

USMC Fitness Report & MBS Instructions for MARFORSOC Assessment & Selection

All Sergeants and Above must provide copies of their Fitness Reports (Observed and Non-Observed) and Master Brief Sheet via email. Additionally, carry a hard copy for A&S Check-in. All documents will be single-sided, paper clips only, NO STAPLES.

Candidates will email their documents to **Kevin.Helms.ctr@socom.mil**. Subject Line will state "Fitness Report ICO (Last Name, FI)" or "MBS ICO (Last Name, FI)". Candidates can submit documents up to 30 calendar days prior to the official check-in date for A&S.

Completion Instructions

File naming convention documents should be saved as a .pdf in portrait orientation. Filename will be "LASTNAME_FIRSTNAME_FITREP1" or "LASTNAME_FIRSTNAME_MBS". Number the FITREPS with an appropriate number for each document provided.

Example: Sgt John Smith the Fitness Report will be saved as: SMITH_JOHN_FITREP1.pdf