



# 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:

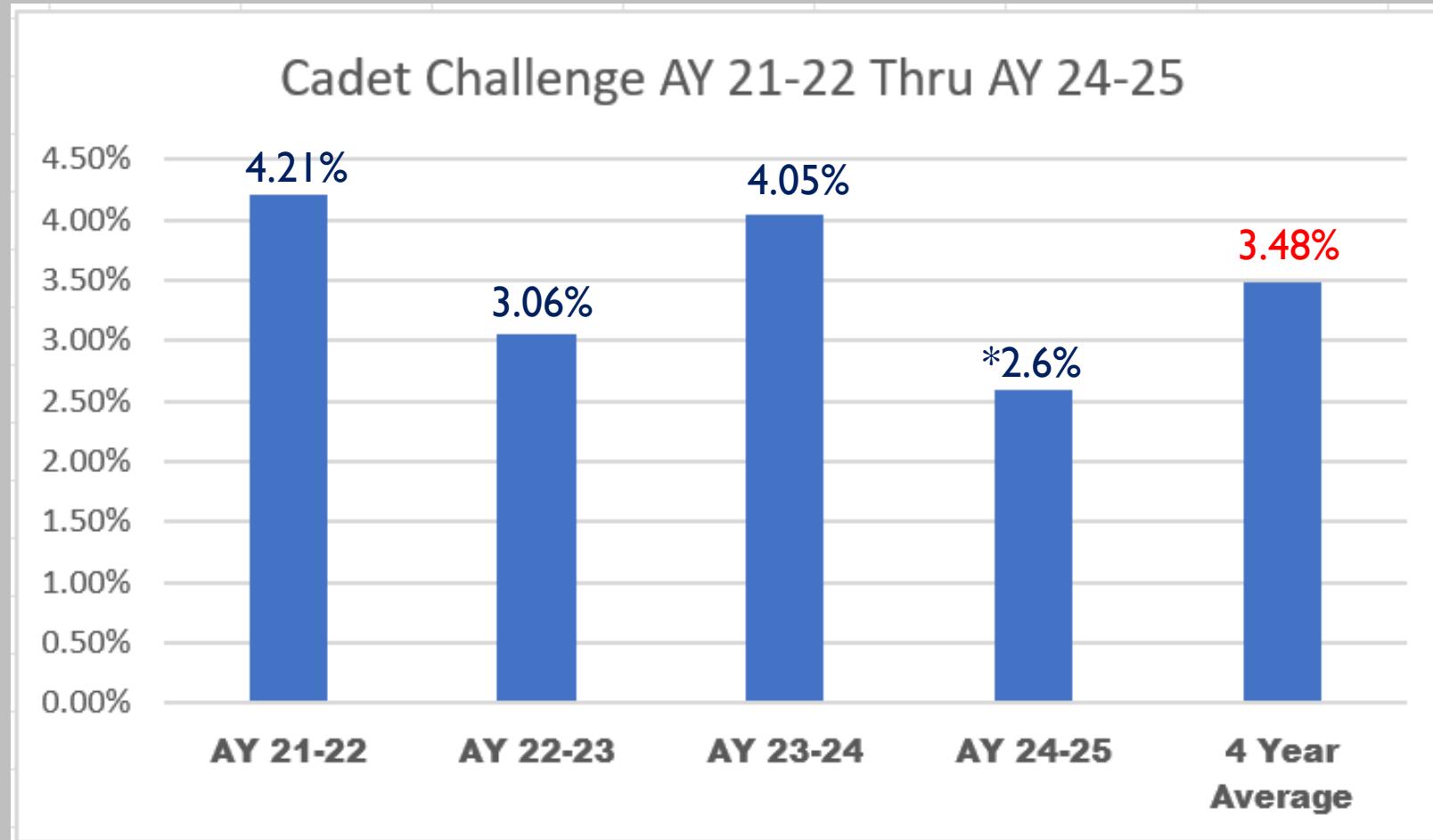
- ❖ Plan
- ❖ Do/Act
- ❖ Evaluate



# 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)?

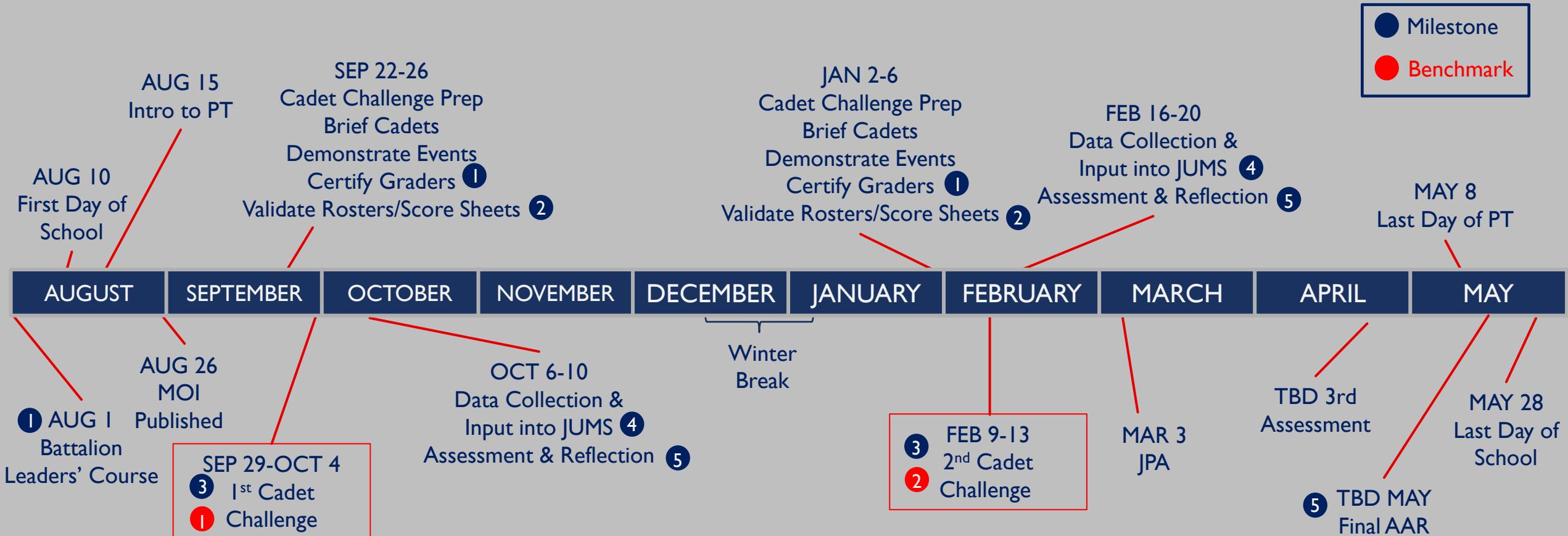


WHY 5%?

# 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 2025 and Spring 2026; 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 I-Mile, +1 Push-ups, no change Pull-ups
  - Female: +2 Curl-ups, -.5 Sec Shuttle, +¼ in V-Sit, -31 sec I-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 2025-26; formal assessments (initial and final) are planned and annotated on battalion calendar; additional assessment continues as needed

# AY 25-26 CONTINUOUS IMPROVEMENT



Monday

Curl-Up & Push-Ups

Tuesday

Pull-Ups/Flex-Armed Shuttle Run

Wednesday

V-Sit & One-Mile Run

Thursday

Make-up Day

Friday

Make-Up Day

\* Interim assessments incorporated during weekly PT

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# Hurricane Battalion Website

<https://www.mhshurricanebattalion.com/>

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



Questions?