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The Navy SEAL Physical Fitness Guide Acknowledgments The authors would like to recognize the invaluable contributions to the development of this guide by the following individuals. CAPT Kenneth Long participated in both panel reviews and provided useful suggestions and comments. His meticulous work was greatly appreciated by all.

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Fitness 61 Scope and Sequence Chart
The Scope and Sequence Chart for Fitness Management (refer to page 62) shows grade placement of the specific student learning outcomes and the stages of learning as indicated by the icons.

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