



U.S. ARMY

CUI

# EFMB Candidate Do's & Don'ts



Event	Do's	Don'ts
<b>Written Test (WT)</b>	<ul style="list-style-type: none"> <li>Utilize the Study Guide posted on the EFMB website</li> <li>Answer the Study Guide questions by reading the WT references (Read above and below where you find the answer)</li> <li>Start studying months prior to the test</li> </ul>	<ul style="list-style-type: none"> <li>Rely on pre-existing digital EFMB flashcard decks as primary study materials</li> <li>Fail to study for the first WT</li> </ul>
<b>Physical Fitness Assessment (PFA)</b>	<ul style="list-style-type: none"> <li>Achieve over 80 points in each event prior to arriving to EFMB</li> </ul>	<ul style="list-style-type: none"> <li>Report to EFMB knowing that you haven't achieved at least 80 points in each event</li> </ul>
<b>Land Navigation (LN)</b>	<ul style="list-style-type: none"> <li>Conduct classroom training on map reading and LN basics prior to EFMB</li> <li>Execute practice day and night iterations (3+) prior to arrival</li> </ul>	<ul style="list-style-type: none"> <li>Rely on standardization to learn how to conduct land navigation</li> </ul>
<b>Lanes</b>	<ul style="list-style-type: none"> <li>Read through each task worksheet to familiarize yourself with the lane tasks</li> <li>Contact a local EFMB holder to request task training and tips</li> <li>Pay very close attention during standardization and get as much hands-on training as possible</li> </ul>	<ul style="list-style-type: none"> <li>Fail to pay attention to the evaluators during standardization</li> <li>Purposefully deviate from guidance the evaluators provide during standardization</li> <li>Fail to participate in study hall</li> </ul>
<b>12 Mile Forced March &amp; Final Event</b>	<ul style="list-style-type: none"> <li>Execute a rigorous forced march train up prior to arrival</li> <li>Include buffer time in your pre-EFMB road march</li> <li>Seek guidance on how to properly pack a ruck</li> <li>Ensure you are staying hydrated and well nourished during EFMB</li> <li>Practice the final event frequently and while fatigued</li> </ul>	<ul style="list-style-type: none"> <li>Fail to complete a 12 Mile Forced March in under three hours within three months of EFMB</li> <li>Report to EFMB without a complete packing list</li> <li>Neglect to practice the final event</li> </ul>