

MCCS Health Promotion Wellness Request Form

Submit a Wellness Brief Request Form

We require 2 weeks notice for requests

POC/ Training Officer Name:	POC Phone:
POC Email:	Unit Name:
Location:	First Proposed Date / Time:
Second Proposed Date / Time:	Third Proposed Date / Time:

Type of Brief:

*Fitness:

*Heart Health:

*Injury Prevention:

*Nutrition:

*Sexual Health

*Sleep

*Stress Management

*Tobacco Cessation

*MISC

Comment:

Expected Number of Participants:

2-5	5-10	10-25	25-50	50-80	80-100	100+	150+	200+	Other
<input type="checkbox"/>									

Preferred Location of Brief:

<input type="checkbox"/> Education Center	<input type="checkbox"/> Library	<input type="checkbox"/> Chapel	<input type="checkbox"/> SMP	<input type="checkbox"/> Club	<input type="checkbox"/> Marine & Family
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** **General Nutrition is a required prerequisite** before requesting a **Performance Nutrition** brief, unless the request is for Marines in a combat MOS. The Performance Nutrition brief focuses on fueling strategies for Marines with physically demanding occupational requirements. Marines outside of a combat MOS who seek additional nutrition guidance should first complete the General Nutrition brief to establish a solid foundation in basic nutrition principles.*