

# FITNESS REPORT & COUNSELING RECORD (07/08)

1. Name (Last, First MI Suffix)				2. Grade		3. Desig		4. SSN				
5. ACT RES <input type="checkbox"/> <input type="checkbox"/>		6. UIC		7. Command				8. Promotion Status		9. Date Reported		
Occasion for Report						Period of Report						
10. Periodic <input type="checkbox"/>		11. Detachment of Individual <input type="checkbox"/>		12. Detachment of Reporting Senior <input type="checkbox"/>		13. Special <input type="checkbox"/>		14. From:		15. To:		
16. Not Observed Report <input type="checkbox"/>		Type of Report						20. Physical Readiness				
		17. Regular <input type="checkbox"/>		18. Concurrent <input type="checkbox"/>		19. Ops CDR <input type="checkbox"/>						
21. Reporting Senior (Last, FI MI)				22. Grade		23. Desig		24. Title			25. UIC	
26. Command Employment and Achievements												
27. Primary/Additional Duties Assigned												
Flag Officer Development Counseling			28. Date Counseled			29. Counselor			30. Signature of Individual Counseled			
Get Real Get Better (Foundation)			NOB	Very Low (1)	Low (2)	Avg (3)	High (4)	Very High (5)	Top 3 Traits			
31. Models Navy Core Values			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
32. Delivers Outcomes Over Activity				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Get Real Get Better (Mindset)												
33. Self-Assessing: Humble and Transparent			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
34. Self-Correcting: Solves Problems in Lasting Way			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
35. Always Learning: Growth Mindset			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Get Real Get Better (Actions)												
36. Takes Initiative			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
37. Builds Teams			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
38. Rapidly Collaborates			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
39. Creates Opportunities to/and Removes Barriers			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				

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1. Name (Last, First MI Suffix)		2. Grade	3. Desig	4. SSN			
POTENTIAL		NOB	Very Low (1)	Low (2)	Avg (3)	High (4)	Very High (5)
40. Ability to Lead Change (Advance Navy Culture)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Sets and Achieves Vision		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Communicates with Impact		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
43. Where is this Leader Most Comfortable (Rank 1, 2, 3 to best characterize)		Tactical <input type="checkbox"/>		Operational <input type="checkbox"/>		Strategic <input type="checkbox"/>	
44. Performance Trait Average		Individual		Reporting Senior			
45. Future Assignments: I recommend the following assignments for this individual (three)							
46. Comments							
47. Signature of Reporting Senior		48. Signature of Individual Evaluated. "I have seen this report, been apprised of my performance, and understand my right to make a statement."  <input type="checkbox"/> I intend to submit a statement <input type="checkbox"/> I do not intend to submit a statement					
49. Typed name, grade, command, UIC, and signature of Regular Reporting Senior on Concurrent Report							