



UNITED STATES MARINE CORPS

MARINE CORPS BASE  
QUANTICO, VIRGINIA 22134-5001

MCBO 6100.1  
C 032/k  
28 Jul 92

MARINE CORPS BASE ORDER 6100.1

From: Commanding General  
To: Distribution List

Subj: PHYSICAL FITNESS

Ref: (a) MCO 6100.3J

1. Purpose. To establish command policy and provide further guidance to the reference.

2. Cancellation. MCCDCO 6100.1A.

3. Summary of Revision. This revision eliminates the requirement for organizational commanders to submit a semiannual Physical Fitness Report.

4. Information

a. As stated in the reference, every Marine both senior and junior alike must maintain a high level of physical fitness. Accordingly, a requirement exists for every Marine to participate a minimum of three hours per week in an effective physical conditioning program (PCP) on a continuing and progressive basis.

b. As directed by the reference, the PCP should not be focused towards training for fitness testing but rather towards unit related combat fitness training.

5. Action

a. Organizational Commanders

(1) Establish and maintain an effective PCP per the reference. Conduct of the PCP is authorized on an individual basis subject to paragraph 5a(2) below.

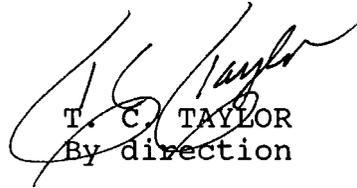
(2) Conduct a physical fitness test (PFT) on all Marines under 46 years of age, document the results, and establish a daily command supervised remedial PCP for PFT failures, as per the reference.

b. Health Care Advisor, Naval Medical Clinic

(1) Assist commanders with paragraph 6b of the reference.

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(2) Use NMCL Form 6150/12, Patient Disposition (Rev 11/88),  
for medical excuses.



T. C. TAYLOR  
By direction

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