MHS HURRICANE BATTALION

CONTINUOUS IMPROVEMENT PROJECT (CIP)

CADET CHALLENGE

CIP OVERVIEW

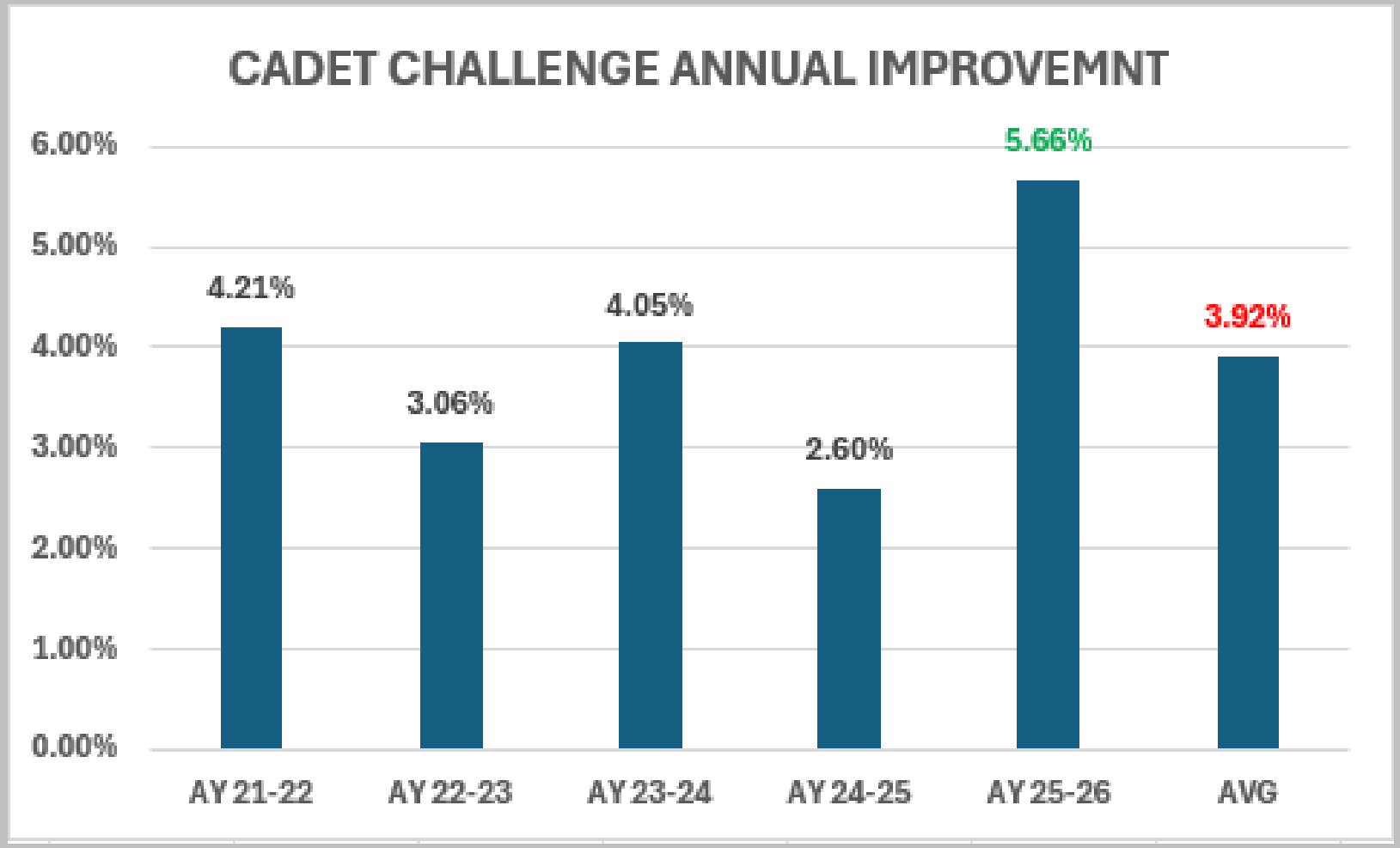
- **What is Continuous Improvement?**
  - The process of identifying a problem, developing a plan for improvement, monitoring performance, and adjusting the plan as necessary.
  - Cont. Improvement Cycle:
    - Plan
    - Do/Act
    - Evaluate



CIP OVERVIEW

- **Hurricane BN Area of Improvement:** Cadet Physical Fitness measured with the Cadet Challenge (selected during BLC)
- **Goal:** To raise the Hurricane Battalion Cadet Challenge average by at least 5% through an improved physical training program
- **Purpose:** To promote physical wellness and encourage Cadets to continually improve their fitness and self-confidence throughout the academic year

WHY PHYSICAL FITNESS (CADET CHALLENGE)?

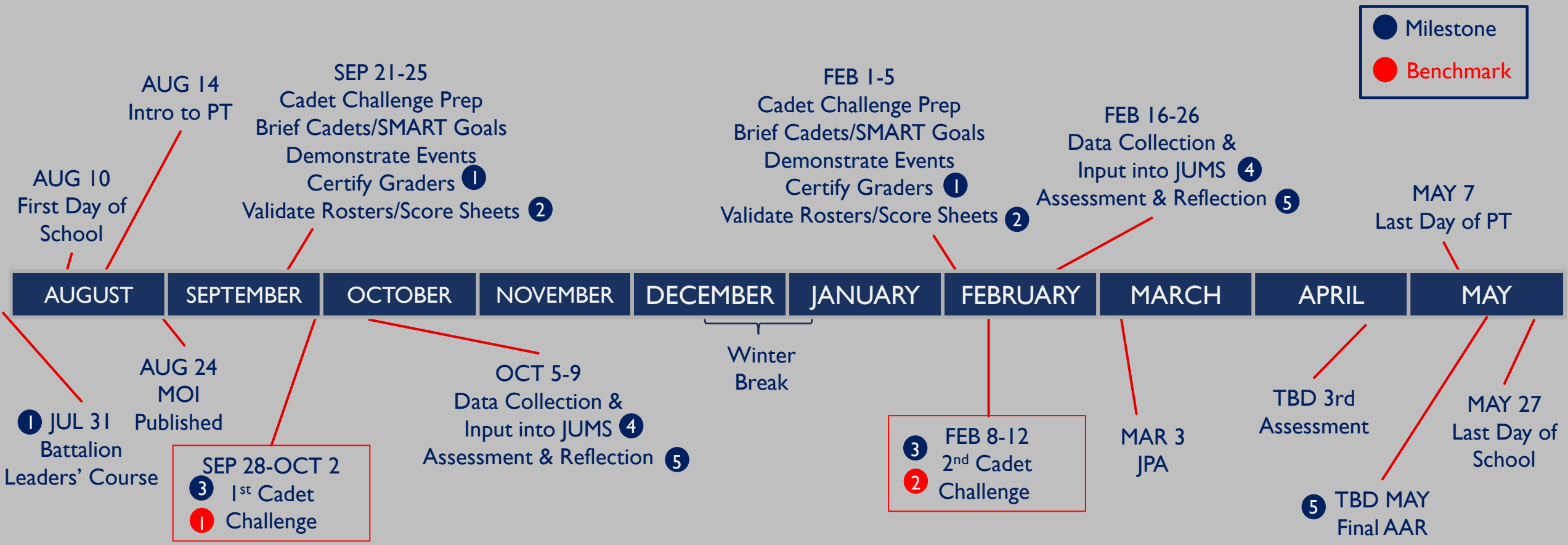


WHY 5%?

S.M.A.R.T. GOALS

- Specific: 5% score increase for Battalion average based on Cadet Challenge scoring criteria
- Measurable: Physical standards identified; benchmark scores are recorded in Fall 2026 and Spring 2027; informal assessments administered to check progress between formal events
- Attainable: 5% increase (example #'s)
  - Male: +3 Curl-ups, -.5 Sec Shuttle, +¼ in V-Sit, -22 sec 1-Mile, +1 Push-ups, no change Pull-ups
  - Female: +2 Curl-ups, -.5 Sec Shuttle, +¼ in V-Sit, -31 sec 1-Mile, +1 Push-ups, no change Flex Arm Hang
- Relevant: Directly supports JROTC mission and outcomes; physical fitness leads to a healthier lifestyle and promotes camaraderie
- Time-Bound: Duration of AY 2026-27; formal assessments (initial and final) are planned and annotated on battalion calendar; additional assessment continues as needed

AY 26-27 CONTINUOUS IMPROVEMENT



Monday	Tuesday	Wednesday	Thursday	Friday
Curl-Up & Push-Ups	Pull-Ups/Flex-Armed Shuttle Run	V-Sit & One-Mile Run	Make-up Day	Make-Up Day

* Interim assessments incorporated during weekly PT

Hurricane Battalion Website

https://www.mhshurricanebattalion.com/

- Cadet Challenge MOI
- Event Descriptions
- SMART Goals Worksheet
- Track Progress
- Award Criteria

Questions?