based upon my aversion to a physical activity.

Signature: _____

Printed Name: _____