

# Mission Ready 66 Checklist

**Have you.....**

- Registered as an individual and/or team.**
- Signed and returned the participation waiver. (You cannot begin the competition until this has been submitted to Fitness Director.)**
- Completed and returned the Par-Q Health History Questionnaire. (High risk participants must get written approval from their Dr. to participate).**
- Completed the weigh-in assessment if competing in % pounds/inches lost. (Point category competitors are also encouraged to participate in the assessment in order to track progress in physiological changes throughout the competition.)**
- \*Joined the Facebook Page: USAG Stuttgart Mission Ready 66 Fitness Competition to receive updates/announcements during the competition.**

**\*optional**

**Have Questions? [stuttgartfitness@gmail.com](mailto:stuttgartfitness@gmail.com)**