

**NCR MD CIVILIAN FITNESS AND WELLNESS PROGRAM AGREEMENT**

**EMPLOYEE REQUEST:**

An employee requesting participation in the NCR MD Civilian Fitness and Wellness Program (CFWP) must complete the following Agreement in its entirety to be eligible for participation:

I, \_\_\_\_\_ (print name), request approval to participate in the CFWP as follows:

\_\_\_ I request the use of a regularly scheduled Administrative Leave on:  
\_\_\_\_\_ (day of week) between the hours of \_\_\_\_\_ and \_\_\_\_\_.  
\_\_\_\_\_ (day of week) between the hours of \_\_\_\_\_ and \_\_\_\_\_.  
\_\_\_\_\_ (day of week) between the hours of \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_ I request the use of intermittent Administrative Leave. (I understand that I must obtain supervisory approval for each requested use of the Administrative Leave prior to using.)

\_\_\_ I certify that, to the best of my knowledge, I have no medical limitations or conditions that would put me at risk of injury or risk of harm to my health if I participate in the NCR MD CFWP.

\_\_\_ I understand that participation in the NCR MD CFWP is not an entitlement and subject to supervisory approval.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

**SUPERVISOR DECISION:**

\_\_\_ The use of regularly scheduled Administrative Leave is approved as requested. However, I retain the right to cancel or amend as necessary, subject to workload and/or mission requirements; or

\_\_\_ The use of regularly scheduled Administrative Leave is approved with the change(s) below. However, I retain the right to cancel or amend as necessary, subject to workload and/or mission requirements

Change(s): \_\_\_\_\_ (day of week) between the hours of \_\_\_\_\_ and \_\_\_\_\_; or

\_\_\_ The use of intermittent Administrative Leave is approved, with the understanding that the employee must request supervisory approval prior to each use of Administrative Leave. I retain the right to disapprove as necessary, subject to workload and/or mission requirements; or

\_\_\_ Participation in the NCR MD CFWP is denied for the following reasons:

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date