ITEM	NOTES
Schedule and complete PFT	110125
Print Fitness report and save file	Will need a digital copy for annual Performance Report
Complete Web PHA	My IMR
Complete Phone MHA	My IMR
Complete in-person PHA (as needed)	
Check medical readiness in ASIMS	IMR At-A-Glance Quick Guide
Lab work and/or Immunizations (as needed)	
Dental Check-up or Submit DD Form 2813	DD Form 2813
Get Flu shot & submit annual paperwork	Submit to myFSS
Request copy of annual PHA report from clinic	
Complete annual CBTs	myLearning
Print training report	
Complete annual AFPAAS update	AFPAAS
Update vRED annually	Found on vMPF
Verify/print points report (PCARS) from vMPF	Point Credit Summary (PCARS) Quick Guide
Verify/print CDB (Career Data Brief) from vMPF	Career Data Brief Quick Guide
Verify awards/decs and print report	Found on vMPF
Print LES – verify pay was received!	<u>myPay</u>
Sign off on IDTs	Complete in UTAPS
Get signatures for voucher/paperwork for pay/credit	
Check ARCNet readiness	ARCNet Quick Guide
Submit IDTs in UTAPs by annual deadline (15 Aug)	UTAPS Calendar Build for IMAs/PIRRs Quick Guide
Submit AT orders for next FY by annual deadline (31 May)	myFSS Order Request Quick Guide
Review comments from Development Team board	
Submit draft OPB/EPB to supervisor	Keep an ongoing record/notes every time you're on ord
Save files and PST, shred papers	
Ensure 'Out of office' is on email	
Submit orders & travel voucher	
Verify AT and IDTs were paid, point credit assigned	100
Ensure OPB/EPB is finalized, sign & verify it was	Will need digital copies for annual Performance Reports
submitted to record/print final	
Schedule lodging, travel for future IDTs/AT	IDT Lodging Reimbursement Quick Guide;
	Filing for RTS Travel Reimbursemet Quick Guide
Contact Transportation for U Drive It availability for AT	

Last updated: 05 May 2023