

ATTN: ALL PHS THERAPIST OFFICERS
FROM: The TPAC Readiness Committee

SUBJECT: New Year’s Resolutions for Readiness

Every year we all start out with the best of intentions....and somehow get bogged down with the nuances of “normal” job duties and place the officership duties on the back burner. We think that we will hurry up and get things “done” before the deadlines for promotion requisites. **Let us resolve to merge both aspects of our lives** and let us be therapists who are ready for any challenges.

We hope you’ll consider the following suggestions and pick one or two for your personal resolution list.

This year I resolve to:

Accomplish this	Initial Date	Follow up Date
Make a calendar appointment with myself for the first Monday of each month to update my OFRD record.		
Re-evaluate my personal physical fitness program to ensure that it includes cross-training that includes at least 30 minutes of aerobic exercise at least 3-5 days a week, as well as strength and flexibility training.		
Move to the next higher APFT category by increasing my training program		
If participating in “The President’s Challenge”, I will meet/exceed the requirements prior to expiration of previous year’s award		
Complete and record any outstanding immunizations required for deployment.		
Schedule, complete and record my annual Tuberculin Skin Test (PPD).		
Schedule, complete and record my annual Influenza shot.		
Update my physical exam if it is older than 5 years.		
Update my annual medical report to send to MAB		
Update my professional license 30 days BEFORE it expires.		

Update my BLS 30 days BEFORE it expires. I'll even consider becoming a BLS instructor.		
Seek out a clinical practice site consistent with my selected response role to keep my skills sharp and expand my experience base.		
Record my clinical currency hours on the OFRD website.		
Record and mail my APFT results to the MAB (http://dcp.psc.gov/PDF_docs/PHS-7044.pdf).		
Ready and pack my deployment bags (one with BDUs and one with khakis)		
Update my deployment credential packet (copy of my professional license or certificate, any certifications, BLS card and immunizations) and put it with my deployment bags.		
Complete the elective modules of the readiness training.		

May the New Year bring you and yours Health and Happiness!