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Prohibit smoking, tobacco,
and alcohol use at PRT site.
Discourage use of all
tobacco products at least 30
minutes prior and at least
15 minutes after PRT. Ensure
drinking water is readily
available at the test site
and that members are well
hydrated before, during, and
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after the PRT. Check to be sure that all members are dressed appropriately for

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instill a Culture of Fitness
that assists Sailors in
developing their ability to
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up/down arrow to select time
enter 14 minutes, machine
will automatically go into
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prior to reaching 14
minutes. At 12 minutes the
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burned in 12 minutes.

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case, conntacting later than employees, engaging senior leaders, designing an on the go scheme and computing return on investment. Packed with proven tips, ideas

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Sailors, family members,
retirees and DoD civilians.
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