



UNITED STATES MARINE CORPS
HEADQUARTERS BATTALION
MARINE CORPS AIR GROUND COMBAT CENTER
BOX 788200
TWENTYNINE PALMS, CALIFORNIA 92278-8200

BnO 6101
HQBN

OCT 21 2024

BATTALION ORDER 6101

From: Commanding Officer
To: All Hands

Subj: REMEDIAL PHYSICAL CONDITIONING PROGRAM

Ref: (a) MCO 6110.3A CH3 Marine Corps Body Composition and Military Appearance Program
(b) MCO 6100.13A CH-4 Marine Corps Physical Fitness and Combat Fitness Test
(c) BNO 6100.1 Combat Conditioning Program
(d) BNO 61002B Headquarters Battalion Body Composition and Military Appearance Programs

Encl: (1) BCP/ Workout Attendance Log

1. Situation. This order provides guidance concerning the implementation of the Battalion's Combat Conditioning Program in accordance with reference (a) and (b). This program addresses the following:

a. Remedial Physical Conditioning Program (RPCP). This Program addresses the requirements for placing Marines both on and off the supervision of the Remedial Physical Conditioning Program. Directorates and Section leadership are encouraged to run their sections internal program unless they are unable and need assistance from HQBN S-3.

2. Mission. Effective immediately, Headquarters Battalion (HQBN) established a Remedial Physical Conditioning Program (RPCP) for Marines not adhering to Marine Corps' body composition standards, military appearance standards or have failed either a Physical Fitness Test (PFT) or Combat Fitness Test (CFT).

3. Execution

a. Commander's Intent

(1) Purpose. To ensure all Marines in HQBN are meeting Marine Corps physical fitness standards.

(2) Method. HQBN S-3, Battalion FFI and Warrior athlete will empower the directorates and section leadership to conduct their own RPCP in accordance with their operational requirements. This will be achieved by HQBN facilitating the training of force fitness instructors, martial arts instructors, water survival instructors and trainers for all possible section physical training to ensure sections are improving their physical capabilities. If the sections are unable to do so, HQBN S-3 will assist and provide oversight.

(3) End State. HQBN Marines are warrior athletes, it is essential that we develop a comprehensive program that will enhance Marine wellness,

a. Documentation will be noted in every Marine's individual BCP folder as per Enclosure (1).

b. While on the Remedial Physical Conditioning Program for any reason, a Marine is not eligible for promotion.

c. Marines can conduct Permanent Change of Station/ Assignment (PCS/PCA) as per ref (a), (c) and (d). All documentation of the Marines on the RPCP and BCP will be emailed directly to the receiving units S-3, the Marine will also travel with copies of all documentation required to inform the Marines receiving unit leadership. HQBN S-3 will also retain both a hard copy and electronic copy for records keeping.

5. Command and Signal.

a. Command. This order is applicable to all Marines of HQBN.

b. Signal. This order is effective the date signed. The point of contact for this is the HQBN Operations Chief Gunnery Sergeant McClure at 760-830-8685 or joshua.r.mcclure@usmc.mil.

ROLLINS.NATHAN.M Digitally signed by
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Date: 2024.10.21 14:02:48 -0700
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N. M. ROLLINS

BODY COMPOSITION PROGRAM (BCP)									
Rank	Name	Company	Director	Start	Completion	Process	Remarks	Gender	Weekly PT
LCpl	Example	A	ACID	#####	2/27/2025	1st Assignment	Maintain ng	Male	Yes
LCpl	Example	A	ACMA	#####	2/23/2025	1st Assignment	Maintain ng	Male	Yes
LCpl	Example	A	CMA	6-Jun-24	3-Dec-24	1st Assignment	Maintain ng	Male	Yes
SGT	Example	B	AGS	#####	2/23/2025	1st Assignment	SIQ	Male	Yes
LCpl	Example	A	CMA	#####	22-Nov-24	1st Assignment	Improving	Male	Yes
LCpl	Example	A	IPAC	#####	2/26/2025	1st Assignment	Improving	Male	Yes
SSGT	Example	A	IPAC	#####	2/26/2025	1st Assignment	Improving	Male	Yes
PRC	Example	A	IPAC	#####	2/27/2025	1st Assignment	Improving	Male	Yes
LCpl	Example	A	IPAC	#####	2/26/2025	1st Assignment	Maintain ng	Female	Yes
CPL	Example	A	SST/ ATSC	#####	2/26/2025	1st Assignment	Maintain ng	Male	Yes
CPL	Example	A	PMO	#####	2/27/2025	1st Assignment	Improving	Male	Yes
GVSST	Example	A	CMST	9/1/2024	1-Mar-25	2nd Assignment	Maintaining	Male	Yes
SGT	Example	B	TTECG	#####	26-Oct-24	2nd Extension	Completed	Female	Completed
LCpl	Example	A	CMA	22-Jul-24	22-Jan-25	Extension	Gender	Male	Yes
SSGT	Example	B	ESD	#####	21-Feb-25	Extension	Leave	Male	Yes
CPL	Example	B	AGS	9-Aug-24	9-Feb-25	Extension	Maintain ng	Male	Yes

BODY COMPOSITION PROGRAM (BCP)									
Rank	Name	Company	Director	Start	Completion	Process	Remarks	Gender	Weekly PT
LCpl	Example	A	ACID	#####	2/27/2025	P/T	Maintain ng	Male	No
LCpl	Example	A	ACMA	#####	2/28/2025	P/T	Maintain ng	Male	No
LCpl	Example	A	CMA	6-Jun-24	3/1/2025	P/T	Maintain ng	Male	No
SGT	Example	B	AGS	#####	3/2/2025	P/T	SIQ	Male	Yes
LCpl	Example	A	CMA	#####	3/3/2025	P/T	Improving	Male	Yes
LCpl	Example	A	IPAC	#####	3/4/2025	P/T	Improving	Male	Yes
LCpl	Example	A	IPAC	#####	3/5/2025	P/T	Maintain ng	Male	No
SSGT	Example	A	IPAC	#####	3/6/2025	P/T	Improving	Male	Yes
PFC	Example	A	IPAC	#####	3/7/2025	P/T	Maintain ng	Female	No
LCpl	Example	A	SST/ ATSC	#####	3/8/2025	P/T	Maintain ng	Male	No
CPL	Example	A	PMO	#####	3/9/2025	P/T	Improving	Male	Yes
GVSST	Example	A	CMST	9/1/2024	3/10/2025	2nd Assignment	Maintain ng	Male	No
SGT	Example	B	TTECG	#####	3/11/2025	2nd Extension	Completed	Female	Completed
LCpl	Example	A	CMA	22-Jul-24	3/12/2025	Extension	Completed	Male	Yes
SSGT	Example	B	ESD	#####	3/13/2025	Extension	Leave	Male	Yes
CPL	Example	B	AGS	9-Aug-24	3/14/2025	Extension	Maintaining	Male	Yes

Legend	1st assignment	Extens on	2nd Extension
Remarks Example			
Gaining			
Maintaining			
Pending ADSEP			
Improving			
Removing			
Within standards			
>2 Months Out			
Within 30-60 Days			
Within 30 days			
Extended P/T			

Making little to same progress on height and body fat
 Making little to same progress on height and body fat
 Made Great progress and now has made weight and body fat

ENCLOSURE (1)

Physical Training Log

Rank/Name: _____

Company: _____

Section: _____

DIPI: _____

Age: _____

Day	Workout Completed	Time Start	Time End	Date	PT Ldr (Sign)
MON					
TUE					
WED					
THU					
FRI					
MON					
TUE					
WED					
THU					
FRI					
MON					
TUE					
WED					
THU					
FRI					
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FRI					
MON					
TUE					
WED					
THU					
FRI					

ENCLOSURE (1)