

**BY ORDER OF THE
SECRETARY OF THE AIR FORCE**

AIR FORCE MANUAL 36-2905

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PERSONNEL

**AIR FORCE PHYSICAL FITNESS
READINESS PROGRAM**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This publication implements the physical fitness requirements of Department of the Air Force Policy Directive (DAFPD) 36-29, *Military Standards*. This publication provides directive guidance for the Physical Fitness Readiness Program. This publication applies to the Regular Air Force, Air Force Reserve and the Air National Guard. This publication does not apply to the United States Space Force. This instruction requires the collection and/or maintenance of information protected by the Privacy Act of 1974 authorized by Department of Defense Instruction 5400.11, *DoD Privacy and Civil Liberties Programs*. The applicable System of Record Notice (SORN) DoD-0020, *Military Human Resource Records* is available at: <https://dpcl.d.defense.gov/Privacy/SORNs/>. Ensure all records generated as a result of processes prescribed in this publication adhere to Air Force Instruction 33-322, *Records Management and Information Governance Program*, and are disposed in accordance with the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System. Refer recommended changes and questions about this publication to the Office of the Primary Responsibility using the DAF Form 847, *Recommendation for Change of Product*: route DAF Forms 847 from the field through Air Force Personnel Center (AFPC) Special Programs Office (AFPC/DPSOF), 550 C Street, JBSA-Randolph, TX 78150 or afpc.dppsa.workflow@us.af.mil. This publication may be supplemented at any level, but all supplements that directly implement this publication must be routed to the Office of Primary Responsibility for coordination, and all Major Command (MAJCOM)-level supplements must be approved by the Human Resource Management Strategic Board (HSB) prior to certification and approval. The authorities to waive wing/unit level requirements in this publication are identified with a Tier (“T-0, T-1, T-2, T-3”) number following the compliance statement. See Department of the Air Force Manual (DAFMAN) 90-161, *Publications, Processes and Procedures Management*, for a description of the authorities

associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority, or alternatively, to Air Force Personnel Center, Special Programs (AFPC/DPSOF) for non-tiered compliance items. Compliance with attachments [2](#), [3](#), [4](#), [5](#), [6](#), and [7](#) is mandatory.

SUMMARY OF CHANGES

This document has been revised and should be completely reviewed. Changes include Integration of Waist-to-Height Ratio (WHtR) for body composition scoring (20 points), replacing the 1.5-mile run with a 2.0-mile run or 20-meter High Aerobic Multi-shuttle Run (HAMR), and adjusting component point distribution (15 points each for muscular strength and core endurance, 50 points for cardiorespiratory). WHtR execution guidelines emphasize decoupling from other components to reduce unsafe practices. Airmen identified with a WHtR of $\geq .55$ with an unsatisfactory Physical Fitness Readiness Assessment (PFRA), will complete a Body Fat Assessment (BFA) using a secondary method and will enter a body composition remedial program. Assessments are now bi-annual for all members. All ARC members will test every 12 months. Unit assessments are subject to Installation Commanders discretion. Medically exempt members enter PFRA Hold and Adaptive Fitness Program (AFP). Physical conditioning is required every duty day, and Commander's responsibilities are outlined within. Physical fitness is the Airman's responsibility. All components of the Air Force (AF), Regular Air Force (RegAF), Air Force Reserve (AFR), and Air National Guard (ANG) will follow the new assessment and program guidelines. Guidelines for USSF physical fitness requirements can be found in SPFMAN 36-2905.

Chapter 1—GENERAL INFORMATION	6
1.1. Overview of Physical Fitness Readiness Program (PFRP).....	6
1.2. Required Physical Conditioning Program (PCP).....	6
1.3. Air Force Physical Fitness Readiness Assessments.....	7
Chapter 2—ROLES AND RESPONSIBILITIES	8
2.1. Chief of Staff of the Air Force.	8
2.2. Assistant Secretary of the Air Force for Manpower and Reserve Affairs (SAF/MR).....	8
2.3. Air Force Deputy Chief of Staff for Manpower, Personnel, and Services (AF/A1).....	8
2.4. Air Force Chief Exercise Physiologist, Physical Fitness Readiness and Body Composition Policy Branch (AF/A1PPE).	9
2.5. Air Force Deputy Chief of Staff for Operations, Plans and Requirements (AF/A3).....	9
2.6. Air Force Deputy Chief of Staff for Logistics, Engineering, and Force Protection (AF/A4).....	9
2.7. Air Force Surgeon General (AF/SG).	9

2.8.	Air Force Physical Fitness and Body Composition Working Group Charter.....	10
2.9.	National Guard Bureau Force Management, Customer Support Policy Branch (NGB/A1PS).....	10
2.10.	National Guard Bureau, ANG Sustainment Services Branch (NGB/A1XS).....	10
2.11.	Air Force Reserve Command (AFRC) Health Promotion and Fitness Program Manager Specialist (AFRC/A1ZO).	11
2.12.	Air Force Personnel Center (AFPC).....	12
2.13.	Air Force Services Center Fitness and Sports (AFSVC/VMS).	12
2.14.	Installation Commander.....	13
2.15.	Wing Commander or equivalent.....	14
2.16.	Medical Group/Squadron Commander.....	14
2.17.	Guard Medical Unit (GMU), or Reserve Medical Unit (RMU) Provider.....	14
2.18.	Medical Liaison Officer (ARC Only).....	15
2.19.	Force Support Squadron Commander/Director.	15
2.20.	Fitness Information Manager (FIM).....	16
2.21.	AFR ONLY. Tenant Wing Fitness Program Manager (WFPM).....	16
2.22.	AFR ONLY. Stand-Alone Installation Exercise Physiologist (EP).....	17
2.23.	Master Fitness Leader (MFL).....	17
2.24.	Fitness Assessment Cell (FAC) Manager.....	18
2.25.	Physical Fitness Readiness Assessment (PFRA) Administrator.....	20
2.26.	Unit Commanders/Director.....	20
2.27.	Unit Fitness Assessment Cell (UFAC).....	22
2.28.	Unit Fitness Program Manager (UFPM).....	22
2.29.	Peer Fitness Leaders (PFL).....	23
2.30.	Member.....	24
Chapter 3—OFFICIAL FITNESS ASSESSMENT		26
3.1.	General.....	26
3.2.	Physical Fitness Readiness Assessment (PFRA) Administration.....	26
3.3.	Fitness Screening Questionnaire (FSQ).....	27
3.4.	Bi-Annual Unit Assessment Requirement.....	27
3.5.	Extenuating Circumstances.....	28
3.6.	Fitness Assessment Composite Score.....	28
3.7.	Scoring.....	28

Table	3.1.	Walk Standards (2 Kilometer).....	29
Table	3.2.	Body Fat Assessment (BFA) Standards.....	29
	3.8.	Diagnostic PFRA.....	29
	3.9.	Scoring For Members with Exemptions.....	30
	3.10.	Frequency of Physical Fitness Readiness Assessments.....	30
Table	3.3.	PFRA Frequency.....	31
	3.11.	Physical Fitness Readiness (PFR).....	32
	3.12.	Illness or Injury.....	32
	3.13.	Course Requirements for 2.0 mile Run, 2 Kilometer Walk, and 20 Meter High Aerobic Multi-Shuttle Run (HAMR).....	32
	3.14.	Course and Track Safety and Environmental Conditions.....	34
	3.15.	Official Physical Fitness Readiness Assessment Procedures.....	34
Chapter 4—EXEMPTIONS			39
	4.1.	Medical Exemptions.....	39
	4.2.	Extended Duration Profile.....	41
	4.3.	Airman Medical Readiness Optimization (AMRO) Board.....	41
Table	4.1.	Exemptions.....	42
	4.4.	Installation/GSU/Detachments PFRA Waivers.....	43
Chapter 5—EDUCATION, IMPROVEMENT, AND INTERVENTION			44
	5.1.	Unit Fitness Program Manager (UFPM) Training.....	44
	5.2.	Unit Fitness Assessment Cell (UFAC) Manager Training.....	44
	5.3.	PFRA Administrator Training.....	44
	5.4.	Peer Fitness Leader (PFL) Training.....	44
	5.5.	Adaptive Fitness Program (AFP).....	44
	5.6.	Fitness Reconditioning Program (FRP).....	45
Chapter 6—SPECIAL POPULATIONS			47
	6.1.	Students and Accessions.....	47
	6.2.	Geographically Separated Unit or Member.....	47
	6.3.	Others- Centers, Headquarters, MAJCOMs, etc.....	48
	6.4.	Individual Reservists (IMA/PIRR).....	48
	6.5.	Air Reserve Component (ARC) Tenant Support at RegAF Installation/USSF Delta.....	48

AFMAN36-2905 24 MARCH 2026	5
Chapter 7—SYSTEMS MANAGEMENT	50
7.1. myFitness.....	50
Chapter 8—ADMINISTRATIVE AND PERSONNEL ACTIONS	52
8.1. Adverse Personnel Actions.....	52
8.2. Fitness Appeals.....	53
8.3. Fitness Appeal Process.....	53
Table 8.1. Fitness Appeal Process.....	53
8.4. Correcting Administrative Errors on Fitness Assessment Scores in myFitness.....	55
Attachment 1—GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION	56
Attachment 2—PHYSICAL FITNESS READINESS ASSESSMENT VERBAL INSTRUCTIONS	62
Attachment 3—ALTITUDE TIME CORRECTION FOR 2.0 MILE RUN, 2.0 KILOMETER WALK, AND 20-METER HAMR	68
Attachment 4—WRITTEN ORDER PFRA ADMINISTRATORS	70
Attachment 5—ADMINISTRATIVE AND PERSONNEL ACTIONS	72
Attachment 6—SAMPLE MEMORANDUM FOR MEDICAL EVALUATION FOLLOWING MULTIPLE UNSATISFACTORY FITNESS ASSESSMENTS	74
Attachment 7—PHYSICAL CONDITIONING PROGRAM GUIDELINES	77
Attachment 8—BODY FAT ASSESSMENT (BFA) INSTRUCTIONS	79
Attachment 9—BODY FAT PERCENT TABLES	91
Attachment 10—BODY FAT PERCENT TABLES	99

Chapter 1

GENERAL INFORMATION

1.1. Overview of Physical Fitness Readiness Program (PFRP). The goal of PFRP is to ensure individuals consistently and safely meet the physical demands of all assigned military duties, encompassing both routine tasks and contingency operations. This capability contributes directly to the effectiveness, readiness and mission success of the force. Key requirements for achieving and maintaining physical fitness readiness include cardiorespiratory fitness, body composition, muscular strength and muscular core endurance.

1.1.1. Non-commissioned, Warrant, and Commissioned Officers at all levels will incorporate physical fitness into their culture and establish an environment for members to maintain physical fitness, health, and performance to meet expeditionary mission requirements. **(T-0)** The PFRP promotes the primary physical fitness readiness elements of cardiorespiratory fitness, muscular strength, muscular endurance, and body composition of each member. In conjunction with a consistent unit physical fitness training program and individual fitness training, the Physical Fitness Readiness Assessment (PFRA) provides leaders with a tool to assist in the determination of overall physical fitness of their members.

1.1.2. It is every member's responsibility to maintain the standards set forth in this manual 365 days per year. Every member should be physically fit, regardless of age, grade, sex, duty assignment, or Air Force Specialty Code (AFSC). Physical fitness directly and positively impacts health, general fitness, duty performance, and mission readiness.

1.2. Required Physical Conditioning Program (PCP).

1.2.1. The PCP represents a core, non-negotiable mandate. **(T-0)** The program promotes aerobic/muscular fitness and optimal body composition of each member in the unit and is the backbone of the PFRP. **Note:** Altering the official duty day requirements (e.g., starting early or extending the duty day length) is not authorized. **(T-2)**

1.2.2. Unit level PCPs may be organized and scheduled at the lowest levels (shop, element, flight, etc.) exploring hybrid approaches to ensure fitness requirements are balanced with mission effectiveness. Unit PCPs will be created and led by certified Peer Fitness Leaders (PFL) utilizing guidelines and programs in **Attachment 7** to develop general fitness and prevent injuries. Individual PCPs are authorized based on mission requirements. **(T-2)** Group unit fitness is encouraged when the mission allows.

1.2.3. Frequency and duration: Every duty day, for 20-60 minutes (per session). Air Reserve Component (ARC): reference **paragraph 2.15.1** for guidance. **(T-2)**

1.2.4. Unit commanders will develop a PCP Plan that contains, at a minimum:

1.2.4.1. Communication of PCP requirements to Airmen

1.2.4.2. Tracking of Airmen completion of PCP requirements

1.2.4.3. Support to Airmen who require remedial body composition and fitness support.

1.3. Air Force Physical Fitness Readiness Assessments.

1.3.1. Physical Fitness Readiness Assessment (PFRA). The Air Force PFRA consists of body composition, muscular strength, core endurance, and cardiorespiratory fitness components to measure the effectiveness of PCP. The body composition component is an evidence-based age-agnostic assessment of health risk. The physical fitness components are sex and age specific and occupationally independent with science-based, health, and general fitness standards.

1.3.2. Occupationally Specific Physical Fitness Readiness Assessment (OSPFRA). The OSPFRA is an AFSC occupationally specific, operationally relevant Physical Fitness Assessment with broader physical fitness component requirements. This specific assessment is sex and age neutral, with science-based, criterion performance fitness standards. Airmen in the identified AFSCs to assess on an annual OSPFRA will also assess on the PFRA standards that are sex neutral and age normed annually. Reference AFMAN36-2919, *Air Force Special Warfare Operator Fitness Test*, and AFMAN36-2930, *Explosive Ordnance Disposal (EOD) Occupationally Specific Physical Fitness Readiness Assessment (OSPFRA)*, for guidance. **Note:** ARC Airmen on a 12-month testing cycle, who are subject to an OSPFRA, will take the OSPFRA as their annual assessment.

1.3.3. Airmen who take the OSPFRA must take a sex-neutral, age normed PFRA.

Chapter 2

ROLES AND RESPONSIBILITIES

2.1. Chief of Staff of the Air Force. Directs implementation of the PFRP and renders final decision on all policy proposals pertaining to this manual.

2.2. Assistant Secretary of the Air Force for Manpower and Reserve Affairs (SAF/MR).

2.2.1. Provides policy oversight, advocacy of the physical fitness and body composition programs as it relates to physical fitness.

2.2.2. Reviews and coordinates on all fitness-related policy proposals.

2.2.3. Deputy Assistant Secretary of the Air Force for Force Management Integration (SAF/MRM). Oversees the PFRP and ensure compliance with existing legislation and policies.

2.2.4. Deputy Assistant Secretary for Reserve Affairs and Member Readiness (SAF/MRR). Oversees the physical fitness and body composition program and ensure compliance with existing legislation and policies.

2.3. Air Force Deputy Chief of Staff for Manpower, Personnel, and Services (AF/A1).

2.3.1. Establishes, develops, coordinates, and executes physical fitness policies and guidance through the Director of Military Force Management Policy (AF/A1P).

2.3.2. Consults with SAF/MR and the Air Force Surgeon General (AF/SG) for medically related physical fitness issues and body composition standards.

2.3.3. Directs research and studies to assess physical fitness and body composition methods and standards.

2.3.4. Approves all new or altered PFRAs.

2.3.5. Collaborates with AF/SG, Directorate of Services (AF/A1S), Office of The Judge Advocate General (AF/JA), and Chief Master Sergeant of the Air Force (CMSAF) on matters related to physical fitness readiness policy.

2.3.6. Director of Military Force Management Policy (AF/A1P).

2.3.6.1. Develops and maintains guidance regarding implementation and administration of the PFRP.

2.3.6.2. Coordinates on all Tier 1 waiver requests.

2.3.6.3. Coordinates with internal and external organizations as required.

2.3.6.4. Oversees the Air Force Physical Fitness and Body Composition Working Group Charter.

2.3.7. Director of Air Force Services (AF/A1S).

2.3.7.1. Advocates for availability of base-level physical fitness resources such as facilities, equipment, and requirements.

2.3.7.2. Develops and implements requirements for AFSC 3F1 Master Fitness Leaders (MFL).

2.3.8. Director of Plans and Integration (AF/A1X). Provides software development and administration for the PFRP, through the A1 Digital Transformation Activity.

2.4. Air Force Chief Exercise Physiologist, Physical Fitness Readiness and Body Composition Policy Branch (AF/A1PPE).

2.4.1. Serves as the Chief of Air Force Physical Fitness and Body Composition Policy.

2.4.2. Serves the Air Force as the Subject Matter Expert on exercise science, human performance and body composition as it relates to this manual.

2.4.3. Develops, coordinates, and proposes physical fitness and body composition policies and guidance through the Military Force Management Policy Director (AF/A1P).

2.4.3.1. Works with SAF/MR and the AF/SG for medically related physical fitness issues and body composition standards.

2.4.3.2. Serves as Chair of the Air Force Physical Fitness and Body Composition Working Group Charter.

2.4.3.3. Collaborate with the Air Force Research Laboratory (AFRL) and Air Force Physical Fitness and Body Composition Working Group Charter for research and studies to assess physical fitness and body composition.

2.4.3.4. Ensures exercise, nutrition, and behavioral health education programs are incorporated into required program education and implements Air Force Physical Fitness and Body Composition Working Group Charter approved Fitness Reconditioning Program (FRP).

2.4.3.5. Collaborates with AF/SG, Directorate of Services (AF/A1S), Office of The Judge Advocate General (AF/JA), and Chief Master Sergeant of the Air Force (CMSAF) on matters related to physical fitness policy and reports findings to A1.

2.4.3.6. Prepares and delivers physical fitness and body composition outcome data (e.g., Annual Office of the Secretary of Defense (OSD) report, Congressional Reports, etc.).

2.5. Air Force Deputy Chief of Staff for Operations, Plans and Requirements (AF/A3).

2.5.1. Ensures Special Warfare Airmen, who are required to take the OSPFRA, adhere to the requirements in this AFMAN and their AFSC specific manual (as required).

2.5.2. Coordinates OSPFRA guidance with AF/A1P.

2.6. Air Force Deputy Chief of Staff for Logistics, Engineering, and Force Protection (AF/A4).

2.6.1. Ensures members in specific AFSCs are required to take the OSPFRA, adhere to the requirements in this AFMAN and their AFSC specific manual (as required).

2.6.2. Coordinates OSPFRA guidance with AF/A1P.

2.7. Air Force Surgeon General (AF/SG).

2.7.1. Meets the medical requirements of the DoDI 1308.03, *DoD Physical Fitness/Body Composition Program*.

2.7.1.1. Employs procedures to address profiles for injury, pregnancy, or other temporary medical limitations that inform a medically approved exercise program after medical consultation.

2.7.1.2. Informs MFL's on Adaptive Fitness Program (AFP), using the AF Form 469, *Duty Limiting Condition Report*, that prescribe physical fitness limitations.

2.7.2. Coordinates medical requirements as it pertains to this AFMAN with appropriate medical stakeholders.

2.7.3. Evaluates medical aspects of the PFRP.

2.7.4. Evaluates educational materials and information related to PFRP.

2.7.5. Collaborates with AF/A1P on administrative matters and policy changes that may impact the PFRP.

2.7.6. Evaluates medical requirements in accordance with AFI 10-201, *Force Readiness Reporting* and submits findings to AF/A1P for inclusion in the Annual Service Physical Fitness and Body Composition Report to the Office of the Secretary of Defense (OSD).

2.7.7. Coordinates with AF/A1 on policies and programs that promote physical fitness.

2.8. Air Force Physical Fitness and Body Composition Working Group Charter.

2.8.1. Chaired by the Chief Exercise Physiologist, Physical Fitness Readiness and Body Composition Policy Branch (A1PPE).

2.8.2. Air Force Physical Fitness and Body Composition Working Group Charter is comprised of key stakeholders from AF/A1, USSF/S1, AF/SG, Air Force Personnel Center (AFPC), Air Force Services Center (AFSVC), ARC/A1s, Air Force Research Laboratory (AFRL), and 711th Human Performance Wing (HPW). The Charter convenes (as needed) with direction from AF/A1P, either in person or virtually, and reports findings and/or recommendations to the AF/A1.

2.8.3. Provides Air Force leaders with recommendations on matters related to the PFRP.

2.8.4. Reviews the PFRP and presents innovative and effective solutions for consideration to improve overall the Air Force physical fitness readiness.

2.8.5. Utilizes a cooperative approach to adapt to changing requirements by linking fitness resources, emerging technologies, and exploring current integrated solutions across physical fitness training and education organizations.

2.9. National Guard Bureau Force Management, Customer Support Policy Branch (NGB/A1PS).

2.9.1. Provides policy oversight and advocacy of the physical fitness health awareness program as it relates to physical fitness for the Air National Guard.

2.9.2. Provides physical fitness related advisories to the Air Force Board for the Correction of Military Records (BCMR) affecting ANG members.

2.10. National Guard Bureau, ANG Sustainment Services Branch (NGB/A1XS).

2.10.1. Assists in developing training materials in consultation with the AFSVC as well as all health, fitness, and exercise professionals.

2.10.2. Renders decisions on ANG Fitness Information Manager (FIM) user access requests to myFitness. Provides FIM user roles to authorized base personnel. (**Note:** Only two FIMs per ANG Wing authorized.)

2.10.3. Provisions ANG access within myFitness upon receipt of the DD Form 2875, *System Authorization Access Request*, written order (**Attachment 4**), user agreement, and signed FIM appointment letter.

2.10.4. Provides inputs for Systems Management (e.g., myFitness) user and user guides as needed in conjunction with Air Force Reserve Command (AFRC), AFPC, and AFSVC for PFRP and this AFMAN.

2.10.5. Provides subject matter expertise to the Air Force FIMs, Fitness Program Managers, and Fitness Assessment Cells (FAC) on physical fitness guidelines outlined in this AFMAN.

2.10.6. Ensures exercise, nutrition, and behavioral health education programs are incorporated into required program education and implements Air Force Physical Fitness and Body Composition Working Group Charter approved PFRP.

2.10.7. Reviews unit Management Internal Control Toolset (MICT) to ensure compliance with the physical fitness guidance as outlined in this AFMAN.

2.10.8. Conducts Staff Assistance Visits (SAVs) on the unit program at the request of the commander (or equivalent).

2.11. Air Force Reserve Command (AFRC) Health Promotion and Fitness Program Manager Specialist (AFRC/A1ZO).

2.11.1. Serves as the AFR Exercise Physiologist Career Field Manager and Exercise Science SME for physical fitness, body composition, health promotion, and resilience programming. **Note:** Possesses and maintains professional certifications as required by the position Standard Core Personnel Document (SCPD).

2.11.2. Maintains regular contact with AFR PFRP leaders and communicates relevant information to field as it becomes available.

2.11.3. Collaborates with the A1 Digital Transformation Activity (DTA) on software updates and issues pertaining to the AFR PFRP. Renders decision on AFR user access requests to myFitness. Provides Air Staff, MAJCOM, and FIM user roles to authorized base personnel.

2.11.4. Provisions Air Force Reserve FIM access within myFitness upon reception of the DD Form 2875, written order (**Attachment 4**), user agreement, and signed FIM appointment letter.

2.11.5. Ensures exercise, nutrition, and behavioral health education programs are incorporated into required program education and implements Air Force Physical Fitness and Body Composition Working Group Charter approved Unit Physical Conditioning and Fitness Reconditioning Program (FRP).

2.11.6. Conducts SAVs on the installation program(s) at the request of the commander (or equivalent).

2.11.7. Provides inputs for Systems Management (e.g., myFitness) user and user guides as needed in conjunction with AF/REP, ANG, AFPC, and AFSVC for PFRP and this AFMAN.

2.11.8. Reviews unit MICT to ensure compliance with physical fitness guidance as outlined in this AFMAN.

2.12. Air Force Personnel Center (AFPC).

2.12.1. Serves as the execution authority for this publication; implements and disseminates guidance and procedures.

2.12.2. Advises AF/A1P on the execution of physical fitness matters.

2.12.3. Collaborates with AF/A1P on process matters and changes that may impact the overall PFRP and provides program metrics as required. Evaluates annual physical fitness reports and submits findings with a recommendation to AF/A1P.

2.12.4. Manages the Fitness Assessment Appeals Board process.

2.12.5. Provides physical fitness related advisories to the Air Force Board for the Correction of Military Records.

2.12.6. Collaborates with the A1 Digital Transformation Activity on software updates and issues pertaining to the PFRP.

2.12.7. Renders decision on RegAF user access requests to myFitness in conjunction with Air Force Services Center (AFSVC). Provides Senior Management User roles to authorized personnel.

2.12.8. Provides updates to AFPC Public Affairs (AFPC/PA) on PFRP information.

2.12.9. Processes and approves non-tiered items.

2.12.10. Provides inputs for Systems Management (e.g., myFitness) user and user guides needed in conjunction with AFRC, ANG, and AFSVC for PFRP and this AFMAN.

2.12.11. Collaborates with the A1 Digital Transformation Activity (DTA) on software updates (myFSS/myFitness).

2.12.12. Facilitates AF/A1P directed updates to knowledge articles on myFSS and the Air Force Personnel Center Public Affairs (AFPC/PA) website.

2.12.13. Provides guidance and execution regarding implementation and administration of the PFRP.

2.12.14. Provides input for Systems Management (e.g., myFitness) user and user guides as needed in conjunction with Air Force Reserve Command (AFRC) and NGB/ANG for PFRRA and this manual.

2.13. Air Force Services Center Fitness and Sports (AFSVC/VMS).

2.13.1. Assists in developing training materials in consultation with the Air Force Physical Fitness and Body Composition Working Group Charter as well as all health, fitness, and exercise professionals.

2.13.2. Collaborates with the A1 Digital Transformation Activity on software updates and issues pertaining to the PFRP.

2.13.3. Renders decision on RegAF user access requests to myFitness in conjunction with AFPC. Provides Senior Management and Admin user roles to authorized personnel. Provisions

RegAF FIM user roles upon reception of the DD Form 2875, written order ([Attachment 4](#)), user agreement, and signed FIM appointment letter. Must maintain documentation for all appointed positions.

2.13.4. Provides inputs for Systems Management (e.g., myFitness) user and user guides as needed in conjunction with AFRC, AFPC, and NGB for PFRP and this AFMAN.

2.13.5. Provides subject matter expertise with AFPC/DPSOF to the Air Force FIMs, Fitness Program Managers, and Fitness Assessment Cells on physical fitness guidelines outlined in this AFMAN.

2.13.6. Reviews unit MICT to ensure compliance with physical fitness guidance as outlined in this AFMAN.

2.14. Installation Commander.

2.14.1. Oversees the installation/base PFRP in collaboration with Tenant Wing Commanders and ensures compliance with this manual.

2.14.2. Determines if Installation will conduct unit testing and establishes local guidance for subordinate unit commanders the designated dates and/or months that the unit will test as a group. **Note:** ARC members may test individually once every 12 months.

2.14.3. Establishes local guidance for subordinate unit commanders that utilize the installation Fitness Assessment Cell (FAC) to appoint PFRA Administrators to augment the FAC for the purpose of conducting PFRAs.

2.14.4. Provides appropriate manpower, safe facilities, equipment (e.g. AED), resources, and funding to support the Force Support Squadron (FSS) in support of the PFRP and where applicable to the FAC.

2.14.5. Renders final decision on plans to appoint PFRA Administrators to augment the FAC.

2.14.6. Periodically reviews FAC operations to ensure augmented personnel are used in a manner that minimizes undue burden on units.

2.14.7. Renders decisions on all cardiorespiratory assessment courses (2.0-mile run, 20-meter HAMR, and 2-kilometer walk) after collaboration with the local Civil Engineering Squadron (CES), Force Support Squadron (FSS), and Wing Safety; and files approval memorandum with the FAC. **Note:** Tracks/Courses remain certified until superseded.

2.14.8. Implements certification and recertification of cardiorespiratory component tracks or courses. Certification and recertification must be in conjunction with local CES, FSS, and Wing Safety established procedures.

2.14.9. Plans, programs, and budgets PFRP training to support the installation programs, to include Fitness Assessment Cell (FAC), Unit Fitness Assessment Cell (UFAC), Unit Fitness Program Manager (UFPM), Master Fitness Leader (MFL), Peer Fitness Leader (PFL) training, Fitness Reconditioning Program (FRP) and Adaptive Fitness Program (AFP) education and intervention program.

2.14.10. Coordinates with the host Military Treatment Facility (MTF)/DHA to establish medical support for the PFRP.

2.15. Wing Commander or equivalent.

2.15.1. Establish local policy for subordinate commanders to implement a Physical Conditioning Program (PCP) during the duty day in accordance with **paragraph 1.2.3**. **Note:** ARC installation and wing commanders (or equivalent) will establish local policy regarding use of duty time physical conditioning during unit training assemblies (UTA), annual tours (AT), regularly scheduled drills (RSD), and special tours as mission allows.

2.15.2. Provides an environment that supports and motivates a healthy lifestyle through optimal physical fitness and nutrition in accordance with DODI 1010.10 *Health Promotion*.

2.15.3. Oversee the appeals process of PFRAs in accordance with **paragraph 8.2**.

2.15.4. Determines if the Wing (including stand-alone installations) will conduct unit testing and establishes local guidance for subordinate unit commanders the designated dates and/or months that the unit will test as a group.

2.16. Medical Group/Squadron Commander.

2.16.1. Ensures Military Treatment Facility (MTF), Guard Medical Unit (GMU), or Reserve Medical Unit (RMU) providers receive initial and annual refresher training on fitness profiles and the completion of AF Form 469 in accordance with AFI 48-133, *Duty Limiting Conditions*.

2.16.2. Ensures MTF providers meet requirements of DoDI 1308.03 to include documentation of physical limitations for PFRAs using the AF Form 469 that informs a medically approved exercise program.

2.16.3. The ARC medical unit commander responsible for health readiness assessment and service support to the wing or group shall appoint a credentialed provider as Medical Liaison Officer to serve as the program's consultant to all other medical providers and support staff.

2.17. Guard Medical Unit (GMU), or Reserve Medical Unit (RMU) Provider.

2.17.1. Stays up to date on PFRP policy, DAF Form 4446A-Fitness Screening Questionnaire (FSQ) guidance, and medical conditions affecting PFRA and AF Form 469 procedures as it pertains to policy.

2.17.2. Determines during each patient encounter if a medical condition impacts physical fitness activities (including assessment and training) and documents any resulting limitations or exemptions on AF Form 469 in accordance with AFI 48-133.

2.17.3. Ensures MTF providers meet requirements of DoDI 1308.03 to include documentation of physical limitations for PFRAs and physical conditioning that informs a medically approved exercise program using the AF Form 469.

2.17.4. Provides risk assessment and recommendation for the members Primary Care Provider for members with a high-risk response on the FSQ.

2.17.5. Evaluates members to determine whether a medical condition precludes the member from completing the PFRA.

2.17.6. Must evaluate all members with risk factors identified on the FSQ prior to the fitness assessment. If any item on the FSQ indicates a condition, which might limit performance of any component of the fitness assessment, and there is not an accompanying current AF Form 469, the member must provide the FSQ for a medical evaluation. A provider will complete and

sign the appropriate place on the FSQ, and complete an AF Form 469, if applicable, and the member will return the FSQ to the UFPM.

2.18. Medical Liaison Officer (ARC Only).

2.18.1. Ensures all medical providers receive adequate training on the PFRP procedures. Training will include program policies, medical conditions, medications affecting assessments, and fitness profile procedures.

2.19. Force Support Squadron Commander/Director.

2.19.1. Oversees the function and management of the Fitness and Sport Center, MFL and FAC. Executes plans, programs, budgets, and funds for safe and effective fitness operations within the FAC.

2.19.2. Ensure MFL and FAC staff are fully trained and possess the capabilities to train PFRA Administrators, UFPMs, UFACs and PFLs. Special populations such as GSUs, Detachments, etc. will ensure that UFPMs and UFACs are fully trained and possess the capabilities to administer a PFRA.

2.19.3. Ensures adequate facilities and other resources are available to support physical fitness operations at home station and at deployed locations. **Note:** FSS FACs must acquire appropriate equipment (*e.g.* AED, InBody model 770) to conduct PFRAs.

2.19.4. Ensures the Fitness Center Manager has Appropriated Funded (APF) staff who are trained and prepared to support the PFRP at home station and at deployed locations. **Note:** Non-Appropriated Funded (NAF) employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.19.5. Ensures Fitness Center staff and MFLs are trained (as required) to support the program, *e.g.*, training courses in accordance with AF Physical Fitness Readiness Standards, developing and leading group exercises.

2.19.6. Provides fitness metrics and unit status reports to the wing commander and other leaders monthly. Reports the following current statistical data in accordance with DoDI 1308.03 on PFRAs. **Note:** Report generated by Installation FIM.

2.19.7. Report Requirements:

2.19.7.1. Number of personnel administered PFRA.

2.19.7.2. Number of personnel who received an Unsatisfactory PFRA.

2.19.7.3. Number of personnel who received a Satisfactory PFRA.

2.19.7.4. Number of personnel who received an Excellent PFRA.

2.19.7.5. Number of personnel that are overdue or not tested for a PFRA.

2.19.7.6. Number of personnel who are on PFRA Hold.

2.19.7.7. Number of personnel who are enrolled in an Adaptive Fitness Program (AFP).

2.19.7.8. Number of personnel in the Fitness Reconditioning Program (FRP).

2.19.7.9. Length of time enrolled and number of personnel successfully completing PFRP.

2.19.8. Will appoint NCOs or above (including APF-funded civilian equivalents) as FIMs. **Note:** When FSS is not available, the appointment authority will be the Mission Support Group Commander.

2.19.9. Will appoint NCOs or above (including APF-funded civilian equivalents) as Fitness Assessment Cell (FAC) Managers. **Note:** When FSS is not available, the appointment authority will be the Mission Support Group Commander.

2.19.10. Will appoint E-4 and above (including APF-funded civilian equivalents) as Master Fitness Leaders (MFL). **Note:** E-5 and above for ANG; E-4 and above with 5 level for AFR.

2.19.11. Provides a representative to attend Airman Medical Readiness Optimization (AMRO) board upon request.

2.20. Fitness Information Manager (FIM).

2.20.1. FIMs are appointed by the Force Support Squadron Commander or Director and must be NCOs or above (including APF-funded civilian equivalents). **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.20.2. Requests myFitness System access to AFSVC/VMS, NGB/A1XS, or AFRC/A1Z with a DD Form 2875, written order (**Attachment 4**), user agreement, and signed FIM appointment letter to gain access to myFitness.

2.20.3. Updates myFitness with corrections resulting from administrative errors and/or records approved through the appeal process in accordance with **paragraph 8.2**.

2.20.4. Provisions FAC, UFAC, UFPM, and Commander access within myFitness upon reception of the DD Form 2875, written order (**Attachment 4**), user agreement, and signed FAC appointment letter. Must maintain documentation for all appointed positions.

2.21. AFR ONLY. Tenant Wing Fitness Program Manager (WFPM).

2.21.1. WFPMs are appointed by AFR Force Support Squadron Commander and must be an NCO or above (including APF-funded civilian equivalents). WFPM duties are typically appointed to the FSS Sustainment Air Reserve Technician (ART) or AGR. **Note:** NAF employees and NAF contractors, and APF contractors are not authorized to support PFRP.

2.21.2. Tenant WFPM serves as the AFR POC to the host Installation/Wing Commanders to develop Host-Tenant agreements on use of facilities and/or any required support for PFRP requirements.

2.21.3. The WFPM will serve as the PFRP contact for AFR units. Provides overall guidance and recommendations on unit physical conditioning program as requested by the unit commander.

2.21.4. Ensures FAC, UFACs, UFPMs, MFLs, and PFLs are trained to lead physical conditioning and conduct PFRAs. Secures training and certification at specified locations on base or utilize remote or online training options if space is unavailable. Ensure all PFLs are trained for Basic Life Support (or equivalent training).

2.21.5. Conducts SAVs on unit fitness program at the request of the commander (or equivalent).

2.21.6. Provides initial and refresher training for Air Force Reserve Fitness Program Medical Liaison Officer regarding program policies and procedures upon request.

2.21.7. Coordinates with Air Force Reserve Command Health Promotion and Fitness Program Management Specialist to report adverse events related to PFRP. The report is provided to AFRC/SGPH and AFRC/A1 upon request.

2.21.8. Attends the Installation AMRO Board meetings upon request.

2.22. AFR ONLY. Stand-Alone Installation Exercise Physiologist (EP).

2.22.1. Serves as the AFR stand-alone installation subject matter expert (SME) on exercise science, Physical Fitness Readiness Assessment, strength and conditioning, body composition, and musculoskeletal injury prevention. Serves as the AFR stand-alone installation Health Promotion Program Coordinator. AFR Exercise Physiologist are authorized to facilitate all aspects of the PFRA including Tier 2 BFAs in addition to assisting unit physical conditioning and Adaptive Physical Fitness/Physical Reconditioning Programs. **Note:** At stand-alone installations that do not have a funded Exercise Physiologist, the FSS Commander will appoint the duties of Master Fitness Leader to any AFSC that meet qualifications.

2.22.2. Oversees and evaluates the local Air Force Physical Fitness Readiness Assessment program, process, and pertinent data. Provides physical fitness recommendations in accordance with functional limitations provided on AF Form 469.

2.22.3. Serves as the installation SME/consultant to commanders, medical providers, FAC, and individuals regarding physical fitness, fitness assessment, strength and conditioning, and fitness-related health promotion activities. Provides initial and refresher training for Air Force Reserve Fitness Program Medical Liaison Officer regarding fitness program policies and procedures upon request. Attend the Installation AMRO board upon request. Possesses and maintains professional certifications as required by the position Standard Core Personnel Document (SCPD).

2.22.4. Serves as the Fitness Information Manager (FIM) and Fitness Assessment Cell Manager (FAC) and Wing Fitness Program Manager (WFPM).

2.22.5. Trains Physical Fitness Readiness Assessment Administrators, UFACs, UFPMs, and provisions myFitness roles as needed.

2.22.6. Develops, analyzes, and reports on installation/wing physical fitness program data.

2.22.7. Serves as the primary point of contact for the physical fitness program MICT to include inspecting the unit physical fitness programs and conducting SAVs when requested.

2.22.8. Provides adaptive physical fitness recommendations in accordance with functional limitations and physical fitness readiness holds provided on AF Form 469.

2.22.9. Must obtain and maintain Basic Life Support (BLS) certification.

2.23. Master Fitness Leader (MFL).

2.23.1. Appointed by the FSS Commander or Director. Must be an 3F1 E-4 and above (including APF-funded civilian equivalents). E-5 and above for ANG; E-4 and above with 5 level for AFR. FAC/Fitness Center staff may be of lower grade than E-4 if they are working under the supervision of an NCO MFL. **Note:** NAF employees and NAF contractors, APF

contractors, and ANG State employees are not authorized to support PFRP. NAF employees that are on an APF funded NAFI Memorandum of Agreement (MOA) are authorized to fill the roles of MFL. **Note:** MFL duties may be assigned to any AFSC (or APF Civilian equivalent) at locations that do not have a 3F1 or do not meet MFL requirements.

2.23.2. Each installation/wing (or equivalent) will appoint two MFLs as a minimum, however, for large installation/wings more than two will be appointed to support a larger population.

2.23.3. Serves as a role model of physical fitness, healthy lifestyle and achieves/maintains high PFRA scores (≥ 85 composite PFRA).

2.23.4. Must attend a formal Master Fitness Leader course within 6 months of being assigned roles and responsibilities. **Note:** ARC must attend within 12 months.

2.23.5. Serves as the wing specialist for exercise science, physical fitness, physical fitness readiness assessment, strength and conditioning, reconditioning and adaptive physical fitness.

2.23.6. Designs, implements, and reports a comprehensive PFRP to include adaptive fitness programs and reconditioning programs aimed at enhancing combat readiness of Air Force members to include Guard, Reserve and IMAs assigned.

2.23.7. Provides adaptive physical fitness recommendations in accordance with functional limitations and physical fitness readiness holds provided on AF Form 469.

2.23.8. Serves as a fitness specialist and consultant to commanders, medical providers, FAC, and individuals regarding the installation physical fitness program, strength and conditioning, reconditioning, and group physical training.

2.23.9. Serves as the Fitness Information Manager (FIM) and Fitness Assessment Cell Manager (FAC) and Wing Fitness Program Manager (AFR tenant locations).

2.23.10. Trains Physical Fitness Readiness Assessment Administrators, UFACs, UFPMs, and additional myFitness roles as needed.

2.23.11. Develops, analyzes, and reports on installation/wing physical fitness program data.

2.23.12. Serves as the primary point of contact for the physical fitness program MICT to include inspecting the unit physical fitness programs and conducting SAVs when requested.

2.23.13. When requested, attends the installation AMRO board.

2.23.14. Possesses and maintains MFL certification while serving in the MFL role.

2.23.15. Must obtain and maintain BLS certification.

2.23.16. Provides Tier 2 BFA for members that have a WHtR $\geq .55$ and not meeting satisfactory standard on the PFRA.

2.24. Fitness Assessment Cell (FAC) Manager.

2.24.1. Appointed by the FSS Commander or Director when an MFL is not appointed. Must be an NCO or above (including APF-funded civilian equivalents). FAC staff may be of lower grade than E-5 if they are working under the supervision of an NCO FAC Manager. **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.24.2. At installations where there are no 3FIX1 NCOs or the Fitness Center is operated under a NAF Instrumentality memorandum of agreement or contract, the Force Support Squadron Commander (FSS/CC), in conjunction with installation leadership, will identify NCOs or above (including APF-funded civilians), from anywhere across the installation in any AFSC to perform FAC Manager duties. Members assigned as the FAC Manager will report to and elevate FAC issues and concerns to the Sustainment Services Flight Chief (FSS/FSV).

2.24.3. Oversees the operation of the installation FAC and ensures all procedures are in compliance with this AFMAN. **Note:** The FAC is centralized under the FSS and augmented by installation PFRA Administrators that utilize the FAC for assessments. The FAC conducts PFRAs and inputs scores in myFitness for units that do not conduct internal assessments (UFACs).

2.24.4. Trains UFACs, UFPMs, PFRA Administrators, and PFLs on their responsibilities, PFRA procedures, and myFitness usage. Maintains records for all trained personnel and their positions for validation of PFRA administration and inspection purposes. **Note:** If FAC Manager observes non-compliance with PFRA Administration training, they may notify the UFAC/UFPM/PFRA Administrators/PFL's commander or designated representative from that unit to recommend retraining on procedures.

2.24.5. Maintains PFRA Administrator training in accordance with [paragraph 5.3](#) and provides the following documents to the FIM: DD Form 2875, written order ([Attachment 4](#)), user agreement, and appointment letter.

2.24.6. Provisions UFPM, UFAC, and Commander access within myFitness upon reception of the DD Form 2875, written order ([Attachment 4](#)), user agreement, and signed appointment letter. Must maintain documentation for all appointed positions.

2.24.7. Provides PFRA refresher training to all FAC augmentees as necessary and prior to administering PFRAs. The refresher training includes an overview of proper assessment procedures as well as local assessment instruction and must be completed prior to administering any PFRAs. Files proof of PFL training, written order, and current BLS training for FAC augmentees.

2.24.8. Publishes PFRA assessment dates and times within myFitness for members assessed at the FAC. **Note:** Locally developed scheduling tools are not authorized. (e.g., SharePoint, Mil Suite, Excel, Teams, Outlook)

2.24.9. Ensure all PFRAs are administered in accordance with [Chapter 3](#).

2.24.10. PFRA scores must be entered into myFitness within five (5) duty days. The completed FSQ, AF Form 4446, *Air Force Fitness Assessment Scorecard*, and AF Form 469 (if applicable) will be uploaded into myFitness. PFRA scores will be invalid if not entered into myFitness. **Note:** ARC before next scheduled RSD/UTA.

2.24.11. Provides oversight to installation UFACs and trains UFACs how to properly administer and document PFRAs in accordance with [Chapter 3](#). Processes all PFRA appeal for subordinate UFACs.

2.24.12. Conducts inspections on units (UFACs) performing internal PFRAs annually or at the request of commanders (or equivalent).

2.24.13. Ensure PFRA Administrators are informed of local PFRA processes and procedures.

2.24.14. {ARC Only.} Conducts weekday PFRAs if applicable and manages UTA/RSD PFRA assessment schedule in myFitness utilizing FAC/PFRA Administrators.

2.24.15. At locations not collocated at a major AF installation (e.g., geographically separated units, detachments), UFACs will fulfill the roles of the FAC. Fitness assessments will be conducted by an appointed UFAC and ensure all portions of the assessment are administered in accordance with [Chapter 3](#).

2.24.16. Provides Tier 2 BFA for members that have a WHtR \geq .55 and/or trains PFRA and UFAC on how to conduct BFAs.

2.25. Physical Fitness Readiness Assessment (PFRA) Administrator.

2.25.1. Members appointed by the commander to conduct and supervise PFRAs in their UFACs or augment the installation FAC.

2.25.2. Maintains PFRA Administrator training in accordance with [paragraph 5.3](#) and provides the following documents to the FAC or UFAC: Proof of PFRA Administrator training, written order ([Attachment 4](#)), and current BLS training.

2.25.3. PFRA Administrators selected to augment the FAC are known as FAC augmentees. Any PFRA Administrators may augment the FAC if appointed to do so by installation guidelines. **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.25.4. Completes refresher training on PFRA procedures if selected to augment the FAC. The refresher training includes an overview of proper assessment procedures as well as local assessment instruction and must be completed prior to administering any PFRAs. Administers all portions of the fitness assessment in accordance with [Chapter 3](#).

2.25.5. Provides Tier 2 BFA for members that have a WHtR \geq .55 when there is no MFL or FAC Manager.

2.26. Unit Commanders/Director.

2.26.1. Establish an environment that supports, encourages, and motivates a healthy lifestyle through optimal physical fitness and nutrition and ensures compliance with this AFMAN.

2.26.2. Directs, encourages, and supports unit non-commissioned and commissioned officers to implement and enforce unit physical conditioning in conjunction with approved local policy.

2.26.3. Establish and enforce PCP as an integral part of mission requirements during the duty day. **Note:** Significant changes to duty day requirements (e.g., starting early or extending the duty day length) are prohibited. ARC: Commanders will enforce local policy to support duty day physical conditioning as the mission permits.

2.26.4. Establish and enforce a unit PFRP and ensure appropriate administrative action is taken in cases of non-compliance.

2.26.5. ARC Units that are approved to conduct assessments within the UFAC are still required to augment the installation FAC during UTA/RSDs. 9

2.26.6. Must establish a UFAC at installations/GSUs where no FAC exists or where no host tenant agreement allows for PFRA administration. **Note:** Unit commanders that utilize a UFAC must acquire the appropriate equipment (e.g. AED) to conduct internal unit PFRAs.

2.26.7. Appoints Unit Fitness Program Managers (UFPM) in accordance with [paragraph 2.28.1](#).

2.26.7.1. Provides fitness metrics and unit status reports to the unit commander monthly. Reports the following current statistical data in accordance with DoDI 1308.03 on PFRA.

2.26.7.2. UFPM Report Requirements:

2.26.7.3. Number of personnel administered PFRA.

2.26.7.4. Number of personnel that are overdue or not tested for a PFRA.

2.26.7.5. Number of personnel who received an Unsatisfactory PFRA.

2.26.7.6. Number of personnel who received a Satisfactory PFRA.

2.26.7.7. Number of personnel who received an Excellent PFRA.

2.26.7.8. Number of personnel who are on PFRA Hold.

2.26.7.9. Number of personnel who are enrolled in an Adaptive Fitness Program (AFP).

2.26.7.10. Number of personnel in the Fitness Reconditioning Program (FRP).

2.26.7.11. Length of time enrolled and number of personnel successfully completing FRP.

2.26.7.12. Status of Unit Fitness Assessment Cell (UFAC) in accordance with [paragraph 2.27 \(if applicable\)](#).

2.26.7.13. Status of PFRA Administrators in accordance with [paragraph 2.25 \(if required\)](#).

2.26.7.14. Status of Peer Fitness Leader (PFL) in accordance with [paragraph 2.29](#).

2.26.8. Must notify the servicing medical treatment facility when they become aware of any changes in a member's medical status including any medical condition that occurred during the fitness assessment and/or prevented the member from completing the fitness assessment.

2.26.9. Ensures members who score an unsatisfactory score are enrolled in FRP and continue to meet program requirements, or document when they cannot complete those requirements on the AF Form 108, *Department of the Air Force Fitness Education and Intervention Processing*.

2.26.10. Ensures members who have a medical exemption with a physical limitation are enrolled in an Adaptive Fitness Program (AFP).

2.26.11. Review any members who have been on a PFRA Hold for one year and make determination of referral to the AMRO Board. **Note:** Excludes pregnancy.

2.26.12. Unit Commander/Director will render a discharge or retention recommendation to the wing commander, after the member has received four Unsatisfactory PFRA's within any 24-month period; has not completed a PFRA for one year or greater, failed to demonstrate significant improvement (as determined by the commander) despite the reconditioning period; and a military medical provider has reviewed the member's medical records to rule out medical conditions precluding the member from achieving a passing PFRA.

2.26.13. Renders approval on Extended Duration Profiles for members in PFRA Hold > 1 year after consultation from the primary care manager (or equivalent). If profile is approved, the

member will assess on the components medically approved. **Note:** WHtR must be taken unless exempt.

2.27. Unit Fitness Assessment Cell (UFAC).

2.27.1. UFACs are authorized for units that have opted to conduct mass unit testing or at locations that do not have a FAC. UFACs must conduct PFRAs and input scores in myFitness. Must be an NCO or above (including APF-funded civilian equivalents). Additional UFACs may be of lower grade if they are working under the supervision of an NCO. **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP. **Note:** ARC Unit commanders will appoint PFRA administrators to augment wing FAC/UFAC, as needed.

2.27.2. Appointed by the unit commander to assess members (includes unsatisfactory and out-of-cycle reassessment) and/or missed the bi-annual unit assessment.

2.27.3. Must maintain UFAC training in accordance with [paragraph 5.2](#) and provide the following documents to the FAC: DD Form 2875, written order ([Attachment 4](#)), user agreement, and appointment letter.

2.27.4. Oversee the operation of the PFRA unit and ensure all procedures are in compliance with this AFMAN.

2.27.5. Assigns myFitness UFPM user roles and privileges to properly appointed UFPMs, and oversees their use of the system upon receipt of a DD Form 2875, written order ([Attachment 4](#)), user agreement, and appointment letter. Must maintain documentation for all appointed positions.

2.27.6. Ensure all PFLs and UFPMs are trained by the installation FAC/MFL.

2.27.7. Publishes installation commander directed PFRA unit assessment dates within myFitness.

2.27.8. Ensures all portions of the PFRAs are administered in accordance with [Chapter 3](#).

2.27.9. Ensures PFRA scores are entered into myFitness within five (5) duty days. The completed FSQ, AF Form 4446, and AF Form 469 (if applicable) will be uploaded into myFitness.

2.27.10. Files completed written orders ([Attachment 4](#)) for all PFRA Administrators.

2.27.11. Ensure only individuals appointed as a UFAC administrator PFRAs.

2.27.12. Unit commanders may coordinate with other commanders to create a multi-unit UFAC. (e.g., small units may form one UFAC that assesses multiple PAS Codes).

2.27.13. Responsible to the installation FAC for proper implementation of the internal PFRA procedures.

2.28. Unit Fitness Program Manager (UFPM).

2.28.1. Appointed by unit commander. Must be NCO or above (including APF-funded civilian equivalents) and trained in accordance with [paragraph 5.1](#). Additional UFPMs may be of lower grade if they are working under the supervision of an NCO. UFPM ensures PCP is led by a certified MFL or PFL. The UFPM is responsible to the unit commander for the unit PFRP

and serves as the liaison between the unit commander and the UFAC or FAC. **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.28.2. Requirements: Must provide the following documents to the FAC/UFAC: DD Form 2875, written order (**Attachment 4**), user agreement, and appointment letter.

2.28.3. Reviews PFRA scheduling requests in myFitness and validates FSQ, AF Form 469 status, and enters exemptions (if needed) into myFitness. Refers members with high-risk responses on the FSQ to an appropriate provider for assistance.

2.28.4. Ensures the most current AF Form 469, listing concurrent component exemptions and expiration dates, is uploaded in myFitness, updates any exemptions (if needed), and sets the next PFRA due date based on the exemption date and *Reconditioning Period* in accordance with **paragraph 3.10.9**. Previous AF Form 469 cannot be used for the PFRA.

2.28.5. Ensures unit members are scheduled and approved for PFRAs.

2.28.6. Informs members of PFRP requirements and records counselling and participation in myFitness. Notifies the unit commander of members failing to show for any FRP appointments.

2.28.7. If a unit member receives an unsatisfactory PFRA, UFPM must initiate AF Form 108, in myFitness to include mandatory FRP option(s) and FRP appointment date, time, and location and inform the commander and supervisor. Subsequent failures require an additional AF Form 108, in myFitness to include mandatory FRP option(s) and FRP appointment date, time, and location and inform the commander and supervisor.

2.28.8. If a unit member is on any medical exemption from one or more components and placed on PFRA Hold, UFPM must enroll the member into a mandatory AFP and inform the commander and supervisor. Notifies commander and supervisor when the member has been on a PFRA Hold for one year or more for commander review and determination in accordance with **paragraph 3.10.6**.

2.28.9. When a member receives four Unsatisfactory PFRAs within any 24-month period and a medical records review by a military health care provider has ruled out medical conditions precluding the member from achieving a Satisfactory PFRA, the UFPM will notify the Unit Commander who must make a discharge or retention recommendation to the separation authority (enlisted), show cause authority (officers), or appropriate discharge authority for AFR and ANG members. If the member is retained, every subsequent PFRA failure requires the Unit Commander to submit another discharge or retention recommendation.

2.29. Peer Fitness Leaders (PFL).

2.29.1. Appointed by unit commander. May be any rank (including APF-funded civil service equivalents). The PFL reports to the UFPM for the unit PCP. **Note:** NAF employees and NAF contractors, APF contractors, and ANG State employees are not authorized to support PFRP.

2.29.2. Trained in accordance with **paragraph 5.4** to lead unit physical conditioning exercises. Will maintain a PFRA of 80 or higher. If, at any time, a PFL's PFRA drops below 85 or becomes Not Ready, the appointment will be voided for 30 days. For commanders to reinstate a PFL, the member must achieve a PFRA of 80 or above and re-accomplish necessary training as stated in accordance with **paragraph 5.4.1.1**. to be reinstated. **Note:** Civilian

appointed PFLs are not required to take a PFRA. May be appointed as a FAC augmentee as a PFRA Administrator.

2.29.3. Must provide the following documents to the UFPM: appointment letter, and proof of training in accordance with [paragraph 5.2.2](#).

2.30. Member.

2.30.1. Maintains individual year-round physical fitness. Utilizes appointed time to optimize physical fitness. Ultimately physical conditioning is the responsibility of the member. Members will remain Ready in accordance with [Chapter 3](#).

2.30.2. Seeks medical evaluation or intervention if a medical condition is believed to impact their ability to complete the PFRA.

2.30.3. Monitors any personal PFRA exemptions, schedules all necessary medical appointments, and initiates PFRA arrangements in a timely manner.

2.30.4. Schedules PFRA in myFitness based on unit scheduled assessment date/month. If unable to find available PFRA options in myFitness, the member must contact their UFPM for assistance.

2.30.5. Completes FSQ in myFitness in accordance with [Chapter 3](#). If walking in for an unscheduled assessment, members must complete FSQ prior to PFRA. If a member identifies a medical condition on the FSQ that would limit the member from completing all components of the assessment and the member does not have a current AF Form 469 documenting exemptions, the member must notify their UFPM and schedule an appointment with their MTF as soon as possible. If unable to complete an FSQ in myFitness, members may utilize a hardcopy FSQ.

2.30.6. Inform UFPM and/or PFRA Administrator of any updates that need to be made to the FSQ between scheduling and administration of PFRA.

2.30.7. Acknowledges assessment component results by signing AF Form 4446 following completion of the assessment. Refusal to sign the scorecard does not invalidate the assessment results.

2.30.8. Wears the authorized physical conditioning gear to complete all exercise components of the assessment in accordance with DAFI 36-2903, *Dress and Personal Appearance of Department of the Air Force Personnel*. **Note:** Any duty uniform may be worn for the body composition component assessment.

2.30.9. Promptly reports any medical condition (e.g., disease, injury, operative procedure, or hospitalization) that might impact their utilization and readiness to their commander, supervisor, or supporting military medical treatment facility personnel. Each commander and supervisor must notify the servicing medical treatment facility when they become aware of any changes in a member's medical status including any medical condition that occurred during the fitness assessment and/or prevented the member from completing the fitness assessment. Commanders should contact the PCM; refer to AMRO via ASIMS as primary and/or utilize email/phone alternatives.

2.30.10. Notifies UFPM upon receiving a AF Form 469 from healthcare provider with fitness restrictions and/or PFRA exemptions in accordance with AFI 48-133. Members must report

any subsequent updates to the initial AF Form 469 used for their most recent PFRA exemption. The most current AF Form 469 will be used to determine approved modalities and/or components for the PFRA and must list concurrent component exemptions and expiration dates. Uploads a copy of the current and most recent AF Form 469 in myFitness when scheduling assessment.

2.30.11. Members will ensure they are in a qualified duty status for assessments. Assessments can be performed in the following statuses: active-duty status (Annual Tour, Initial Active Duty Training, Proficiency Training, Reserve Personnel Appropriation, Military Personnel Appropriation, Readiness Management Period, School Tour, and Statutory Tour) or inactive duty status (Inactive Duty Training, Regularly Scheduled Drills, and Unit Training Assemblies). **Note:** AFR members will ensure they are in a qualified status in accordance with DAFMAN 36-2136, *Reserve Personnel Participation*.

Chapter 3

OFFICIAL FITNESS ASSESSMENT

3.1. General. In conjunction with a consistent unit Physical Conditioning Program (PCP) and individual fitness training, the PFRA provides commanders and supervisors with a tool to assist in the determination of overall fitness and readiness of their members. The Air Force assesses body composition, cardiorespiratory fitness, muscular strength and core endurance components. Members taking the PFRA must achieve a minimum score in each of the physical components excluding body composition and an overall composite score of ≥ 75 to remain physically ready. **(T-1)** The Air Force body composition assessment and standards are agnostic, while the remaining components are based on age and sex.

3.1.1. The components of the PFRA are Body Composition, Muscular Strength, Core Endurance, and Cardiorespiratory Fitness. Members may choose to decouple the body composition component at least one duty day, but no more than five duty days (no more than the prior UTA/RSD for ARC TR/DSG) prior to assessing the other components. Members may not be directed to test congruently. If an Airman's body composition component is high risk (WHtR $\geq .55$) and does not meet standards on the composite PFRA, a Tier 2 BFA must be accomplished. **Note:** ARC members must complete the entire PFRA within 60 days from decoupling date or next drill (whichever is earliest) and if not completed within the designated time frame, the PFRA is considered Did Not Finish (DNF).

3.1.2. The components are measured by the following assessments:

3.1.2.1. Body Composition: Body composition will be assessed using WHtR measurements.

3.1.2.1.1. Members that are identified with a WHtR $\geq .55$ and not meeting standards on the composite PFRA must complete a Tier 2 BFA.

3.1.2.1.2. BFAs will be conducted using Bio-impedance (BIA) scales, if available. Equipment required for obtaining BFA is the InBody (model 770).

3.1.2.1.3. If an InBody is not present, BFA will be obtained using a 2-3 site taping method described in **Attachment 8**. **Note:** Same sex is required when administering this assessment.

3.1.2.2. Muscular Strength: 1-minute push-ups, or 2-minute hand release push-ups (HRPU).

3.1.2.3. Core Endurance: 1-minute sit-ups, 2-minute cross leg reverse crunch (CLRC), or timed forearm plank.

3.1.2.4. Cardiorespiratory Fitness: 2.0-mile run, 20-meter High Aerobic Multi-shuttle Run (HAMR) or the 2 kilometer walk (if not medically cleared to run).

3.2. Physical Fitness Readiness Assessment (PFRA) Administration.

3.2.1. Installations will develop a local plan, signed by the host and tenant wing or installation commander or equivalent, for commanders to schedule PRFAs as a unit if directed by Host or Tenant wing or installation commanders. **Note:** For FAC/UFAC augmentees, NAF employees

and NAF contractors, APF contractors, and ANG State employees will not be used to conduct fitness assessments. **(T-0)**

3.2.2. PFRA Administrators wear the uniform of the day or physical conditioning gear when administering PFRAs. **(T-2)** Unit commanders will establish which uniform (uniform of the day or physical conditioning gear) that must be worn in the performance of this duty. **(T-2)** **Note:** Any duty uniform may be worn for the body composition component assessment.

3.2.3. PFRA Administrators will never conduct a PFRA alone (includes FAC/UFAC), and they will ensure there is a non-assessment taking member in addition to the assessment taking member when conducting PFRAs. **(T-1)**

3.2.4. Members must take the PFRA during the assigned unit assessment or myFitness assigned date/month. **(T-2)** If a member requests to take their PFRA at an alternate location, it must be approved by their UFPM (or supervisor for IMAs/PIRRs) and coordinated with their home station FIM. **(T-2)** If approved to take assessment at the alternate location, the home station FIM must give temporary UFAC access to the FAC prior to administering the PFRA to input the scores in myFitness. **(T-2)** **Note:** Only installation FACs may administer PFRAs for individuals not at their home station.

3.2.5. PFRAs must be administered by PFRA Administrators assigned at Installation FACs and/or UFACs. **(T-2)** Appointed PFRA Administrators will conduct PFRAs and the designated FAC/UFAC will provide oversight. **(T-2)** PFRA scores will be updated in myFitness by the FAC/UFAC. **(T-2)** **Exception:** Special populations in accordance with [Chapter 6](#).

3.2.6. The Installation FAC may support PFRAs for ARC tenant units at RegAF installations to include UTA/RSD weekends, as requested or provided for in their host-tenant agreements. **(T-1)** **Note:** During these UTA/RSDs, there must be FAC Augmentation in accordance with the host-tenant agreement.

3.2.7. PFRA Administrators will conduct official PFRAs with an Automated External Defibrillator (AED) present (within the building, or within 100 feet). **(T-1)** AEDs will remain onsite until all PFRA participants leave the area. **(T-1)**

3.3. Fitness Screening Questionnaire (FSQ). *Members must complete the FSQ prior to their PFRA.* **(T-1)** If any item on the FSQ indicates a condition, which may limit performance of any component of the fitness assessment, and there is not an accompanying current AF Form 469, the member must provide the FSQ for a medical evaluation. **(T-1)** A medical provider will complete and sign the appropriate place on the FSQ, and complete a AF Form 469, if applicable, and the member will return the FSQ to the UFPM. **(T-1)** The member must provide their completed and signed AF Form 469 (working copies not permitted) for the next scheduled PFRA. **(T-1)** Member must inform PFRA Administrator if FSQ responses have changed between original submission of FSQ and execution of PFRA. **(T-1)**

3.4. Bi-Annual Unit Assessment Requirement.

3.4.1. If the Wing (Host and/or Tenant) Commander or equivalent directs unit testing, they will approve the bi-annual schedule for unit assessments to meet two assessment cycle requirements. **(T-1)** **Note:** It is recommended that the cycle schedule be determined based on local geographical conditions (e.g., winter weather, thermal stress, etc.). If the Wing Commander (Host and/or Tenant) does not require unit assessments, members will conduct bi-

annual testing per normal testing cycle at 6-month increments. **Example:** if the members' first test is due August 2026, their next test is due February 2027).

3.4.2. ARC members will test once every 12 months.

3.4.3. Body composition may be decoupled by no more than 5 duty days. Members may opt to assess WHtR congruently, however they may not be directed to so. ARC: No Earlier Than (NET) RSD/UTA prior to assessing the other components. **(T-2) Note:** PRFA will be considered DNF outside of the decouple period and will require full reassessment.

3.4.4. Unit commanders are only authorized to offer Diagnostic PFRA (DPFRA) during the current cycle and will be assessed No Earlier Than (NET) one month prior to bi-annual scheduled unit assessment. ARC: Authorized DPFRA will be assessed No Earlier Than (NET) one month prior to annual scheduled assessment. **(T-2) Note:** WHtR will not be decoupled for this option.

3.5. Extenuating Circumstances.

3.5.1. If FAC/UFAC staff determine extenuating circumstances prevent completion of the entire PFRA in accordance with [paragraph 3.15](#), (e.g., rapidly changing or severe weather conditions, emergencies, injury, disorderly conduct, etc.) then all components must be rescheduled and completed at the earliest opportunity. If the extenuating circumstance is not the fault of the members, the unit's due month will be delayed to the following month. **(T-2) Note:** AFR members will be required to complete the indoor 20m HAMR when weather conditions prohibit outdoor assessments, and no indoor running track is available for the 2.0-mile run. **(T-2)** For members on AF Form 469 authorizing the 2-kilometer walk (exempting 2.0 mile run and 20-meter HAMR), members will be required to complete a reassessment no later than the next UTA/RSD. **(T-2)** ANG members will be required to complete a reassessment no later than the next RSD and when official fitness assessments are being conducted. **(T-2)**

3.5.2. Commanders may request exemptions via the tier waiver process (e.g. bereavement, incarceration, etc.) through their servicing MAJCOM. **(T-2)**

3.6. Fitness Assessment Composite Score.

3.6.1. The categories of PFRA scores when assessing all components are: Excellent (≥ 90), Satisfactory (75 - 89.9) and Unsatisfactory (≤ 74.9 and/or any component minimum not met). **(T-1)**

3.6.2. Members assessed on the 2-kilometer walk are considered component exempt and will fall under frequency standards in accordance with [paragraph 3.10](#). **(T-1)**

3.7. Scoring.

3.7.1. Members achieve a composite score from 0 to 100 based on the following maximum component scores with component minimums: 50 points for Cardiorespiratory, 20 points for Body Composition (does not have a minimum requirement), 15 points for Muscular Strength, and 15 points for Core Endurance.

3.7.2. BFA is a pass/fail assessment. If the member meets standards, the body composition assessment will be scored as an exempt component. If the member does not meet BFA standards, the member will receive an unsatisfactory score on the PFRA.

3.7.3. The 2-kilometer walk is a pass or fail assessment for members that are medically prohibited from assessing the 2.0mi run or 20m HAMR. No points are awarded for successful completion, nor can this assessment apply to the Excellent PFRA score. If a member passes the assessment, the member will have a composite score calculated based on the assessed components in the same way the score will be calculated if the member were exempt from the cardiorespiratory component in accordance with [paragraph 3.6.2. \(T-1\)](#) **Note:** Members that assess on the 2 kilometer walk will not be placed in PRFA Hold.

Table 3.1. Walk Standards (2 Kilometer).

Male Standards		Female Standards	
Age (yrs)	Maximum Time (mins:secs)	Age (yrs)	Maximum Time (mins:secs)
< 30	16:16	<30	17:22
30-39	16:18	30-39	17:28
40-49	16:23	40-49	17:49
50-59	16:40	50-59	18:11
60+	16:58	60+	18:53

Table 3.2. Body Fat Assessment (BFA) Standards.

Male Standard	Female Standard
≤ 26%	≤ 36%

3.7.4. Completing the minimum exercise repetition/duration in all fitness assessment component modalities does not generate enough points to earn a composite score of 75 or greater. Repetition/durations below the required minimum receive a component score of zero.

3.7.5. Composite scores are official when entered into myFitness. Any disagreements with results must be appealed in accordance with [paragraph 8.2. \(T-1\)](#)

3.8. Diagnostic PFRA.

3.8.1. After completion of the PFRA and receiving the composite score from the PFRA Administrator, the member may elect to accept as PFRA or DPFRA. DPFRA is a non-attribution assessment aimed at providing feedback and helping members identify and improve any problem areas. ARC are eligible for DFPRA no earlier than one month prior to annual scheduled assessment. **(T-2)**

3.8.2. A member will have no more than two (2) DPFRA logged within a 365-day period. **(T-2)** If a member has logged two (2) DPFRA within 365 days, this option is not available, and they must accept the results of the PFRA. **(T-2) Note:** ARC will only have one (1) DPFRA logged within a 365-day period. **(T-2)**

3.8.3. If a member does not accept the results as a DPFRA, it will still be entered into myFitness, but without the results. **(T-3)** Only after a member elects to count the PFRA as official will the results be recorded in myFitness as official. **(T-3)**

3.9. Scoring For Members with Exemptions. Members with AF Form 469 exempting them from performing one or more components of the PFRA will be placed in PFRA Hold and are not authorized to assess. Members with an approved Assignment Limitation Code (ALC) that have enduring physical component and/or component modality limitations will be authorized to assess the components and/or component modalities that are medically approved. **(T-1) Note:** Members assessed on the 2-kilometer walk are considered component exempt and will fall under frequency standards in accordance with [paragraph 3.10](#).

3.10. Frequency of Physical Fitness Readiness Assessments. The required frequency of an official PFRA is based on the current fitness score and are assigned to a calendar month and/or a specific day. Units must take PFRAs within the assigned assessment cycle in accordance with [paragraph 3.4](#). **(T-2) Note:** ARC members will test once every 12 months in accordance with [paragraph 3.4.2](#).

3.10.1. **Excellent (≥ 90) (Ready).** All members scoring Excellent without any component exemptions will be due again in 6 months. (ARC test once every 12 months.) **(T-1) Note:** Members who meet the 2 kilometer walk standard in [Table 3.1](#), are not eligible for this category.

3.10.2. **Satisfactory (75-89.9) (Ready).** All members scoring Satisfactory without any component exemptions will be due again in 6 months (ARC test once every 12 months) **(T-1) Note:** Members who meet the 2 kilometer walk standard in [Table 3.1](#), are eligible for this category.

3.10.3. **Unsatisfactory (≤ 74.9) (Not Ready).** All members scoring Unsatisfactory will be due again in 3 months **(T-1)** It is the member's responsibility to ensure they retest before the end of the 3rd month or will become overdue. Members require commander's approval to test earlier than the 3rd calendar month. **(T-3)**

3.10.4. **Did Not Finish (Not Ready).** Members that have failed to complete any component (e.g. stepped off track, failed to meet decoupling guidelines, etc.) results as an unsatisfactory.

3.10.5. **Not Ready.** All members that have missed cycle assessments and/or have passed the 3 month reassessment requirement for unsatisfactory.

3.10.6. **PFRA Hold (Not Ready).** All members that have one or more component exemptions are not authorized to take a PFRA (excludes members with an ALC restriction). The next due month is set after the *Reconditioning Period* in accordance with [paragraph 3.10.9](#). **(T-1)**

3.10.7. **Component Modality Exemption.** All members that have an exemption for a component modality but are clear to assess on alternate component modalities. **(T-1) Example:** Member is medically restricted from assessing the 2 mi run but is cleared to assess on the 20m HAMR.

3.10.8. **Acclimatization Period.** This time period is to ensure members safely adjust to a change in environmental conditions. Acclimatization periods are granted when a member is away from their Home Station on official travel where an increase/decrease in altitude (greater than 5k feet) and change in climate is greater than 30 days. Calculation of the *Acclimatization Period* is determined by counting one (1) calendar month from the day *after* returning to duty/home station.

3.10.9. **Reconditioning Period.** This time period to ensure members safely train and prepare for a PFRA after physical limitations have expired. Calculation of the Reconditioning period is determined by counting the one (1) calendar month from the day *after* returning to duty/from fitness restrictions.

Table 3.3. PFRA Frequency.

Category	Points	Next PFRA due	Paragraph
Excellent (Ready)	≥ 90	6 months ARC: 12 months	<u>3.10.1.</u> <u>3.4.2.</u>
Satisfactory (Ready)	75-89.9	6 months ARC: 12 months	<u>3.10.2.</u> <u>3.4.2.</u>
Unsatisfactory (Not Ready)	≤ 74.9	3 months (Total Force)	<u>3.10.3.</u>
Not Ready		Assess immediately	<u>3.10.5.</u>
PFRA Hold (Not Ready)		After the expiration of exemption, plus <i>Reconditioning Period</i>	<u>3.10.6.</u>
Component Modality Exemption (Ready)		Exempt from a component modality but are clear to assess on alternate component modalities. 6 months ARC: 12 months	<u>3.10.7.</u>

3.11. Physical Fitness Readiness (PFR). PFR is established by the members' most recent PFRA. A member is ready when they fall into one of the categories below. If a member does not meet the criteria in the categories below, the member is not ready.

3.11.1. Performed an Excellent PFRA within the last 6 months. ARC: 12 months.

3.11.2. Performed a Satisfactory PFRA within the last 6 months. ARC: 12 months.

3.12. Illness or Injury.

3.12.1. If during or after the PFRA, the member experiences unusual shortness of breath, chest pain, dizziness or lightheadedness, any other unusual symptoms, or injury, they should notify a PFRA Administrator immediately. The member has the option to be evaluated at the MTF (for ARC at locations without co-located medical treatment facility, members will utilize the nearest medical facility) whether or not the member completes the PFRA; however, the unit commander may only invalidate the PFRA after an evaluation from the MTF. Before departing the assessment location, members must notify PFRA Administrator of the presence of illness or injury, and the PFRA Administrator will indicate it on AF Form 4446.

3.12.2. Members will inform their chain of command regarding the injury or illness immediately after the fitness assessment. This is to ensure communication between the unit commander and FAC/UFAC staff occurs prior to score entry into myFitness. **(T-1)** If the illness or injury block of the AF Form 4446 is marked, the FAC/UFAC staff will sign the form acknowledging that they will hold scores to allow for medical evaluation and the unit commander's review. **(T-1)**

3.12.3. FAC/UFAC staff will transmit a copy of the AF Form 4446 indicating injury/illness to the UFPD for the unit commander's review within two duty days of the PFRA. **(T-2)**

3.12.4. FAC/UFAC will enter the PFRA results in myFitness on the 6th duty day if the member does not seek a MTF evaluation. **(T-2)** If the injured/ill member has a pending MTF appointment, FAC/UFAC will wait to enter the PFRA results until the 6th duty day after the appointment.

3.12.5. For Title-32 Drill Status Guardsmen and Traditional Reserve members, the FAC will enter scores into myFitness at the conclusion of the next unit training assembly or no more than 45 days if the commander does not invalidate the assessment results or if the FAC does not receive a response from the commander. **(T-2)**

3.12.6. If the medical evaluation validates the illness or injury, the Unit Commander may invalidate the fitness assessment results by checking the "I render this assessment invalid" block of the AF Form 4446, signing, and returning the form to the FAC/UFAC.

3.12.7. If the fitness assessment is invalidated, the member's new due month will be the following calendar month from the invalidation date. **(T-2)** **Note:** ARC members must be rescheduled/reassessed at the next available Unit Training Assembly or Regularly Scheduled Drill. Full time and IMA will schedule as soon as possible. **(T-2)**

3.13. Course Requirements for 2.0 mile Run, 2 Kilometer Walk, and 20 Meter High Aerobic Multi-Shuttle Run (HAMR).

3.13.1. Establish standard courses of accurate distance that are as level and even as possible. All courses and tracks may be used at the discretion of the Installation Commander; however,

they must be certified in accordance with USA Track and Field guidelines and in conjunction with local CES, FSS, and Wing Safety procedures established in addition to the requirements in this chapter. **(T-2)** The installation commander (or GSU equivalent) will recertify running surfaces after damage, modification, or repair. **(T-2) Note:** Tracks/Courses remain certified until superseded.

3.13.2. If a standardized 400-meter track is used for:

3.13.2.1. The 2.0 mile timed run: Eight laps plus 61 feet.

3.13.2.2. The 2-kilometer walk: Five laps.

3.13.3. If non-standardized 400-meter track or alternative route is used:

3.13.3.1. The 2.0 mile timed run will be 3520 yards or 3219 meters.

3.13.3.2. Course should have limited exposure to traffic, should not have a continuous incline or decline or rolling hills; and avoid slopes exceeding two degrees. **Note:** Indoor tracks with banked corners are authorized.

3.13.3.3. If using a road course, where possible, start and finish should be at the same location. Clearly mark the start and finish lines (and half-way point for road courses).

3.13.3.4. Basketball courts are not authorized for 2.0 mile run and 2 kilometer walk assessments. **(T-2)**

3.13.4. 20-meter HAMR Course Requirements.

3.13.4.1. Two lines measured 20 meters apart at both end points of the lines with enough room for the member to safely slow down. The lines may be permanently or temporarily marked.

3.13.4.2. Surface must be flat, dry, slip resistant, and free of trip hazards. **(T-1)**

3.13.4.3. Grass/gravel surfaces are not authorized. Indoor court surfaces are authorized and only need to be measured by FAC/UFAC staff.

3.13.4.4. Any alternative location (e.g., Tennis court, hangar, etc.) outside of indoor courts or approved 2.0 miles/2 kilometer walk course/track must be approved by the Installation Commander in conjunction with local CES, FSS, and Wing Safety's established procedures in addition to the requirements in this chapter. **(T-2) Note:** Turf is not an approved surface.

3.13.4.5. Must use Air Force approved audio file. PFRA Administrator is responsible for ensuring the sound is sufficient for all runners to hear, and that the audio device used cannot be disrupted during the assessment. **(T-1) Note:** Pacing devices are authorized, however, the approved 20-meter HAMR audio file must be used. **(T-1)**

3.13.5. Trained personnel will monitor participants, ensuring all members complete entire course and are continuously observed for course completion, safety, counting laps or shuttles, and recording results. **(T-1)**

3.13.6. Indoor tracks may be used at the discretion of installation leadership; however, the track must be certified with the same standards within this chapter. **(T-1)**

3.14. Course and Track Safety and Environmental Conditions.

- 3.14.1. Snow: No snow/ice accumulation on the running surface.
- 3.14.2. Water (surface): No standing water that a large group cannot easily avoid on the running surface.
- 3.14.3. Mud: No mud on the running surface that cannot be easily avoided.
- 3.14.4. Light: Reflective belts or vests are required if running near traffic from one hour before sunset to one hour after sunrise.
- 3.14.5. Intersections: Crossing guards with reflective safety vests and/or lights must be positioned at all active intersections. **(T-2)**
- 3.14.6. Medical: An Automated External Defibrillator (AED) present (within the building, or within 100 feet). **(T-2)** AEDs will remain onsite until all PFRA participants leave the area. **(T-1)**. **Note:** Installation, Wing, or equivalent commanders will direct AED acquisition.
- 3.14.7. Each installation will establish and ensure all sites conducting PFRAs have the ability to contact emergency services or call 911.
- 3.14.8. Consult with base environmental engineering, base weather, or civilian agencies to determine the following environmental conditions before beginning any component assessment outdoors. **Note:** Devices used to measure wet or dry bulb globe temperature must be certified by bio environmental or civilian agencies. **(T-2)**
 - 3.14.8.1. Rain: No significant rain. Significant rain is defined as measurable 0.10 of inch per hour or more.
 - 3.14.8.2. Lightning: No lightning within five nautical miles and wait at least 30 minutes after the last observed lightning.
 - 3.14.8.3. Hail: No hail forecasted or reported within 25 miles.
 - 3.14.8.4. Wind Speed: Max wind allowed ≤ 15 mph sustained, or ≤ 20 mph gusting.
 - 3.14.8.5. Cold Stress: Air temperatures must be > 34 degrees Fahrenheit, including wind chill. **(T-1)** Heat Stress: Wet bulb globe temperature must be used at the start of the fitness assessment, but even more importantly during the aerobic component (should be ≤ 86 degrees Fahrenheit). Dry bulb globe temperature must be used for geographical locations where relative humidity is $\leq 40\%$ (should be ≤ 90 degrees Fahrenheit). **(T-1)**
 - 3.14.8.6. Visibility: Must be greater than $\frac{3}{4}$ mile if near vehicular traffic. **(T-1)**

3.15. Official Physical Fitness Readiness Assessment Procedures.

- 3.15.1. Prior to all PFRAs an FSQ must be completed and reviewed by UFPM. **(T-1)** The PFRA Administrator will not assess anyone without required FSQ documentation. **(T-1)** Member must inform PFRA Administrator if FSQ responses have changed between original submission of FSQ and execution of PFRA. If a member is an out of cycle assessment, the FAC/UFAC Staff reviews FSQs completed the day of the assessment and notifies the UFPM of any member with high-risk responses for referral to a health care provider. **(T-2)**
- 3.15.2. Height and weight will be obtained in accordance with DoDI 1308.03. **(T-0)**

3.15.2.1. Height will be measured with the FAC/UFAC at an approved designated location on a calibrated stadiometer or wall mounted measuring device. **(T-1)**

3.15.2.2. Members will remove shoes and stand on a flat surface with the head held horizontal looking directly forward, and the chin parallel with the floor. **(T-2)** The body should be straight, but not rigid, similar to the body position when at attention.

3.15.2.3. Member's height measurement will be recorded to the nearest ½ inch. **(T-1)**.

3.15.3. Weight will be measured with the FAC/UFAC at an approved designated location on a scale calibrated in accordance with Section 3 of Technical Order 33K-1-100- 1, *Calibration Procedure for Maintenance Data Collection Codes and Calibration Measurement Summaries* and recorded to the nearest pound with the following guidance: **(T-1)** Members will remove shoes to stand on the scale. Two pounds will be subtracted for clothing. **(T-1)**

3.15.4. Official assessment component order: Body Composition, Muscular Strength, Core Endurance, and last is Cardiorespiratory. **(T-3)** PFRA Administrators will read verbal instructions in **Attachment 2** and demonstrate proper exercises prior to administering the PFRA unless an instructional video is shown, if available. **(T-2)**

3.15.4.1. Body Composition Component. Body composition must be the first scored component assessed in the PFRA. Members may elect to take this component of the test separate from the remaining components of the PFRA by no more than five duty days (no more than the prior UTA/RSD for ARC) before assessing the remaining components of the PFRA. Member may take the body composition concurrently with all components but may not be directed to do so. **(T-1)** Decoupled body composition results will be entered into myFitness by the FAC/UFAC, and the remaining components will be entered when complete. **Note:** If the remaining components are not complete within 5 duty days (next scheduled UTA/RSD for ARC) the composite assessment will be scored as Did Not Finish (DNF). **(T-1)**

3.15.4.2. Body Composition will be assessed using WHtR measurements. **(T-1)** WHtR is an age agnostic assessment and is calculated by dividing Waist Circumference Measurement (WCM) by height. WHtR results are truncated (not rounded) to the first two decimal points. **Example:** If a member's height is 72 inches, and their waist is 39.5 inches. The formula would be $39.5/72 = 0.5486$. The members' truncated ratio would be 0.54.

3.15.4.3. The PFRA Administrator will read or provide written instructions from **Attachment 2** to the member being assessed and will conduct the WCM by using a tape made of non-stretch material that measures inches. Waist measurements will only be taken by a PFRA administrator of the same sex as the Airman being measured or must find a same sex chaperone. **(T-1)**

3.15.4.4. Members will stand on a flat surface with feet no more than shoulder width apart, with their head held horizontal looking directly forward. **(T-1)** The body will be straight, but not rigid, similar to the position of attention. **(T-1)** The member may assist the administrator by adjusting clothing, so it does not fall over the waist during the measurement, and by holding the tape in place when the midpoint has been identified and the tape is around the waist. The member must let go of the tape and relax the arms to the side, standing at the position of attention before a measurement is recorded. **(T-1)** The

members are not allowed to hold their breath or suck in their waist during the assessment. The administrator will record the measurement at the end of a normal exhale. **(T-1)**

3.15.4.5. The WCM is taken at the midpoint between the member's lowest rib and the top of their hip bone (iliac crest). The measurement will be taken three times and will be rounded down to the nearest 1/2 inch. **(T-1)** If any of the measurements differ by more than one inch, an additional measurement must be taken. **(T-1)** The three closest measurements will be added together, divided by three, and rounded down to the nearest half inch. **(T-1)**

3.15.4.6. PFRA Administrator will take the measurement on bare skin, from the right side of the waist, at the midpoint between the lowest rib and the top of the hip bone (iliac crest). **(T-1)** The tape measure must be flat on the bare skin and should not compress the skin. **(T-1)**

3.15.4.7. A secondary BFA must be accomplished for members identified with a WHtR \geq .55 and not meeting PFRA standards using an InBody Bio-Impedance (BIA) scale. If an InBody is not available, the BFA will be conducted using the 2-3 site tape method as described in **Attachment 8**. **Note:** Same sex is required when administering this assessment.

3.15.5. Timing Devices. PFRA Administrator is responsible for operating two timing devices (one primary, one back-up—cell phones not authorized). The PFRA Administrator will start the timing device when the member is instructed to begin and observe the component. PFRA Administrators may notify the member how much time is remaining or has elapsed at appropriate intervals. **Note:** All other timing devices (e.g. race chips) are authorized if there are both a primary and backup timing device being used synchronously. A stopwatch must be used as the primary and secondary timing device.

3.15.6. Counting and Monitoring. PFRA Administrators will never conduct PFRAs alone, and they will ensure there is a non-assessment taking member in addition to the assessment taking member when conducting PFRAs. **(T-1)**

3.15.6.1. PFRA Administrators will supervise members conducting all components of the PFRA at a ratio of no more than 12 members for every one PFRA Administrator. **(T-2)** When multiple members are performing assessments, the PFRA Administrator may pair them off and use them as PFRA Monitors. PFRA Administrator will oversee and spot-check technique to ensure accurate and safe assessment. **(T-2)**

3.15.6.2. PFRA Monitors will count the number of successful repetitions out loud. If the member breaks the correct form, the PFRA Monitors repeat the last correct number (e.g., one, two, three, three, four), as well as gives instructions on what was done incorrectly. **(T-1)**

3.15.6.3. At the conclusion of each component exercise, the PFRA Administrator will inform the member of the number of repetitions or time accomplished for the component. If the member would like to dispute the result, they must inform the PFRA Administrator prior to proceeding to the subsequent component. **(T-3)** If no resolution is made, member should indicate they dispute the result on AF Form 4446. Disputing of one component will not stop additional components from being assessed.

3.15.7. Completion and Recording. Upon completion of the assessment, the PFRA Administrator will record the total number of correct repetitions performed or time completed. **(T-1)**

3.15.8. Members will complete one option from all three remaining components (Cardiorespiratory Fitness, Muscular Strength, and Core Endurance), unless medically exempt on a current AF Form 469. **(T-1)**

3.15.9. All PFRA physical components (Cardiorespiratory Fitness, Muscular Strength, and Core Endurance) must be completed within a 3-hour window from start of first component until final component completion. **(T-1)**

3.15.10. A minimum five (5) minute rest period is required between components. **(T-2)**

3.15.11. Muscular Strength Component. Muscular Strength is measured with a one-minute timed push-up or two-minute hand release push-ups.

3.15.12. Core Endurance Component. Core Endurance is measured with a one-minute timed sit-up, two-minute cross leg reverse crunch or timed forearm plank.

3.15.12.1. Cardiorespiratory Component. Cardiorespiratory fitness is measured with 2.0 mile run or 20-meter HAMR on a certified track or course which has been established in accordance with [paragraph 3.13](#). **(T-1)** The 2-kilometer walk is only authorized if medically indicated on a AF Form 469. **(T-1) Note:** Members assessed on the 2-kilometer walk are considered component exempt and will fall under frequency standards in accordance with [paragraph 3.7.3](#).

3.15.12.2. Members should warm up prior to beginning the assessment.

3.15.12.3. When performed at elevation levels $\geq 5,250$ feet, refer to the altitude adjustment chart at [Attachment 3](#). ARC members who commute from a lower altitude to perform duty at their assigned/attached unit at a location where the altitude $\geq 5,250$ feet, member may perform their fitness assessment with a local AF unit in accordance with the procedures outlined in [paragraph 3.2.4](#).

3.15.12.4. Pacers are permitted during the Cardiorespiratory Components if they are requested by the member and there is no physical contact with the member or hindrance to other runners.

3.15.13. Members have one opportunity to complete each of the PFRA components per fitness assessment. **(T-1)** If a member refuses to complete their PFRA due to failing to meet the minimum in one or more components, their incomplete PFRA will be recorded as a “Did Not Finish” PFRA. **(T-1)**

3.15.14. If during or after the assessment, the member experiences unusual shortness of breath, chest pain, dizziness or lightheadedness, or any other unusual symptoms, notify PFRA Administrator immediately.

3.15.15. After completion of the PFRA, the PFRA Administrator must document and sign fitness assessment results on the AF Form 4446 and obtain the member’s signature to ensure it is recorded as an official assessment. **(T-2)** PFRA Administrator provides a copy of the results to the member for their personal records. **(T-2)** If the member disputes the recorded results, they should mark the “Dispute results” section, but that does not stop the PFRA results

from being entered into myFitness. Members may appeal results in accordance with **paragraph 8.2**. **Note:** Use of the AF Form 4446 is mandatory. Locally produced scorecards cannot be used. **(T-1)**

Chapter 4

EXEMPTIONS

4.1. Medical Exemptions. Exemptions are categorized as PFRA Medical Composite/Component and PFRA Component Modality for a limited time period in accordance with **Table 4.1**. Exemptions for medical reasons are documented on AF Form 469. Members who receive medical care from an outside source must provide documentation to the MTF/RMU/GMU for consideration for AF Form 469, in accordance with AFI 48-133. **(T-1)**

4.1.1. Medical Component and Composite Exemption. A member has received a component or composite exemption as indicated on a AF Form 469 (Body Composition, Muscular Strength, Core Endurance and Cardiorespiratory). **Note:** The WHtR must be accomplished for all members on a medical component or composite exemption. **(T-1)**

4.1.2. PFRA Hold. Members with a component or composite medical exemption will be placed on PFRA Hold and are prohibited from taking official assessments. **(T-1)** The UFPM will enroll the member in a unit led Adaptive Fitness Program (AFP) for the length of the profile. **Note:** This is not required for those who meet criteria in **paragraph 4.1.2.1**. For members in rehabilitation, e.g. physical therapist, the MFL will ensure the AFP does not interfere with patient's plan of care. This should be accomplished based on the AF Form 469 documented restrictions. **(T-1)** Set the next PFRA due date to the month after the Reconditioning Period in accordance with **paragraph 3.10.9** after the AF Form 469 expiration. **(T-1)**

4.1.2.1. Members that have been medically returned to duty with an Assignment Limitation Code (ALC) with an enduring physical restriction will assess based on the components or modalities they are medically cleared to do. **(T-1)**

4.1.2.2. Members who have an enduring, non-duty and non-deployment limiting condition not eligible for DPMNR referral after AMRO review will be sent to command with recommendation. If commander approves retention, members will assess based on the components or modalities they are medically cleared to do. **(T-1)**

4.1.3. Medical PFRA Exercise Modality Exemption is given for a specific exercise; the member must choose a different exercise from the same category if cleared to be assessed on them (e.g., If member has a AF Form 469 exempting them from the sit-up but clears them for the CLRC and/or Timed Plank, the member must select the CLRC or Timed Plank exercise). **(T-1)** If the member can be assessed on one exercise per component, the next PFRA frequency will be based on their composite score. **(T-2)** **Note:** PFRA Hold will not be used if the member is cleared to assess alternate component modalities. The next due date will be the month after the *Reconditioning Period* in accordance with **paragraph 3.10.9**. **(T-1)** The 2 kilometer walk assessment is only authorized if stated on AF Form 469. **Note:** Members assessed on the 2-kilometer walk are considered component exempt and will fall under frequency standards in accordance with **paragraph 3.10**.

4.1.4. Pregnancy. Members are prohibited from completing PFRA's while pregnant but are encouraged to maintain a physical fitness routine. Post-pregnancy PFRA will be due the 13th month after delivery for a pregnancy lasting 20 weeks or more. **(T-1)** Medical Providers will

make a determination for pregnancies fewer than 20 weeks in accordance with AFI 48-133, *Duty Limiting Conditions*. **(T-1)**

4.1.5. Deployment. Members deployed on a contingency or exercise deployment or on military personnel appropriation orders in direct support of a contingency operation will have their home station UFPM enter this exemption into myFitness when their current PFRA expires. The exemption will be valid for the remaining duration of the deployment and set the next PFRA due date to the month after the *Acclimatization Period* in accordance with **paragraph 3.10.8** after arriving back at their home station. In deployed/TDY locations where there is an established installation FAC, the member is authorized to voluntarily conduct a PFRA. Members may volunteer to be assessed during either the post-deployment or *Acclimatization Period* but cannot be directed to do so. **Note:** in the case that a member becomes due upon return from deployment but is in the acclimatization period, the deployment exemption may be used.

4.1.6. Non-Participation (ARC). Member is placed in a voluntary or non-voluntary (no pay/no points) Inactive Ready Reserve (IRR) status. UFPM will enter this exemption into myFitness when their current PFRA expires. The exemption will be valid for the remaining duration of the status and set the next PFRA due date to the month after the *Acclimatization Period* in accordance with **paragraph 3.10.8** after return from IRR status. **(T-1)** In locations where there is an established installation FAC, the member is authorized to voluntarily conduct a PFRA if in a qualified duty status. Members may also volunteer to be assessed during the *Acclimatization Period* but cannot be directed to do so.

4.1.7. Retirements and Separations. All members that have an approved order of separation or retirement date within 12 months are exempt from taking any additional PFRAs. The order must be uploaded to myFitness. If the retirement or separation order is cancelled, members will complete the fitness assessment in accordance with their original fitness assessment cycle (e.g., 3 or 6 months) or, if the original cycle month has passed the due month will be after an *Acclimatization Period* in accordance with **paragraph 3.10.8** after the cancellation. **(T-2)**

4.1.8. Medical Exemption Documentation: AF Form 469.

4.1.8.1. Providers will list physical limitations and PFRA exemptions on the AF Form 469. **(T-1) Note:** Only the most current AF Form 469 will be applied to the next PFRA and must be written with all component exemptions and expiration dates (to include concurrent AF Form 469s).

4.1.8.2. Only DAF or DHA providers will make the final disposition for any physical limitations. Body composition exemptions must be reviewed and approved by the AMRO Board in accordance with DAFI 48-133. **(T-1)** Members who receive medical care from civilian/non-MTF sources must provide documentation to the military medical system for an AF Form 469 consideration in accordance with AFI 48-133. **(T-1)**

4.1.8.3. A member with a AF Form 469, lasting any length of time, must attend an Adaptive Fitness Program to assist with active recovery, avoiding sedentary behavior during the restricted time and will be placed on PFRA Hold with the exemption of those who meet criteria in paragraphs **4.1.2.1** or **4.1.2.2**. The next due date will be the month after the Reconditioning Period in accordance with **paragraph 3.10.9**. **(T-1)**

4.1.8.4. Providers will provide any limitations to participation in an Adaptive Fitness Programs (e.g., no high impact activities, lifting/pushing/pulling > 40lbs, etc.) on AF Form 469. (T-1)

4.1.8.5. ARC: Members with physical limitations that prevent participation in fitness activities and/or precludes the members from completing a full PFRA will provide medical documentation from their civilian provider to the MTF/GMU/RMU. The MTF/GMU/RMU will issue a AF Form 469 as appropriate addressing each component and component modalities of the PFRA. The MTF/GMU/RMU will review AF Form 469 and issue it to the member's UFPM and Commander. If the AF Form 469 indicates a component/composite exemption, the member will be placed in PFRA Hold in accordance with paragraph 4.1.2.. (T-1)

4.1.8.6. The use of certain medications to treat underlying medical or psychological disorders, or inability to engage in physical activity, may contribute to increased body fat but are not by themselves considered sufficient justification for an exemption or non-compliance with this manual. (T-0)

4.2. Extended Duration Profile. Members unable to perform one or more components of the PFRA for one year or greater will be placed on PFRA Hold and be reviewed by the unit commander for referral to the AMRO Board for evaluation as appropriate in accordance with AFI 48-133. (T-1) **Note:** The WHtR must be accomplished unless exempt on AF Form 469. (T-1)

4.2.1. Conditions that meet referral for iRILO to DPMNR will be processed in accordance with DAFMAN 48-108, *Physical Evaluation Board Liaison Officer (PEBLO) Functions: Pre-Disability Evaluation System (DES) and Medical Evaluation Board (MEB) Processing*.

4.2.2. The Commander will consult with the AMRO Board in cases where a medical diagnosis with restrictions exceeds one year and does not meet DPMNR referral criteria in accordance with DAFMAN 48-108. This consultation will serve to formally advise the commander of the members' long-term conditions and to certify, in conjunction with the command team, the absence of any undisclosed or mission-related duty restrictions. (T-1). The Unit Commander/Director, after medical consultation for conditions that do not meet the exemption requirements listed in [paragraph 4.1.2.1](#), will render a discharge or retention recommendation to the installation or wing commander using administration process. (T-1) If member is retained, [paragraph 4.1.2.2](#) of this instruction applies. (T-1)

4.3. Airman Medical Readiness Optimization (AMRO) Board. UFPMs will identify members who have been on PFRA Hold (excluding members with an ALC restriction) for one year or greater. The UFPM will notify the unit commander or director, who will, in turn, request review of the case at the AMRO Board. (T-1) The AMRO Board will review and evaluate the member to make a recommendation in accordance with AFMAN 48-123. (T-1) **Note:** Members who received Medical PFRA Exercise Modality Exemptions in accordance with [paragraph 4.1.2.1](#) and/or can complete alternative exercises do not need to be referred to the AMRO Board. Airmen that have been returned to duty within an ALC will assess on the component modalities they are approved to take. (T-2) Commanders may refer to AMRO prior to 1-year if appropriate based on medical clinician recommendation (i.e. based on enduring condition not expected to change or condition that may be unfitting for continued service) (T-2)

4.3.1. **Permanent Change of Station (PCS).** PCSing members must have a current PFRA that does not expire through the report not later than date (RNLTD). **(T-2)** If the current PFRA expires prior to the member's RNLTD, the member must complete a PFRA before departing their losing duty station. **(T-2) Note:** Not applicable to AFR.

4.3.1.1. Members are allowed the *Acclimatization Period* in accordance with [paragraph 3.10.8](#) from the date they arrived on station to complete a PFRA.

4.3.1.2. If a member is PCSing during an *Acclimatization Period*, the existing composite exemption will be extended through another *Acclimatization Period* from the day after they arrived on station.

Table 4.1. Exemptions.

Type	Definition	Paragraph
Medical PFRA Component Exemption	Body Composition, Muscular Strength, Core Endurance and Cardiorespiratory (PFRA Hold)	4.1.1.
Medical PFRA Exercise Modality Exemption	Push- up, HRP, Sit-up, CLRC, Timed Plank, 2.0 mile Run, 20-meter HAMR (PFRA Hold not required if alternation component modalities are assessed). PFRA hold is required if the member is exempt from the 2.0 mile run or 20-meter HAMR.	4.1.3.
Medical (Composite)	A member is exempt from all components and is on PFRA Hold.	4.1.1.
Pregnancy (Composite)	Members are prohibited from completing PFRA's while in this status but are encouraged to maintain a physical fitness routine.	4.1.4.
Deployment (Composite)	Members deployed for less than one year on contingency exercise deployment or military personnel appropriation orders in direct support of a contingency operation.	4.1.5.
Non-Participation (Composite)	(ARC Only) Member is placed in a voluntary or non-voluntary (no pay/no points) Inactive Ready Reserve (IRR) status.	4.1.6.
Retirements/Separations (Composite)	Members have an approved retirement or separation date less than 12 months. If the retirement or separation order date is cancelled, members will complete the fitness assessment in accordance with their original fitness assessment cycle	4.1.7.
Extended	Members that have a component or composite exemption for	4.2.

Duration Profile	greater than one year will be placed on PFRA Hold.	
Returned to duty with Assignment Limitation Code with enduring physical limitations (Component or Composite)	Unable to perform one or more components of the PFRA for one year or greater will assess on the components that are medically cleared.	4.3.
Note: Commanders and UFPMs are not allowed to provide exemptions for any other reasons outside of Table 4.1 .		

4.4. Installation/GSU/Detachments PFRA Waivers.

4.4.1. Climate. During periods of continuous extreme climate conditions, the Wing /GSU/Detachment commanders may authorize a waiver to exempt outdoor cardiorespiratory assessments if an appropriate indoor facility is not available. This waiver will only apply for the Cardiorespiratory and not Body Composition, Muscular Strength and Core Endurance Components. **(T-2)**

4.4.1.1. Commanders must specify the period of time their location is unable to complete the outdoor assessment safely. **(T-2)** Any approved installation waiver will be extended to all tenant units physically located on the installation. **(T-2)**

4.4.1.2. When waiver is in effect, all assigned members must be assessed on the 20-meter HAMR Cardiorespiratory component if an indoor course is certified in accordance with [paragraph 3.13](#) (unless exempt on AF Form 469).

4.4.2. Unique circumstances. In the event PFRAs cannot or should not be accomplished due to unexpected unique circumstances (e.g., Air Quality Index (AQI) >100, wildfires, natural disasters, pandemic, etc.), commanders should suspend PFRAs. **(T-2)** **Note:** AQI can be found on www.airnow.gov. Wing Commanders must specify the period of time their location will not conduct PFRAs and establish new due months for members that were due during that period. **(T-2)**

4.4.3. Approved waivers must be sent to MAJCOM/A1s (or equivalent), NGB/A1, AFRC/A1 AFPC/DPSOF, AFSVC/VMS, and HAF/A1PPE **(T-1)**

4.4.4. Exemptions will be updated in myFitness by Service Component Administrators (AFSVC/VMS, AFRC/A1ZO, NGB/A1XS).

Chapter 5

EDUCATION, IMPROVEMENT, AND INTERVENTION

5.1. Unit Fitness Program Manager (UFPM) Training. UFPM is a position appointed by unit commanders or directors in accordance with [paragraph 2.28](#). The role is administrative and does not require Peer Fitness Leader training.

5.1.1. Completion of UFPM training is provided by installation Fitness Information Manager (FIM), Master Fitness Leader (MFL), Fitness Assessment Cell (FAC), Wing Fitness Program Manager (AFR), or Installation Exercise Physiologist (AFR).

5.1.2. UFPM Training templates are provided by AFSVC/VMS.

5.2. Unit Fitness Assessment Cell (UFAC) Manager Training.

5.2.1. UFAC Manager is a position appointed by unit commanders in accordance with [paragraph 2.27](#).

5.2.2. UFACs must be UFPM trained in accordance with [paragraph 5.1](#).

5.3. PFRA Administrator Training.

5.3.1. Members appointed by the commander or director to conduct and supervise PFRAs in their UFACs or augment the installation FAC.

5.3.2. PFRA Administrator training must be administered by the FAC or a Master Fitness Leader (e.g., AFR Installation Exercise Physiologist, Sustainment Services 3F1 assigned to the fitness center) **(T-2)** If local training is unavailable, PFRA Administrator training may be accomplished through online instruction by AFSVC/VMS. **(T-2)**

5.3.3. Current certification of Hands-on Basic Life Support (or equivalent) and AED from a nationally certified source. **(T-1)**

5.4. Peer Fitness Leader (PFL) Training.

5.4.1. PFL is a position appointed by the unit commander or director in accordance with [paragraph 2.29](#). PFL serves as the centralized point of contact for physical fitness, leads unit physical conditioning, and helps to facilitate FRP interventions.

5.4.2. PFL training must be administered by the FAC or a Master Fitness Leader (e.g., AFR Installation Exercise Physiologist, Sustainment Services 3F1 assigned to the fitness center). **(T-2)** If local training is unavailable, PFL training may be accomplished through online instruction by AFSVC/VMS. **(T-2)**

5.4.3. Current certification of Hands-on Basic Life Support (or equivalent) and AED from a nationally certified source. **(T-1)**

5.4.4. PFL training templates are provided by AFSVC/VMS.

5.5. Adaptive Fitness Program (AFP).

5.5.1. UFPMs will enroll members in AFP if they receive a composite or component medical exemption with physical restrictions and with an approved modified exercise plan. Note: This excludes pregnancy exemption and/or members who meet requirements in accordance with paragraphs [4.1.2.1](#) and [4.1.2.2](#).

5.5.2. This program targets exercise, behavior, and nutritional habits necessary to maintain a member's fitness status during physical limitations documented on AF Form 469. Enrollment must start within 10 duty days after receiving an AF Form 469 with one or more physical restrictions. ARC personnel are required to enroll within 60 calendar days and will not be placed in a qualified duty status for the sole purpose of the AFP or FRP. AFP or FRP will be a home exercise program or equivalent. (T-2).

5.5.3. UFPM will inform members of AFP requirements and document the AFP start date in myFitness. Members must provide the UFPM with their adaptive fitness plan to be documented on AF Form 108 to include date, time, and location of all programmatic expectations. (T-2)

5.5.3.1. The AFP program guides MFLs on the creation of individualized adaptive exercise plans and has a weekly education topic related to fitness, nutrition, or behavior change.

5.5.3.2. UFPMs are required to document members participation in weekly check-ins within myFitness or on the AF Form 108 and collaborate with the members supervisor to ensure compliance and success of the program; ARC during UTA/RSD. (T-0) Note: It is recommended the immediate supervisor participate in the AFP with the members for hands-on knowledge of compliance and success. (T-1)

5.6. Fitness Reconditioning Program (FRP).

5.6.1. UFPMs will enroll members in FRP if they receive an Unsatisfactory PFRA

5.6.2. UFPMs will enroll members in FRP if they have a WHtR \geq .55 and do not meet Body Fat Assessment standards.

5.6.3. This program targets exercise, behavior, and nutritional habits necessary to improve a member's fitness status utilizing targeted interventions. Enrollment must start within 10 duty days after receiving an Unsatisfactory PFRA. (T-2). ARC personnel are required to enroll within 60 calendar days. (T-2).

5.6.4. UFPM will inform members of FRP requirements and document the FRP start date in myFitness. Members must provide the UFPM with their remedial fitness plan to be documented on AF Form 108 to include date, time, and location of all programmatic expectations. (T-2)

5.6.4.1. The FRP program guides UFPMs/MFL/PFLs on the creation of individualized remedial plans and has a weekly education topic related to fitness, nutrition, or behavior change.

5.6.4.2. UFPMs are required to document members participation in weekly check-ins within myFitness or on the AF Form 108 and collaborate with the members supervisor to ensure compliance and success of the program. (T-0) Note: It is recommended that the immediate supervisor participate in the FRP with the member for hands-on knowledge of compliance and success.

5.6.5. Alternate FRP options can be determined by unit commanders or directors. Available FRP educational opportunities include, but are not limited to:

5.6.5.1. Military One Source Health Coaching.

5.6.5.2. Fitness Center exercise classes that meet requirements of DAFI 34-114, Fitness, Sports and World-Class Athlete Program.

5.6.5.3. Medically approved nutritional courses.

5.6.5.4. Locally developed FRP classes.

5.6.6. Members with support from their immediate supervisor are responsible for improving their fitness level to achieve a minimum Satisfactory PFRA score, and if appropriate, provide documentation of compliance with FRP to their supervisor and leadership. (T-1)

5.6.7. The facilitator and/or immediate supervisor signs the AF Form 108 upon the member's completion of the education or intervention program. Facilitator and/or immediate supervisor's signature on AF Form 108 is not required for virtual FRP. Annotations can be made on the back of the AF Form 108 for programs requiring multiple attendances. (T-3)

5.6.8. Commanders, Directors or First Sergeants may request a clinical case review on members with Unsatisfactory score(s) to determine if there are documented medical conditions that prohibit program success ([Attachment 6](#)). This does not require a face-to-face encounter with the member unless determined by the healthcare provider to be clinically indicated. For purposes of the FRP, obesity will not be used as a diagnosis prohibiting program success.

5.6.9. Commanders sending members enrolled in the AFP and/or FRP to a training TDY that exceeds six weeks must send the gaining commander or equivalent a memorandum explaining the required intervention, follow-up, and assessment at least two weeks prior to TDY. (T-2) ARC: TDY is at the discretion of the Commander.

5.6.10. If not prohibited by Deployment Availability Code, unit commanders may deploy a member enrolled in the AFP and/or FRP at their discretion.

Chapter 6

SPECIAL POPULATIONS

6.1. Students and Accessions.

6.1.1. All members will have their first PFRA due upon the next unit scheduled PFRA or within 2 months after arrival at their first duty station. **Note:** ARC members will have their first PFRA due within 2 months after arrival at their first duty station. ARC members who have a break in training and PFRA due date does not fall within break in training, member will take an assessment prior to departure. **(T-2)**

6.1.2. New accessions to the Air Force (e.g., Basic Military Training, Technical School, Officer Training School, United States Air Force Academy, Commissioned Officer Training, Pilot Training, prior service, re-entry from other services to include Department of the Air Force inter-department transfer, etc.) must complete fitness programs and standards of their school/program via training cadre. **(T-1)** PFRAs not administered by their duty station UFAC/FAC will not be considered official or recorded in myFitness. The first official PFRA will be administered by their first duty station in accordance with [paragraph 6.1.1](#).

6.1.3. Members participating in international programs are exempt from mandatory fitness requirements when the unit commander deems it cost prohibitive to travel to the nearest assessment facility (e.g., Military Personnel Exchange Program (MPEP), Embassy Attaché and Security Cooperation positions, International Professional Military Education programs, Olmsted Scholar/Mansfield programs, AFIT-managed foreign university graduate degree programs at foreign universities, and foreign assessment pilot schools). This will be a deployment exemption in accordance with [paragraph 4.1.5](#). Members are encouraged to take advantage of any opportunity to accomplish the PFRA during their OCONUS assignment (e.g., if TDY to a location with a Fitness Assessment Cell, during an annual command site visit, MPEP Forums, etc.).

6.2. Geographically Separated Unit or Member. For the purposes of this AFMAN, a geographically separated unit is defined as a unit that is separated from a host or main operating base that provides support. The host or main operating base is defined as the base where the member's military personnel flight is located.

6.2.1. Members will complete all components of the PFRA in accordance with [Chapter 3](#) of this AFMAN. **(T-1)**

6.2.2. At GSUs where no FAC exists, unit commanders or directors must establish a UFAC in accordance with [paragraph 2.27 \(T-3\)](#) Unit TDY funds may be used to obtain appropriate training. In unique circumstances (e.g., only one member at a location), the unit commander or director may authorize non-Department of the Air Force individuals (Sister Service) to conduct PFRAs. This individual must be PFRA Administrator trained in accordance with [paragraph 2.25](#) to conduct the PFRA. **(T-1)** A commander may coordinate with the nearest Air Force/Space Force Installation/Delta FSS to train and certify non-AF personnel to become PFRA Administrator certified.

6.2.3. If member has exhausted the authorized alternatives to accomplish their PFRAs a waiver may be submitted for AF/AIP consideration, through their MAJCOM to AFPC/DPSOF, requesting an exemption from PFRAs for the duration of that assignment.

6.3. Others- Centers, Headquarters, MAJCOMs, etc. For the purposes of this AFMAN, any location above installation and/or wing level, collocated or not, at a host or main operating base that provides support. The host or main operating base is defined as the location where the member's military personnel flight is, the installation FAC will support PFRAs.

6.3.1. At locations where no FAC exists, commanders must establish a UFAC in accordance with [paragraph 2.27](#).

6.3.2. Wing commander or equivalent creates PFRA cycle schedule and renders final decision on location in accordance with [paragraph 3.4](#).

6.4. Individual Reservists (IMA/PIRR).

6.4.1. The attached or assigned Active Component organization unit will manage the PFRP for IMA/PIRR. **(T-2)** Members must be in a qualified duty status during assessment. **(T-0)**

6.4.2. Members will be assessed with the same requirements, however, will follow AFR frequency guidelines with the attached or assigned RegAF unit during the member's annual tour, if possible, or during an Inactive Duty Training Period, Reserve Personnel Appropriation, Military Personnel Appropriation, or School Tour. **(T-3)** Members will coordinate with RegAF UFPM to schedule PFRAs.

6.4.3. HQ Readiness Integration Organization (RIO) and Active Component program managers will validate the timely completion of the PFRP requirements with the attached or assigned Active Component organization and the IMA/PIRR. If fitness requirements are not met, RIO may refuse to execute long term orders when requested until member becomes Ready.

6.4.4. IMA/PIRRs who perform duty at locations outside their commuting area may perform their fitness assessment with an Air Force unit at or near their home, with Active Component supervisor's pre-approval (e.g., email communication is authorized). **(T-2)**

6.4.5. The members' RegAF UFPM/UFAC/FAC will coordinate an assessment date and time with the FAC at the Air Force location that will be conducting the assessment in accordance with [paragraph 3.2.4](#). **(T-2)**

6.4.6. IMA/PIRRs shall not perform personal physical fitness activities for the purpose of obtaining participation credit for annual training, inactive duty training, or additional training periods. **(T-2)**

6.4.7. When an IMA/PIRR member is the only member assigned to a location and has exhausted the authorized alternatives to accomplish their PFRAs, a waiver may be submitted for AF/A1P consideration, through their owning MAJCOM to AFPC/DPSOF, requesting an exemption from PFRAs for the duration of that assignment. IMA/PIRR member must inform HQ RIO Det of waiver request and/or decision.

6.5. Air Reserve Component (ARC) Tenant Support at RegAF Installation/USSF Delta.

6.5.1. ARC tenants may utilize host FAC to support PFRAs at collocated installations. FACs must coordinate and provide support for ARC tenant units to conduct PFRAs on UTA/RSD weekends, as well as support other ARC members who are available for assessment during the week as outlined in their Host Tenant Agreement. **(T-2)**

6.5.2. ARC tenant wings at RegAF bases and USSF Deltas may conduct their own PFRAs on UTA/RSD weekends contingent upon Host Tenant Agreement between Host Wing Commander and ARC Wing Commander. If approved, fitness program manager will oversee assessment. (T-2)

Chapter 7

SYSTEMS MANAGEMENT

7.1. myFitness. myFitness is accessible through myFSS. myFitness is the only authorized system to schedule and score PFRAs. The PFRA calculator within myFitness is the official repository for fitness scoring results. **(T-1)**

7.1.1. myFitness User Groups. Specific privileges to enter data, view, retrieve and print reports, conduct audits, and correct data entries are granted by the preceding user group. Members must submit all requests for specific user privileges in writing to the designated office of assignment authority as written in **Chapter 2** and apply using the appropriate user role or privilege descriptions. **(T-1)**

7.1.1.1. Admin: Access granted by myFSS Admins. Maintained at AFSVC.

7.1.1.2. Senior Management: Access granted by myFitness Admin. Appointed by O-6 or above assigned to a MAJCOM/A1 or equivalent. Senior Management Access allows the user to:

7.1.1.2.1. View fitness records for all DAF personnel.

7.1.1.2.2. Provide MAJCOM reports to senior leaders.

7.1.1.3. Fitness Information Manager (FIM): Access granted by myFitness Admin. Appointed by FSS Commander or Director. Assigned provisions by MPF-ID for each installation under their purview. FIM Access allows the user to:

7.1.1.3.1. View all fitness records within their MPF-ID.

7.1.1.3.2. Edit/delete PFRA scores within their MPF-ID.

7.1.1.3.3. Assign FAC roles.

7.1.1.4. Fitness Assessment Cell (FAC): Access granted by FIM to FAC Managers and FAC Staff. Appointed by the FSS Commander or Director. Assigned provisions by MPF-ID for each installation under their purview. FAC Access allows the user to:

7.1.1.4.1. View all records within their MPF-ID.

7.1.1.4.2. Create PFRA schedules for units that perform assessments at their FAC.

7.1.1.4.3. Enter PFRA scores within their MPF-ID.

7.1.1.4.4. Assign Commander roles.

7.1.1.4.5. Assign UFAC roles.

7.1.1.4.6. Assign UFPM roles.

7.1.1.5. Commander: Access granted by FAC or FIM. Assigned provisions by PAS code.

7.1.1.5.1. View all fitness records within their PAS code(s)

7.1.1.5.2. Approve/deny appeals in myFitness on behalf of the Wing Commander or equivalent after Wing Commander or delegate has decided.

7.1.1.6. Unit Fitness Assessment Cell (UFAC): Assigned provision by PAS Code for units that are internally conducting PFRAs. Appointed by unit commander that has elected to conduct PFRAs internally. UFAC Access allows the user to:

- 7.1.1.6.1. View all records within their PAS code.
- 7.1.1.6.2. Create PFRA schedules for their units.
- 7.1.1.6.3. Enter PFRA scores within their PAS code.
- 7.1.1.6.4. Assigning UFPM roles.

7.1.1.7. Unit Fitness Program Manager (UFPM): Assigned provision by PAS code. UFPM Access allows the user to:

- 7.1.1.7.1. View all records within their PAS code.
- 7.1.1.7.2. Approve pending PFRAs and input all exemptions within their PAS code.
- 7.1.1.7.3. Upload AF Form 469s on behalf of members if AF Form 469 is received after PFRA has been scheduled.
- 7.1.1.7.4. Review and route appeals.
- 7.1.1.7.5. Documents FRP actions in myFitness.

Chapter 8

ADMINISTRATIVE AND PERSONNEL ACTIONS

8.1. Adverse Personnel Actions. Members are expected to be in compliance with Air Force fitness readiness standards at all times. Members with an unsatisfactory fitness assessment render themselves potentially subject to adverse actions. Unit Commanders or Directors should consult with their servicing Staff Judge Advocate before taking such action. **(T-0)**

8.1.1. Prohibited Actions.

8.1.1.1. Commanders shall not impose non judicial punishment (Article 15, Uniform Code of Military Justice) solely for failing to achieve a passing, satisfactory, or excellent fitness score. **(T-1)**

8.1.1.2. A member shall not be subject to adverse personnel action for inability to take the fitness assessment if the member is on an exemption that has been validated by the MTF/RMU/GMU Deployment Availability Working Group or Airman Medical Readiness Optimization Board. **(T-1)**

8.1.2. Authorized Actions.

8.1.2.1. Unit commanders or equivalent will consider adverse administrative action upon a member's unsatisfactory fitness score on an official fitness assessment.

8.1.2.2. If adverse administrative action is not taken by the unit commander in response to an unsatisfactory fitness score on an official PFRA, the unit commander will document the reason why no action was taken. **(T-2)** Absence of commander documentation does not invalidate the assessment.

8.1.2.3. Unit Commanders or Directors may use administrative action to correct a member's failure to maintain Physical Fitness Readiness. Unit commanders will document and take corrective action for a member's unexcused failures to participate in the FRP such as failing to accomplish a scheduled PFRA, failing to attend PCP sessions, or failing to complete mandatory educational intervention (e.g., AFP, FRP, etc.) **(T-2)**

8.1.2.4. For standards and requirements relating to performance report documentation of fitness, consult DAFI 36-2406, *Officer and Enlisted Evaluation Systems*, and other official guidance specifically addressing performance reports.

8.1.3. Military Separations. Refer to DAFI 36-3211 *Military Separations*.

8.1.3.1. Unit commanders will make a discharge or retention recommendation to the separation authority for enlisted members, show cause authority for officers, or appropriate discharge authority for ARC members once they receive four unsatisfactory fitness assessment scores in a 24-month period and a military medical provider has reviewed the member's medical records to rule out medical conditions precluding the member from achieving a passing score. **(T-1)**

8.1.3.2. If a member is retained and a subsequent PFRA failure re-establishes the basis for discharge (e.g., four failures in 24 months based on the most recent failure date), the unit commander must initiate a medical records review and submit another discharge or retention recommendation. **(T-1)**

- 8.1.3.2.1. Retention does not prevent previous failures from being included in the most recent 24-month period for fitness assessment failure count.
- 8.1.3.2.2. Retention decision memorandums will be filed in the member's PFRP case file. **(T-1)**
- 8.1.3.3. The 24-month period for discharge or retention recommendation is calculated from the most recent unsatisfactory PFRA and is measured in months, not days, including the month of the most recent failure. **Example:** *if the most recent failure is 15 June 2025, then count the failures in the previous 23 months plus the month of the most recent failure (June 2025). In this example, the inclusive months in which fitness assessment failures must be counted are July 2023 through June 2025. (T-1)*
- 8.1.3.3.1. Four fitness assessment failures anytime in those 24-months meets the criteria and would require the unit commander to make a discharge or retention recommendation, provided the member does not have a medical condition to prevent them from achieving a passing score. Even when a member receives one or more multiple passing fitness assessment scores within that 24-month period, the commander must still make a recommendation for discharge or retention. **(T-1)**
- 8.1.3.3.2. Unit commanders may initiate an enlisted member's or recommend an officer's administrative discharge only after the member has: received four unsatisfactory fitness assessment scores in a 24-month period; failed to demonstrate improvement (as determined by the commander); and an MTF/RMU/GMU medical provider has reviewed the member's medical records to rule out medical conditions precluding the member from achieving a score greater than or equal to 75.

8.2. Fitness Appeals. If a member believes the administration of their fitness assessment or their fitness assessment score was in error or unjust, the member may submit an appeal to the wing or installation commander, or equivalent, as described in **Table 8.1** within one month of occurrence (**Note:** Information pertaining to the wing- level process and procedure and Fitness Assessment Appeals Board supplemental review can be found within AFPCI 36-115, *Fitness Assessment Appeals Board*, or at: <https://www.afpc.af.mil/Career-Management/Fitness-Program>. At installations with multiple wings or tenant organizations, the installation commander may delegate this action to the respective wing commander or equivalent.

8.3. Fitness Appeal Process.

Table 8.1. Fitness Appeal Process.

STEP	ACTION
1	Member Submits an Appeal Request through myFitness and sends it to their UFPM within one month of occurrence. Note: Member may add any supporting documentation to the request prior to submitting to their UFPM.
2	UFPM will review the Appeal Request within myFitness and ensure a memorandum for record from the member is submitted that includes

	<p>1. Requested Action; applicant must identify what action they request to be taken. (T-1)</p> <p>2. Basis for request: applicant must be clear what they believe to be an injustice or error. (T-1)</p> <p>3. References to or supporting documentation.</p> <p>4. Applicant information to include name, organization/office symbol, unit address, contact phone number, email address, and signature.</p>
3	<p>UFPM enters comments to the Appeal within myFitness and routes through chain of command to wing commander or equivalent (may be delegated no lower than squadron commander or equivalent).</p>
4	<p>Wing commander or equivalent (may be delegated no lower than squadron commander or equivalent) will review the Appeal Request and select Approve or Reject and enter comments. If the wing commander or equivalent (see step 3) approves appeal, UFPM or FAC notifies FIM of approved PFRA record deletion. For disapproved requests, the commander or equivalent will provide the member with disapproval rationale.</p>
5	<p>If the member wants to appeal the denied request, UFPM or FAC must submit the complete package to Fitness Assessment Appeals Board at AFPC/DPSOF via myFSS (or equivalent) Incident or email the package to: afpc.dpmssm.specialprograms@us.af.mil (T-1) If needed, the Air Force Board for Correction of Military Records will be the final decision authority.</p> <p>Required documents are:</p>

1. Disapproved memorandum from the member signed by the wing commander, or equivalent (should include reason for disapproval).
2. FSQ.
3. The completed and signed fitness assessment score sheet.
4. Any additional supporting documentation, i.e., AF Form 469, Official statements from the Primary Care Manager (PCM), Medical documents, and/or witness letters.

8.4. Correcting Administrative Errors on Fitness Assessment Scores in myFitness. Administrative errors are limited to the number of repetitions performed do not match number submitted in myFitness; corrections to profile dates and exemption updates; deletion of score double entry; and fitness assessment taken while pregnant. FAC will submit requests for administrative corrections to their servicing FIM.

BRIAN L. SCARLETT
Principal Deputy Assistant Secretary
Air Force for Manpower and Reserve Affairs

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

DODI 1010.10, *Health Promotion*, 21 June 2019

DoDI 1308.03, *DoD Physical Fitness/Body Composition Program*, 10 March 2022

DoDI 5400.11, *DoD Privacy and Civil Liberties Programs*, 29 January 2019

DAFPD 36-29, *Military Standards*, 24 January 2023

DAFI 34-114, *Fitness, Sports and World-Class Athlete Program*, 15 December 2022

DAFI 36-2903, *Dress and Personal Appearance of Department of the Air Force Personnel*, 29 February 2024

DAFI 36-3211, *Military Separations*, 24 June 2022

AFI 10-201, *Force Readiness Reporting*, 5 June 2024

AFI 33-322, *Records Management and Information Governance Program*, 23 March 2020

AFI 33-332, *Air Force Privacy and Civil Liberties Program*, 12 May 2020

AFI 36-2406, *Officer and Enlisted Evaluation Systems*, 11 August 2025

AFI 36-2501, *Officer Promotions and Selective Continuation*, 12 January 2024

AFI 36-2504, *Officer Promotion, Continuation, and Selective Early Removal in the Reserve of the Air Force*, 4 August 2023

AFI 48-133, *Duty Limiting Conditions*, 7 August 2020

DAFMAN 36-2136, *Reserve Personnel Participation*, 15 December 2023

DAFMAN 41-210, *Tricare Operations and Patient Administration*, 12 January 2026

DAFMAN 90-161, *Publications, Processes and Procedures*, 18 October 2023

AFMAN 36-2919, *Air Force Special Warfare Operator Fitness Test*, 23 May 2023

AFMAN 36-2930, *Explosive Ordnance Disposal (EOD) Occupationally Specific Physical Fitness Readiness Assessment (OSPFRA)*, 8 July 2025

AFMAN 48-123, *Medical Examinations and Standards*, 8 December 2020

AFPCI 36-115, *Fitness Assessment Appeals Board*, 22 April 2024

myFitness *User Guide*

Technical Order 33K-1-100-1, *Calibration Procedure for Maintenance Data Collection Codes and Calibration Measurement Summaries*, 30 November 2015

Prescribed Forms

AF Form 108, *Department of the Air Force Fitness Education and Intervention Processing*

AF Form 4446, *Air Force Fitness Assessment Scorecard*

DAF Form 4446A, *Air Force Physical Fitness Screening Questionnaire (FSQ)*

Adopted Forms

DD Form 2870, *Authorization for Disclosure of Medical or Dental Information*

DD Form 2875, *System Authorization Access Request*

DAF Form 418, *Selective Reenlistment Program (SRP) Consideration/Denial of Continued Service for Airman*

DAF Form 847, *Recommendation for Change of Product*

AF Form 469, *Duty Limiting Condition Report*

Abbreviations and Acronyms

AED—Automated External Defibrillator

AF—Air Force

AFI—Air Force Instruction

AFP—Adaptive Fitness Program

AFMAN—Air Force Manual

AFPC—Air Force Personnel Center

AFPD—Air Force Policy Directive

AFRC—Air Force Reserve Command

AFR—Air Force Reserve

AGR—Active Guard Reserve

ANG—Air National Guard

AMRO—Airman Medical Readiness Optimization Board

ARC—Air Reserve Component

BFA—Body Fat Assessment

BCMR—Air Force Board for the Correction of Military Records

CES—Civil Engineer Squadron

DoD—Department of Defense

DoDI—Department of Defense Instruction

DoDM—Department of Defense Manual

DPFRA—Diagnostic Physical Fitness Readiness Assessment

DSG—Drill Status Guardsman

EAD—Extended Active Duty

EO—Executive Order

FAC—Fitness Assessment Cell
FHD—Funeral Honors Duty
FLDCOM—Field Command
GMU—Guard Medical Unit
FRP—Fitness Reconditioning Program
FSQ—Air Force Physical Fitness Screening Questionnaire
FSS—Force Support Squadron
HAMR—High Aerobic Multi-Shuttle Run
IMA—Individual Mobilization Augmentee
IR—Individual Reservist
MAJCOM—Major Command
MFL—Master Fitness Leader
MTF—Military Treatment Facility
MTP—Medical Treatment Plan
NAF—Non-Appropriated Funded
OSPFRA—Occupationally Specific Physical Fitness Readiness Assessment
PCS—Permanent Change of Station
PFL—Peer Fitness Leader
PFRA—Physical Fitness Readiness Assessment
PFRP—Physical Fitness Readiness Program
PIRR—Participating Individual Ready Reservist
PRP—Physical Reconditioning Program
RegAF—Regular Air Force
RMU—Reserve Medical Unit
RNLTD—Report Not Later Than Date
TDY—Temporary Duty Assignment
SCCC—Service Central Coordination Cell
UFPM—Unit Fitness Program Manager
UFAC—Unit Fitness Assessment Cell

Office Symbols

AF/A1—Air Force Deputy Chief of Staff for Manpower, Personnel, and Services
AF/A1P—Director of Military Force Management Policy

AF/A1PP—Military Force Management Policy Division
AF/A1PPE—Physical Fitness and Body Composition Policy Branch
AF/A1S—Director of Air Force Services
AF/A1X—Director of Plans and Integration
AF/A3—Air Force Deputy Chief of Staff for Operations, Plans and Requirements
AF/A4—Air Force Deputy Chief of Staff for Logistics, Engineering, and Force Protection
A1/DTA—A1 Digital Transformation Activity
AF/JA—Office of The Judge Advocate General
AFPC/PA—Air Force Personnel Center Public Affairs
AFPC/DPO—AFPC Director for Technology and Information
AFPC/DPSOF—Air Force Personnel Center Special Program Office
AFRC/A1ZO—Integrated Resiliency Operations Branch
AFRL—Air Force Research Laboratory
AFSVC—Air Force Services Center
AFSVC/VMS—Air Force Services Center Fitness and Sports
AF/SG—Office of the Air Force Surgeon General
HSB—Human Resource Management Strategic Board
NGB/A1PS—National Guard Bureau, Customer Support Policy Branch
NGB/A1XS—National Guard Bureau, ANG Sustainment Services Branch
SAF/MR—Assistant Secretary of the Air Force for Manpower and Reserve Affairs
SAF/MRM—Deputy Assistant Secretary of the Air Force for Force Management Integration
SAF/MRR—Deputy Assistant Secretary for Reserve Affairs and Member Readiness

Terms

Adaptive Fitness Program (AFP)—Exercise programs prescribed for populations that have a physical limitation as prescribed by a military medical provider, usually prescribed on AF Form 469.

Air Reserve Component—Component consisting of all ANG and AF Reserve personnel.

Automated External Defibrillator—A device approved by the Federal Drug Administration for the purpose of administering an electric shock of preset voltage to the heart through the chest wall to restore the normal rhythm of the heart during a life-threatening arrhythmia.

Basic Life Support Training—Includes Cardiopulmonary Resuscitation and Automated External Defibrillator certification.

Extended Duration Fitness Profile—A medical condition that is not expected to improve in less than 365 days. Chronic conditions may involve periodic acute episodes and may require

intermittent inpatient care. Sometimes medical treatment may control a chronic medical condition sufficiently to permit continuation of daily living activities such as work, or school. (Defined in AFMAN 41-210).

Diagnostic Physical Fitness Readiness Assessment—An unofficial Physical Fitness Readiness Assessment conducted under official conditions.

Dry Bulb Globe Temperature—Geographical locations where relative humidity is < 40% (should be < 90 degrees Fahrenheit).

Fitness Assessment Cell—Operated in the Fitness and Sports Section as part of the Sustainment Services Flight within the FSS.

Fitness Information Manager—Appointed by the Force Support Squadron Commander or Director and provisions access within myFitness. Updates myFitness with corrections resulting from administrative errors and/or records approved through the appeal process.

Fitness Readiness—Fitness Readiness is established based on completion month and fitness level of last assessment. Members who overdue or not meeting standards are not considered ready.

Fitness Reconditioning Program (FRP)—A remedial intervention program for members identified with a composite unsatisfactory fitness score or not meeting WHtR and BCA standards.

High Risk—Members who have not been exercising regularly and/or have other risk factors for heart attack (increasing age, smoking, diabetes, high blood pressure) are at increased risk of injury or death during the assessment. **Note:** This information is annotated on the FSQ.

Occupationally Specific Physical Fitness Readiness Assessment—Performance based fitness assessment that are occupationally specific, operationally-relevant, and independent of age and sex.

Peer Fitness Leaders—Appointed by the unit commander or director and serves as the centralized point of contact for unit physical fitness, leads unit physical conditioning, and helps to facilitate FRP interventions.

Primary Care Manager—For RegAF and AGR, the individual's primary medical care manager. In most cases, a military practitioner.

Physical Fitness Readiness Assessment—Fitness assessment that indicates health and physical fitness readiness for total force consisting of the following components: Muscular Strength, Core Endurance, Body Composition and Cardiorespiratory.

Qualified Duty Status—The period in which an RC Service member is: On Active Duty (AD) or full-time National Guard duty (FTNGD) for more than 30 calendar days; Performing AD or FTNGD for 30 calendar days or less; Performing IDT; Performing funeral honors duty (FHD); Traveling to or from the place where he or she is to perform or has performed AD or FTNGD as provided in this definition, IDT, or FHD; Remaining overnight immediately before the commencement of, or between successive periods of IDT at or in the vicinity of the site of the IDT; or Remaining overnight immediately before serving on FHD, at or in the vicinity of the place where the Reserve Component Service member was to so serve, if the place is outside reasonable commuting distance from his or her residence.

Special Warfare Airmen—Formally known as Battlefield Airmen. Special Warfare Airmen include operators with a 1ZXXX or 19ZXX duty AFSC. Specialties include: pararescue (PJ),

combat control (CCT), special reconnaissance (SR), tactical air control party (TACP), special tactics officer (STO), TACP officer (TACPO), and combat rescue officer (CRO).

Title 10—Includes RegAF Members, ANG Statutory Tour, AFR AGRs, AFR Air Reserve Technicians, Individual Mobilization Augmentees, Traditional Reservists (Military Personnel Appropriation, Active Duty for Operational Support, RPA, RMP), Members of the Individual Ready Reserve.

Title 32—Includes ANG Technicians, ANG Drill Status Guardsmen, and ANG permanent AGRs. Includes Members performing active or inactive duty outside of the National Guard Bureau's statutory tour program (i.e., Active Duty for Operational Support, AGR, Annual Tour, Inactive Duty Training, Military Personnel Appropriation).

Title 32 Active Guard Reserve (AGR)—Air Reserve Component (ARC) Members on AGR duty to support the National Guard and Reserve, who are paid from the Reserve Personnel Appropriations of a military department. This includes all personnel of the National Guard and Reserve Forces serving on active duty under Title 10 United States Code Sections 10301, 10211, 12301(d), 12310, 10502, 102356, 10505 and 10506, 10305, or 12402; or Title 32 United States Code Section 502(f) to organize, administer, recruit, instruct, or train Members of the Reserve components.

Title 32 Drill Status Guardsman (DSG)—Members who participate in Unit Training Assembly, traditionally one weekend per month and a two-week annual training period. Also known as Traditional Guardsman. It includes Dual Status Technicians. For the purpose of this manual, this includes Members serving on Active Duty for Operational Support orders.

Unit Fitness Program Manager—Appointed by unit commander and ensures PCP is led by a certified MFL or PFL. Responsible to the unit commander for the unit FRP and serves as the liaison between the unit commander and the UFAC or FAC.

Wet Bulb Globe Temperature—A composite temperature used to estimate the effect of temperature, humidity, wind speed and solar radiation on humans. Industrial hygienists and athletes have used it to determine appropriate exposure levels to high temperatures.

Attachment 2

PHYSICAL FITNESS READINESS ASSESSMENT VERBAL INSTRUCTIONS

A2.1. Verbal Air Force Fitness Assessment Instructions. Assessment Administrator state: *You are about to complete the fitness assessment. You are presumed to be fit to participate based on your completion of the FSQ. You may re-accomplish the FSQ if medical concerns have developed since completion but must do so prior to beginning the fitness assessment. If you experience injury or illness during the fitness assessment, you will have the option of being evaluated at the Military Treatment Facility, but your assessment may still count. If the medical evaluation validates your illness or injury your commander may invalidate the assessment results. If the assessment is invalidated, your new due month will be the following calendar month. At no time will a back-dated DAF 469 (fitness exemption) be accepted. Each component (excluding body composition) requires minimum performance. If for any reason you do not meet the minimum requirements you are expected to complete the remaining components. Scores for all components are final.*

A2.2. Waist to Height Ratio (WHtR) Verbal Instructions. The Assessment Administrator reads the following instructions to all members.

A2.2.1. A WHtR measurement will be taken on your bare skin, from the right side of your waist, at the midpoint between your lowest rib and the top of your hip bone (iliac crest). The tape measure will be flat on the bare skin and will not compress the skin.

A2.2.2. Before the waist measurement, you may adjust your clothing, so it does not fall over your waist during the measurement. You may assist the administrator by holding the tape in place when the midpoint has been identified and the tape is around the waist. You must let go of the tape and relax your arms to their side, standing at the position of attention before a measurement is recorded. You are not allowed to hold your breath or suck in your waist during the assessment. The administrator will record the measurement at the end of a normal exhale.

A2.2.3. Three measurements will be taken rounding down to the nearest ½ inch. If any of the measurements differ by more than one inch from the other two, an additional measurement will be taken. The three closest measurements will be added together, divided by three, and rounded down to the nearest ½ inch. This value will be recorded as the waist measurement.

A2.3. One Minute Push-Up Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.3.1. *The one-minute push-up is an assessment of muscular strength. Place your palms or fists on the floor, hands will be slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced or crossed. Your body should maintain a rigid head to heel form. This is the up or starting position.*

A2.3.2. *Begin by lowering your body to the ground until your upper arms are at least parallel to the floor then return to the up position (arms fully extended but not locked). This is one repetition.*

A2.3.3. *Your chest may touch but not rest or bounce on the floor. If you do not come down parallel to the floor, the push-up will not count. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the*

up or rest position, resting any other body part on the floor is not allowed. If resting occurs in the down position, the push-up portion of assessment will be terminated, and your score will be based on the correct number of push-ups performed up to that point.

A2.3.4. Your breathing should be as normal as possible. Make sure you do not hold your breath. You have one minute to perform as many correct push-ups as you are able. Your counter will count the correct number of push-ups aloud. Your counter will not count incorrect push-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct push-ups in one minute is recorded as your score.

A2.4. Two Minute Hand Release Push-Up Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.4.1. The two minute hand release push-up is an assessment of muscular strength. You will begin in the up position and must ensure your hands are flat on the ground with the index fingers inside the outer edges of the shoulders. This is the starting position.

A2.4.2. You will push your whole body up from the ground as a single unit to the up position by fully extending the elbows. You will maintain a generally straight body alignment from the top of the head to the ankles. This generally straight position will be maintained for the duration of the exercise.

A2.4.3. You will bend your elbows to lower your body back to the ground. The chest, hips and thighs should touch down at the same time. Without moving your head, body, or legs, you will extend both hands out from the body until your arms are fully extended forming a 90-degree angle between your arms and trunk at the shoulders. Hands must be off the ground. After reaching this position, your elbows bend to move your hands back under your shoulder. You must ensure your hands are flat on the ground with your index fingers inside the outer edges of the shoulders and push your whole body back to the starting position. This completes one repetition.

A2.4.4. Resting can only be done in the up position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up or rest position, resting any other body part on the floor is not allowed. If resting occurs in the down position, the hands release push-up portion of test will be terminated, and your score will be based on the correct number of hands release push-ups performed up to that point. The number of successfully completed repetitions in two minutes will be recorded as the raw score.

A2.5. One Minute Sit-Up Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.5.1. The one minute sit-up is an assessment of core endurance. Begin by laying face up on the floor or mat. Your feet may extend off the floor or mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90 degrees, with your feet or heels in contact with the floor at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or rest on your upper chest. This is the starting position. When conducting sit-ups, any part of the hands or fingers remain in contact with the shoulders or upper chest at all times.

A2.5.2. If a bolted non-portable toe hold bar is used: *Anchor your feet to the ground by hooking your feet or toes under the bar. Your heels must remain in contact with the ground at all times and the bar cannot move while you perform the assessment.*

A2.5.3. If a toe hold bar is NOT used: *You may request the assessor to hold your feet with their hands or by putting their knees on your feet. The assessor may not anchor you by holding behind the calves or by standing on your feet during the assessment as they could lose balance and step off. You may request a member of the same sex to hold your feet, and that request must be granted. Let your monitor know if you need your feet held differently prior to beginning the assessment. (e.g., "You are holding my ankles or feet too tight or not enough.")*

A2.5.4. *From the starting position, raise your upper torso until your elbows touch your knees or thighs. Then, lower your upper torso until your shoulder blades contact the floor. This is one repetition. Your elbows must touch your knees or thighs at the top of the sit-up, and your shoulder blades must contact the floor or mat at the bottom of the sit-up (keeping any part of your hands or fingers in contact with your shoulder or upper chest at all times).*

A2.5.5. *The repetition will not count if your hands or fingers come completely away from the chest or shoulder or if your buttocks or heels leave the ground. Additionally, you may not grab onto your shirt as it makes it difficult to determine if you are maintaining proper contact. Any resting must be done in the up position. While resting, you may not use knees or any object to support yourself. If there is any resting other than in the up position, the sit-up portion of the assessment is terminated, and your score will be based on the correct number of sit-ups performed up to that point.*

A2.5.6. *You have one minute to perform as many correct sit-ups as you are able. Your counter will count the correct number of sit-ups aloud. Your counter will not count incorrect sit-ups. Your counter will tell you what you are doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in one minute is recorded as your score.*

A2.6. Two Minute Cross Leg Reverse Crunch Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.6.1. *The two minute cross leg reverse crunch is an assessment of core endurance. You will lie on your back on a flat, level surface, legs straight, and feet on the ground. Arms are crossed over the chest with open hands or fingers touching the shoulders or upper chest. Hands can't grab the shirt. The use of an exercise mat is optional for this exercise.*

A2.6.2. *While keeping the lower back on the floor, bring both legs toward the chest while reaching your left elbow across your body to touch your right thigh. Then return to the starting position. This is counted as repetition number one.*

A2.6.3. *While keeping the lower back on the floor, bring both legs toward the chest while reaching your right elbow across your body to touch your left thigh. Then return to the starting position. This is counted as repetition number two.*

A2.6.4. *The repetition will not count if your hands or fingers do not remain in contact with the shoulders or upper chest throughout the assessment, including the rest position. Additionally, the repetition will not count if your lower back lifts off the ground, your elbow*

*does not touch the opposite thigh, or legs do not fully extend when returning to the starting position. The resting position will be the same as the starting position. **Note:** while performing this exercise your head does not need to touch the ground. If you move out of place greater than a foot you will be warned and if it continues those repetitions will not count. Your final score is the correct repetitions completed at 2 minutes.*

A2.7. Forearm Plank Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.7.1. The forearm plank is an assessment of core endurance. It will be performed on a flat, level surface. An exercise mat may be used. You must be entirely on or off the exercise mat, (i.e., the upper body cannot be on the exercise mat with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.

A2.7.2. The PFRA Administrator will record time with a stopwatch to the nearest second and will announce “START”, as well as 15-second intervals.

A2.7.3. You will begin face down on the floor with elbows bent, forearms flat on the floor/mat, with the body in a straight line through the head, shoulders, back, buttocks and legs.

A2.7.4. Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the floor or lying flat with palms touching the floor. Forearms may be parallel or angled inward, but the hands cannot be clasped together.

A2.7.5. Feet should be placed hip-width apart. Hips must be lifted off the ground with only the forearms, hands and toes on the floor. Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the assessment. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.

A2.7.6. Toes, forearms and fists or palms must remain in contact with the floor/mat at all times and folding of hands is not permitted. No other part of the body may contact the vertical support surface.

A2.7.7. Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.

A2.7.8. Forearm plank ends when maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed, any part of the body other than hands (fists/palms) forearms, or feet touch the floor, member lowers head to hands, member lifts hands, forearms or feet off the floor, member does not maintain 90 degrees at the elbow (i.e., shifting weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).

A2.7.9. If you receive more than two corrections on form. The third correction will stop the assessment, and the time will be recorded. This will be your official forearm plank time (score).

A2.8. The 2.0-Mile Timed Run Verbal Instructions. The Assessment Administrator reads the following instructions to all members and demonstrates the proper technique.

A2.8.1. *This 2.0-mile timed run is used to measure cardiorespiratory fitness. Prior to beginning the 2.0-mile run, you may complete up to a three-minute warm up. You will line up behind the starting line and will be instructed to begin running as I start the stopwatch. No physical assistance from anyone or anything is permitted. Pacing is permitted if there is no physical contact and it is not a hindrance to other runners. You are required to stay on and complete the entire marked course. Leaving the course is disqualifying and terminates the assessment. Your completion time will be recorded when you cross the finish line, and you are required to complete a cool down for approximately five minutes. If at any time you are feeling poor health, you are to stop running immediately and you will be given assistance.*

A2.9. The 20-Meter High Aerobic Multi-Shuttle Run (HAMR) Verbal Instructions. The Assessment Administrator reads the following instructions to all members.

A2.9.1. *The 20-meter HAMR is used to measure cardiorespiratory fitness. Prior to beginning the 20-meter HAMR, you may complete up to a three-minute warm-up.*

A2.9.2. *You will run between two lines 20 meters apart, at a progressively faster pace, to the tempo of a recorded beep.*

A2.9.3. *You will start behind the first line and begin jogging to the opposite line when instructed by the recording. You will leave the line when you hear the beep and arrive at the opposite line just before the next beep. You must touch the line with one foot before the beep sounds. If you get to the line early, do not begin running back before the beep sounds.*

A2.9.4. *Failure to reach the line before the beep, or leaving the line too early, will result in a warning. Three consecutive warnings will result in termination of the assessment. If you receive a warning, but successfully reach the line on the next shuttle, the warning count will start back at zero.*

A2.9.5. *You must reach the opposite line on every shuttle. If the beep sounds prior to reaching the line, you must complete the shuttle before you can turn and attempt the next shuttle. Failure to reach the opposite line will result in a warning. However, stopping before the line and returning to the opposite line will result in the termination of your assessment. Failure to attempt a shuttle (i.e. resting or skipping shuttles) will result in the termination of your assessment, as well. You must maintain cadence with the beep sequence at all times.*

A2.9.6. *After each level the time between beeps will become shorter, requiring you to run faster. You are encouraged to keep going until you are no longer able to keep the pace. If at any point you feel unable continue, you may stop the assessment and step off the court. Your score will be the last successful shuttle completed before three consecutive warnings or when you voluntarily terminate your assessment.*

A2.10. 2 Kilometer Walk Verbal Instructions. The Assessment Administrator reads the following instructions to all Members and demonstrates the proper technique.

A2.10.1. *This assessment measures cardiorespiratory fitness. Prior to beginning the 2 kilometer walk, you may complete up to a three-minute warm-up. You will be directed to line up behind the starting line and instructed to begin walking as I start the stopwatch. You are to walk the 2 kilometer course as quickly as you can. You must not run, keeping at least one foot in contact with the ground at all times. No physical assistance from anyone or anything is permitted. Pacing is permitted if there is no physical contact and is not a hindrance to others.*

You are required to stay on and complete the entire marked course. Leaving the course is disqualifying and terminates the assessment. Your completion time will be recorded when you cross the finish line, and you are required to complete a cool-down for approximately five minutes. If at any time you are feeling poor health, you are to stop immediately and you will be given assistance.

Attachment 3

**ALTITUDE TIME CORRECTION FOR 2.0 MILE RUN, 2.0 KILOMETER WALK, AND
20-METER HAMR**

Table A3.1. Altitude Time Correction for 2.0 Mile Run.

	Group 1	Group 2	Group 3	Group 4
	Test altitude	Test altitude	Test altitude	Test altitude
	between	between	between	at or greater than
	5350 ft - 5499 ft	5500 ft - 5999 ft	6000 ft - 6599 ft	5350 ft - 5499 ft
2 Mile Run Time	Altitude Correction	Altitude Correction	Altitude Correction	Altitude Correction
(min:sec)	(sec)	(sec)	(sec)	(sec)
≤13:25	0:02	0:06	0:11	0:18
13:55	0:02	0:06	0:11	0:19
14:12	0:02	0:07	0:12	0:20
14:27	0:02	0:07	0:12	0:20
14:41	0:02	0:07	0:12	0:20
15:05	0:02	0:07	0:12	0:21
15:17	0:02	0:07	0:12	0:21
15:28	0:02	0:08	0:13	0:22
15:38	0:02	0:08	0:13	0:22
16:09	0:02	0:08	0:13	0:22
16:29	0:03	0:08	0:14	0:23
16:49	0:03	0:09	0:15	0:24
17:08	0:03	0:09	0:15	0:25
17:18	0:03	0:09	0:15	0:26
17:37	0:03	0:09	0:16	0:26
17:55	0:03	0:09	0:16	0:27
18:23	0:03	0:10	0:16	0:28
18:39	0:03	0:10	0:17	0:28
19:07	0:03	0:10	0:17	0:29
19:36	0:03	0:11	0:18	0:31
19:45	0:03	0:11	0:18	0:31
20:06	0:04	0:11	0:19	0:32
20:44	0:04	0:12	0:20	0:34
21:09	0:05	0:13	0:21	0:36
22:04	0:05	0:13	0:22	0:37
22:28	0:05	0:14	0:23	0:38
22:45	0:05	0:14	0:24	0:40
22:50	0:05	0:15	0:25	0:42
22:58	0:05	0:15	0:26	0:43
23:15	0:06	0:17	0:28	0:46
23:30	0:06	0:18	0:29	0:49
23:36	0:06	0:18	0:31	0:51
24:00:00	0:06	0:19	0:32	0:54
24:48:00	0:07	0:20	0:34	0:57
25:00:00	0:08	0:22	0:37	1:02

Table A3.2. Altitude Time Correction for 2.0 Kilometer Walk (Male).

Age (yrs)	2.0 km Maximum Walk Time (min:secs)	Group 1	Group 2	Group 3	Group 4
		5250 ft – 5500 ft 2.0 km Maximum Walk Time (min:secs)	5500 ft – 6000 ft 2.0 km Maximum Walk Time (min:secs)	6000 ft – 6600 ft 2.0 km Maximum Walk Time (min:secs)	> 6600 ft 2.0 km Maximum Walk Time (min:secs)
< 30	16:16	16:18	16:22	16:25	16:31
30 - 39	16:18	16:20	16:24	16:27	16:33
40 - 49	16:23	16:25	16:28	16:31	16:37
50 - 59	16:40	16:42	16:45	16:48	16:53
60 +	16:58	16:59	17:02	17:05	17:10

Table A3.3. Altitude Time Correction for 2.0 Kilometer Walk (Female).

Age (yrs)	2.0 km Maximum Walk Time (min:secs)	Group 1	Group 2	Group 3	Group 4
		5250 ft – 5500 ft 2.0 km Maximum Walk Time (min:secs)	5500 ft – 6000 ft 2.0 km Maximum Walk Time (min:secs)	6000 ft – 6600 ft 2.0 km Maximum Walk Time (min:secs)	> 6600 ft 2.0 km Maximum Walk Time (min:secs)
< 30	17:22	17:25	17:30	17:34	17:42
30 - 39	17:28	17:30	17:35	17:40	17:47
40 - 49	17:49	17:52	17:56	18:00	18:07
50 - 59	18:11	18:13	18:17	18:21	18:28
60 +	18:53	18:54	18:58	19:02	19:08

Table A3.4. Altitude Time Correction for HAMR.

Group 1	Group 2	Group 3	Group 4
5250 ft – 5500 ft	5500 ft – 6000 ft	6000 ft – 6600 ft	> 6600 ft
Add 1 Shuttle	Add 2 Shuttles	Add 3 Shuttles	Add 4 Shuttles

Attachment 4**WRITTEN ORDER PFRA ADMINISTRATORS****Figure A4.1. Sample Order.**

MEMORANDUM FOR PHYSICAL FITNESS READINESS ASSESSMENT ADMINISTRATORS

FROM: (Installation/Wing Commander - highly recommended)

SUBJECT: Written Order – Duties Associated with Department of the Air Force PFRP and/or Access to the myFitness System

Part of your duties in the Department of the Air Force Physical Fitness Readiness Program will require you to have access to sensitive and protected Privacy Act information regarding members. That information includes, but is not limited to, PFRA scores, Department of Defense Identification number (DoD ID), age, and medical information.

You are hereby ordered to correctly record all fitness assessment results as required as part of your duties. You will not alter or change a member's fitness assessment results. You are ordered not to release, reveal, or disclose any member's fitness scores, DoD IDs, medical information or other information received as part of your duties associated with the Air Force Physical Fitness Readiness Program.

Violations of this order may subject you to administrative and/or disciplinary action under the Uniform Code of Military Justice.

(Commander's Signature)

1st Ind, (Member's name and office symbol) MEMORANDUM FOR

I hereby acknowledge understanding and receipt of this order.

Date:

(Member's Signature)

Attachment 5

ADMINISTRATIVE AND PERSONNEL ACTIONS

A5.1. General. This attachment provides optional administrative and personnel actions ([Table A5.1](#)) for PFRA failures.

Table A5.1. Optional Administrative and Personnel Actions (See notes).

Unsatisfactory Fitness Score by PECD or SCOD				
Defer, Withhold Promotion, or Not Recommend (Enlisted)	X	X	X	X
Unsatisfactory Fitness Score	1st Fail	2nd Fail	3rd Fail	4th+ Fail
Verbal Counseling	Use anytime and as often as needed and in conjunction with other options below			
Letter of Counseling	X	X		
Letter of Admonishment	X	X		
Limit Supervisory Responsibilities	X	X	X	X
Letter of Reprimand	X	X	X	X
Referral Evaluation	X	X	X	X
Delay Promotion (RegAF/USSF Officer) see AFI 36- 2501, <i>Officer Promotions and Selective Continuation</i>	X	X	X	X
Delay Promotion (ARC Officer) see AFI 36-2504, <i>Officer Promotion, Continuation, and Selective Early Removal in the Reserve of the Air Force.</i>				
Establish Unfavorable Information File		X	X	X
Reenlistment Ineligibility (see Note 2)		X	X	X
Remove Supervisory Responsibilities			X	X
Deny Voluntary Retraining			X	X
Deny Formal Training			X	X
Placement on Control Roster			X	X
Reenlistment Non-selection (see Note 2)			X	X
Remove Promotion (Officer)			X	X
Administrative Demotion (Enlisted)			X	X
Administrative Separation				X

<i>Air Reserve Component only.</i> Transfer to Obligated Reserve Section or Non-obligated, Non-participating Ready Personnel Section.				X
<p>Notes:</p> <p>1. This is illustrative and not binding. Unit commanders or Director's exercise discretion when selecting optional command action(s) keeping in consideration the need for progressive discipline and the requirement for a separation package to be processed after the 4th failure in 24 months. Commanders may use more than one action per failure. Recommend commanders consult with their local Staff Judge Advocate. Refer to the governing instructions to determine the correct form and procedures for each action.</p> <p>2. Commanders may render a member ineligible for reenlistment rather than denying reenlistment by specifying ineligibility versus non-selection on the DAF Form 418, <i>Selective Reenlistment Program Consideration/Denial of Continued Service for Airmen</i>. This allows the flexibility of authorizing Members to extend their reenlistment for either 4 or 7 months (7 or 12 for ARC) to improve their fitness level. Members who are non-selected for reenlistment are not allowed to extend for any reason and will separate on the date of separation. Commanders may complete a second DAF Form 418 changing the member's ineligibility or non-selection status at any time.</p> <p>3. For ARC, the use of this option should be weighed against the use of administrative separation, and it is applicable where recall of this member would not jeopardize mission readiness.</p> <p>4. If a member has a history of fitness assessment failures, then passes, only to fail again, commanders should consider a more aggressive approach for optional actions.</p>				

Attachment 6

**SAMPLE MEMORANDUM FOR MEDICAL EVALUATION FOLLOWING
MULTIPLE UNSATISFACTORY FITNESS ASSESSMENTS**

Figure A6.1. Sample Memorandum.

<p>MEMORANDUM FOR MILITARY TREATMENT FACILITY MEDICAL PROVIDER</p> <p>FROM: _____/CC(F)</p> <p>SUBJECT: Medical Condition Determination for Fitness Assessment Failures</p> <p>Please determine whether there was a medical condition that precluded (<i>Rank, First and Last Name</i>) from achieving a passing score on the fitness assessment identified in the table below.</p> <p>Please contact me at DSN _____ with any questions.</p> <p>_____, _____, USAF (<i>Name</i>) (<i>Rank</i>) Commander or First Sergeant</p> <p>1st Ind, MILITARY MEDICAL PROVIDER TO: UNIT/CC(F)</p> <p>I have reviewed the member's medical record for each of the following fitness assessments as indicated by my initials below. I may be reached at DSN _____.</p>

Table A6.1. Military Treatment Facility Medical Provider.

<i>Filled in by Unit (CC, CCF or UFPM)</i>	<i>Completed by MTF/RMU/GMU Medical Provider</i>
--	--

Member took fitness assessment on:	For this assessment, the member was:					For this assessment, the member:	
<i>(Fill in fitness assessment failure dates for which a medical determination is required. If there is already a medical opinion on past failure, do NOT request another medical determination for that assessment.)</i>	not exempt from any portion of the fitness assessment	exempt from Cardio	exempt from Core Endurance.	exempt from Muscular Strength.		had a documented condition that precluded them from achieving a passing score in a non-exempt portion of the fitness assessment.	did not have a documented medical condition that precluded them from achieving a passing score in a non-exempt portion of the fitness assessment.
___ / ___ /	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ / ___ /	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ / ___ /	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ / ___ /	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Signature and Stamp of Military Medical Provider and Date

Signature and Stamp of Senior Profiling Officer and Date

This document contains CONTROLLED UNCLASSIFIED INFORMATION (CUI) which must be protected under the Freedom of Information Act (5 U.S.C 552) and/or the Privacy Act of 1974 (5 U.S.C. 552a), in addition to DoDI 5400.11 and AFI 33-332. RECIPIENT IS RESPONSIBLE FOR SAFEGUARDING AND MAINTAINING THIS PRODUCT in accordance with DoDI 5200.48.

Attachment 7

PHYSICAL CONDITIONING PROGRAM GUIDELINES

A7.1. Aerobic Fitness. The American College of Sports Medicine (ACSM) has recommended the following guidelines for aerobic fitness enhancement.

A7.1.1. Mode of activity: any activity that uses large muscle groups for a prolonged period and is rhythmic in nature. Examples are running, walking, swimming, cycling, rowing, cross-country skiing or elliptical training, structured aerobics class, etc.

A7.1.2. Intensity of exercise: physical activity corresponding to a heart rate in the range of 60-90% of the age-specific maximum heart rate estimate (220 minus age), or other ACSM approved methods. For most individuals, intensities within the range of 70-85% maximum heart rate are sufficient to achieve improvement in cardiorespiratory fitness, when combined with an appropriate frequency and duration of training.

A7.1.3. Duration of exercise: 20-60 minutes of continuous exercise in the target heart rate zone.

A7.1.4. Frequency of exercise: a minimum of 3 days per week to maintain current fitness level and 4 to 5 days per week is recommended to improve current fitness levels.

A7.1.5. Rate of progression: the conditioning effect will reduce the heart rate response to a given workload over time and require an increase in total work done. This effect is the most pronounced during the first 6-8 weeks, especially for those with low fitness levels. Adjustments in mode, intensity, duration, and/or frequency may be necessary to reach higher levels of performance.

A7.2. Muscular Fitness. The ACSM has recommended the following guidelines for muscular fitness enhancement.

A7.2.1. Mode of activity: suggested activities should be rhythmic, performed at a moderate speed, involve a full range of motion, and not interfere with normal breathing. Include all major muscle groups. Examples include circuit training, free weights, calisthenics, and machine weights.

A7.2.2. Intensity of exercise: perform at least one set of each exercise to muscular fatigue. To elicit improvement in both muscular strength and endurance, recommend 8 to 12 repetitions if less than 50 years of age, and 10 to 15 repetitions at lower intensity/weight for individuals over 50 years of age. Increase weight as training adaptation occurs.

A7.2.3. Duration of exercise: sessions lasting less than 1 hour are recommended.

A7.2.4. Frequency of exercise: 2-3 days per week, same muscle groups should not be worked on consecutive days.

A7.3. Body Composition. Excess abdominal fat is an independent risk factor for disease; therefore, the assessment of WHtR is used to assess health risks associated with being overweight and/or obese. There is an increased risk of chronic diseases (cardiovascular disease, high blood pressure, cancer, and non-insulin dependent diabetes) for both sexes regardless of age. **Note:** The above guidelines provide minimum recommendations for a member to increase or maintain his/her conditioning level. PFLs will determine whether adjustments in mode, intensity, duration,

repetitions, and/or frequency are required based on the member's exercise regimen, participant characteristics, and PFRA scores to improve fitness.

Attachment 8

BODY FAT ASSESSMENT (BFA) INSTRUCTIONS

Table A8.1. Instructions (Male).

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx (Adams Apple). Because of the shape of the neck, the tape will usually be angled down slightly toward the front similar to the shirt collar line. This angle will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
ABDOMEN:	With the member standing with arms at his sides and at the end of a normal relaxed exhalation, measure the abdominal circumference at the navel while keeping the tape level (horizontal) to the floor. Ensure the tape measure is horizontal all the way around the abdomen. Round the abdomen measurement down to the nearest quarter inch.
BODYFAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by: Subtracting the neck measurement from the abdominal measurement to determine the circumference value. Use the Body Fat Percent Tables for Men at Attachment 9 and compare this value to the individual's height measurement.

Figure A8.1. Male Neck Measurement (Front View).

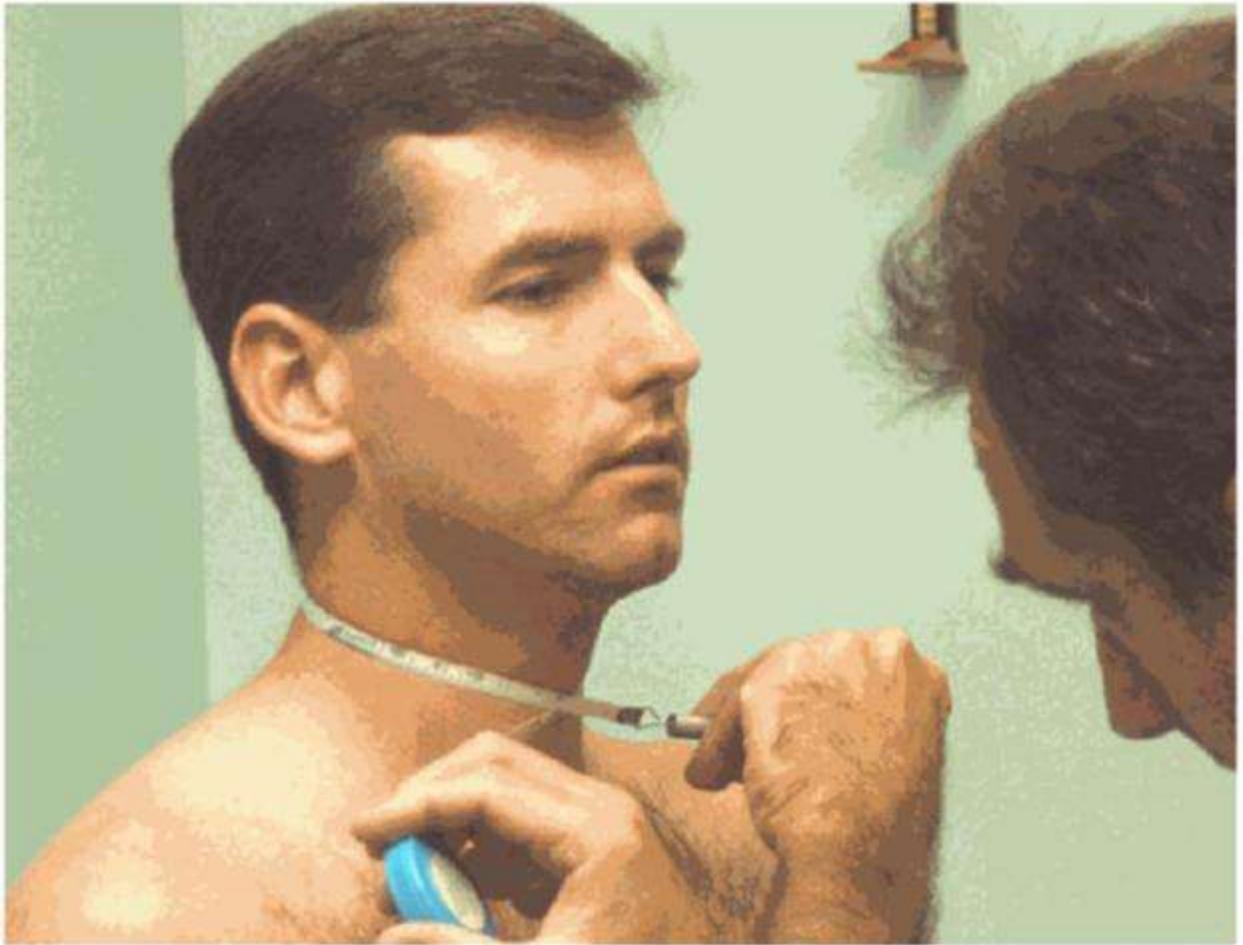


Figure A8.2. Male Neck Measurement (Side View).

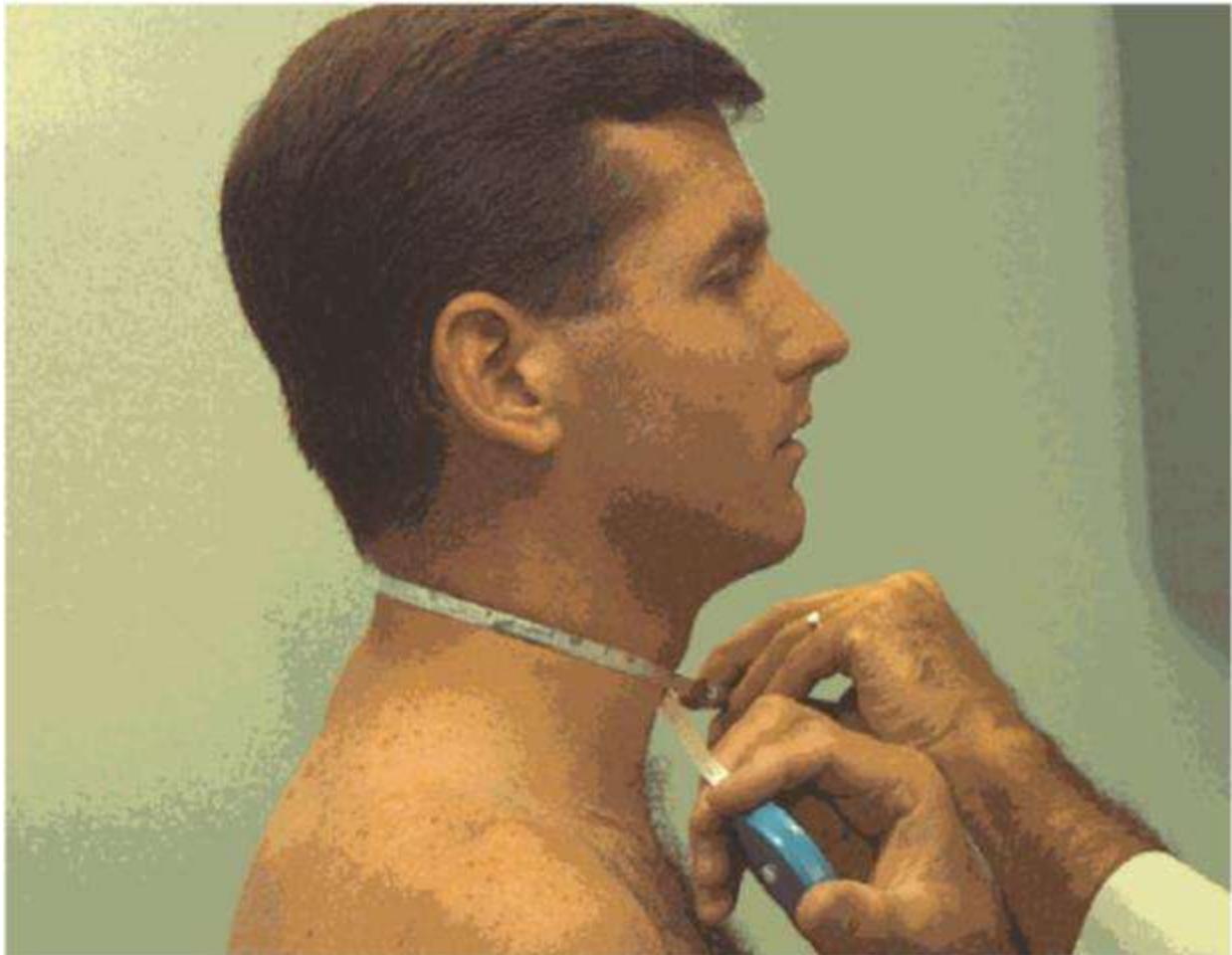


Figure A8.3. Male Waist Measurement (Frontal View).



Figure A8.4. Male Waist Measurement (Side View).

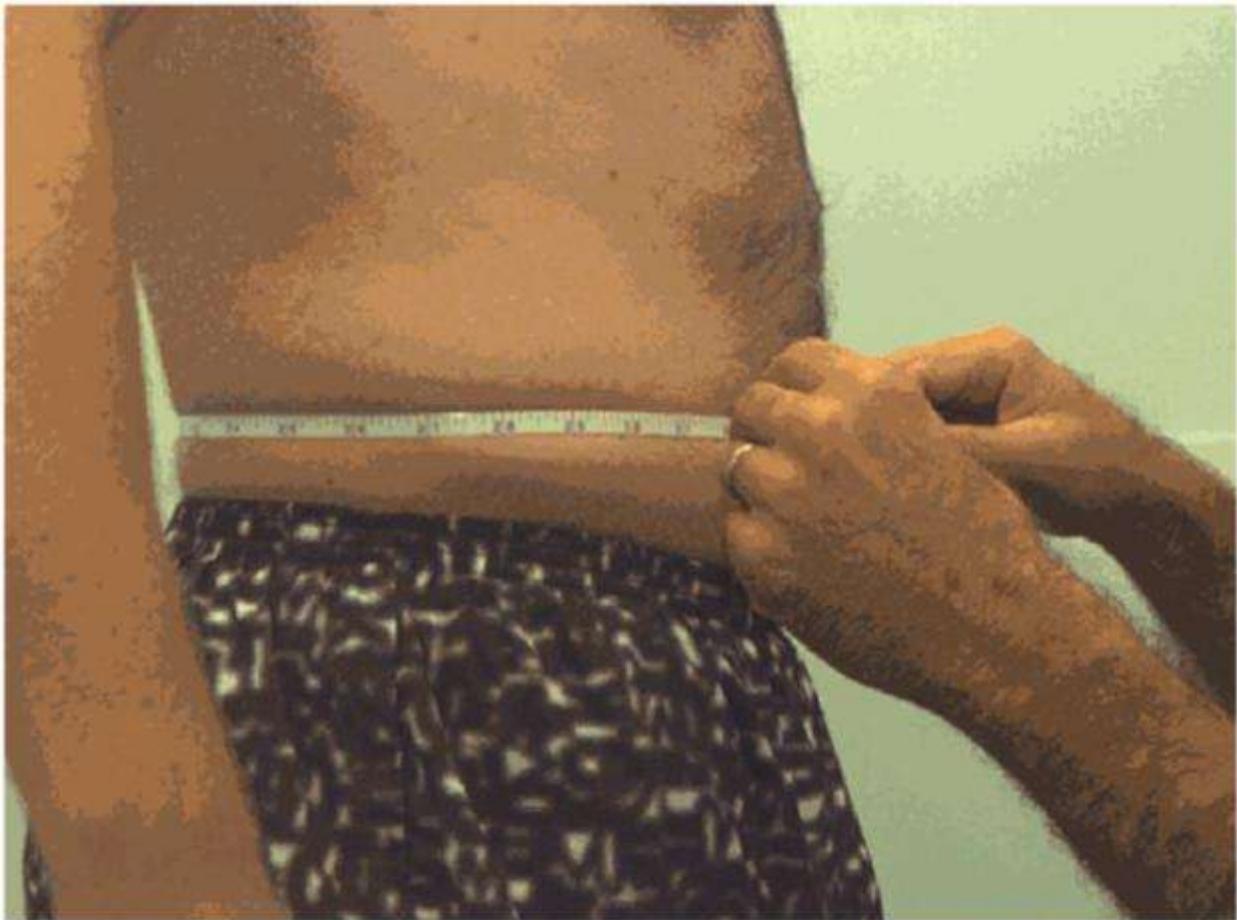


Figure A8.5. Male Waist Measurement (Back View).**Table A8.2. Instructions (Female).**

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx. Because of the shape of the neck, the tape will usually be angled down slightly toward the front similar to the shirt collar line. This angle will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
WAIST:	With the member standing with arms at her sides and at the end of a normal relaxed exhalation, measure the natural waist circumference. The natural waist circumference is the narrowest point, usually located about halfway between the navel and the lower end of the sternum (breastbone). Ensure the tape measure is horizontal all the way around the waist. When it is not easy to distinguish the narrowest point, take several measurements and use the smallest measurement. Round the waist measurement down to the nearest quarter inch.
BUTTOCKS:	While facing the member's right side, and with the tape measure level (horizontal) to the floor, measure the buttocks circumference by placing the tape (ensure the tape measure is horizontal all the way around) so it passes over the buttocks at the point that protrudes the farthest. EXCEPTION: Ensure no part of the leg or thigh is a part of the measurement. If so, raise the tape measure up (still keeping it horizontal) to the point in which no part of the

	leg or thigh is a part of the measurement. Round the buttock measurement down to the nearest quarter inch.
BODY FAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by: Adding the waist and buttocks measurements then subtracting the neck measurement from the sum to determine the circumference value. Use the Body Fat Percent Tables for Women and compare this value to the individual's height measurement. Refer to Attachment 10.

Figure A8.6. Female Neck Measurement (Frontal View).

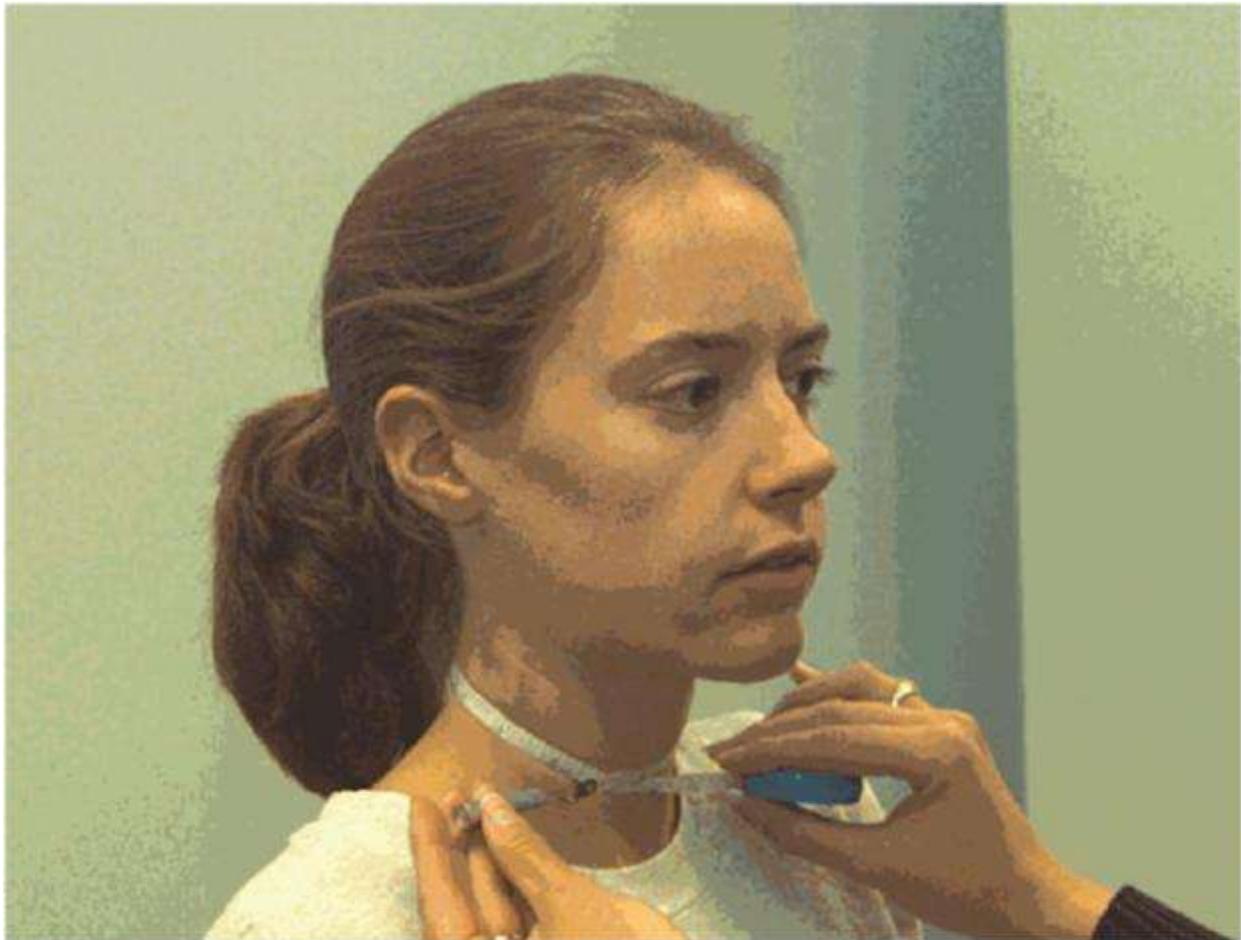


Figure A8.7. Female Neck Measurement (Back View).



Figure A8.8. Female Neck Measurement (Side View).



Figure A8.9. Female Waist Measurement (Frontal View).

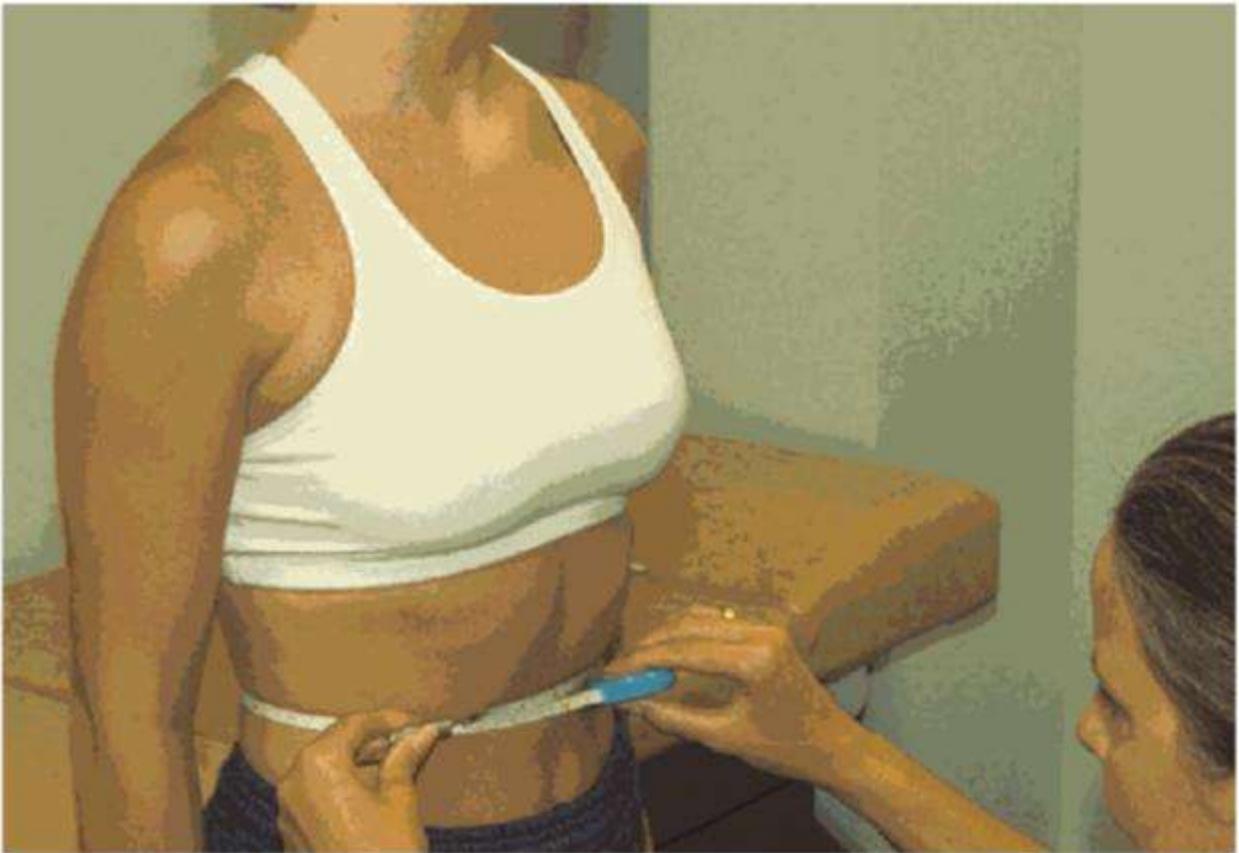


Figure A8.10. Female Waist Measurement (Side View).

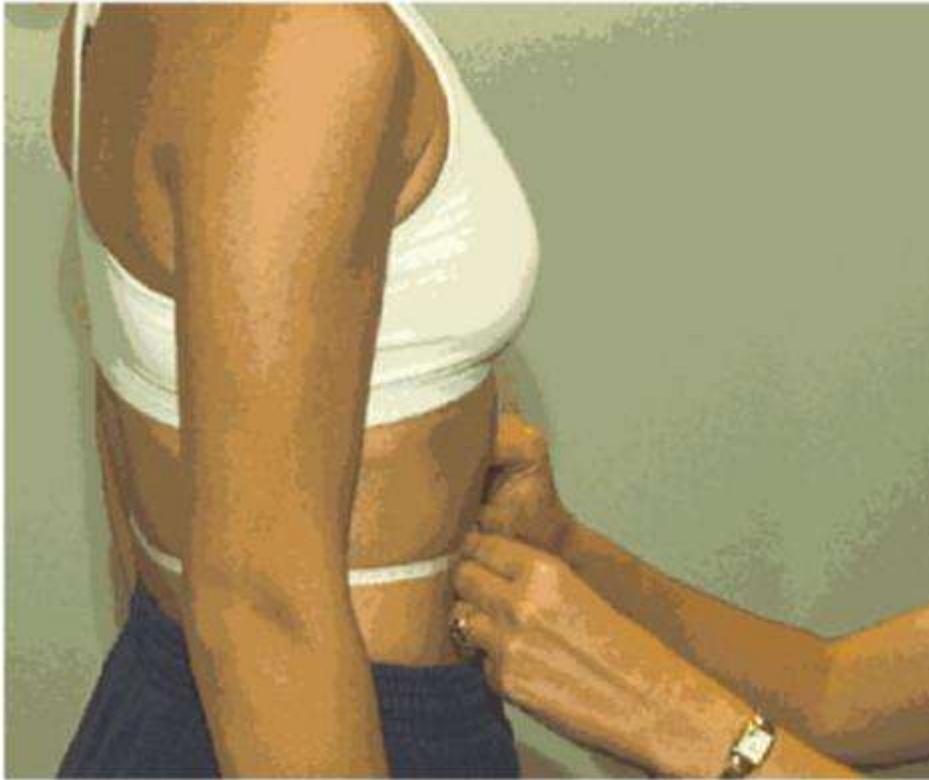


Figure A8.11. Female Buttock Measurement (Side View).



Attachment 9

BODY FAT PERCENT TABLES

Table A9.1. Body Fat Percent Tables (Male).

CIRCUM VALUE	HEIGHT (INCHES)									
	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5
11.00	3	2	2	2	2	1	1	0	0	0
11.25	3	3	3	3	2	2	2	2	1	1
11.50	4	4	4	3	3	3	3	2	2	2
11.75	5	5	4	4	4	4	3	3	3	3
12.00	6	5	5	5	5	4	4	4	4	3
12.25	6	6	6	6	5	5	5	5	4	4
12.50	7	7	6	6	6	6	6	5	5	5
12.75	8	7	7	7	7	6	6	6	6	6
13.00	8	8	8	8	7	7	7	7	6	6
13.25	9	9	9	8	8	8	8	7	7	7
13.50	10	9	9	9	9	8	8	8	8	8
13.75	10	10	10	10	9	9	9	9	8	8
14.00	11	11	10	10	10	10	10	9	9	9
14.25	12	11	11	11	11	10	10	10	10	9
14.50	12	12	12	11	11	11	11	11	10	10
14.75	13	13	12	12	12	12	11	11	11	11
15.00	13	13	13	13	12	12	12	12	12	11
15.25	14	14	14	13	13	13	13	12	12	12
15.50	15	14	14	14	14	13	13	13	13	12
15.75	15	15	15	14	14	14	14	13	13	13
16.00	16	15	15	15	15	15	14	14	14	14
16.25	16	16	16	16	15	15	15	15	14	14
16.50	17	17	16	16	16	16	15	15	15	15
16.75	17	17	17	17	16	16	16	16	15	15
17.00	18	18	17	17	17	17	16	16	16	16
17.25	18	18	18	18	17	17	17	17	17	16
17.50	19	19	19	18	18	18	18	17	17	17
17.75	20	19	19	19	19	18	18	18	18	17
18.00	20	20	20	19	19	19	19	18	18	18
18.25	21	20	20	20	20	19	19	19	19	18
18.50	21	21	21	20	20	20	20	19	19	19
18.75	22	21	21	21	21	20	20	20	20	19
19.00	22	22	22	21	21	21	21	20	20	20
19.25	23	22	22	22	22	21	21	21	21	20

19.50	23	23	23	22	22	22	22	21	21	21
19.75	23	23	23	23	22	22	22	22	22	21
20.00	24	24	23	23	23	23	22	22	22	22
20.25	24	24	24	24	23	23	23	23	22	22
20.50	25	25	24	24	24	24	23	23	23	23
20.75	25	25	25	25	24	24	24	24	23	23
21.00	26	26	25	25	25	25	24	24	24	24
21.25	26	26	26	25	25	25	25	25	24	24
21.50	27	26	26	26	26	25	25	25	25	24
21.75	27	27	27	26	26	26	26	25	25	25
22.00	28	27	27	27	27	26	26	26	26	25
22.25	28	28	27	27	27	27	27	26	26	26
22.50	28	28	28	28	27	27	27	27	26	26
22.75	29	29	28	28	28	28	27	27	27	27
23.00	29	29	29	29	28	28	28	28	27	27
23.25	30	29	29	29	29	28	28	28	28	27
23.50	30	30	30	29	29	29	29	28	28	28
23.75	31	30	30	30	29	29	29	29	29	28
24.00	31	31	30	30	30	30	29	29	29	29
24.25	31	31	31	31	30	30	30	30	29	29
24.50	32	31	31	31	31	30	30	30	30	29
24.75	32	32	32	31	31	31	31	30	30	30
25.00	33	32	32	32	31	31	31	31	30	30
25.25	33	33	32	32	32	32	31	31	31	31
25.50	33	33	33	33	32	32	32	31	31	31
25.75	34	33	33	33	33	32	32	32	32	31
26.00	35	34	34	33	33	33	32	3	32	32
26.25	34	34	34	34	33	33	33	33	32	32
26.50	35	35	34	34	34	33	33	33	33	32
26.75	35	35	35	34	34	34	34	33	33	33
27.00	36	35	35	35	34	34	34	34	33	33
27.25	36	36	35	35	35	35	34	34	34	34
27.50	36	36	36	35	35	35	35	34	34	34
27.75	37	36	36	36	36	35	35	35	35	34
28.00	37	37	36	36	36	36	35	35	35	35
28.25	37	37	37	37	36	36	36	35	35	35
28.50	38	37	37	37	37	36	36	36	36	35
28.75	38	38	37	37	37	37	36	36	36	36
29.00	38	38	38	38	37	37	37	37	36	36
29.25	39	38	38	38	38	37	37	37	37	36

29.50	39	39	39	38	38	38	37	37	37	37
29.75	39	39	39	39	38	38	38	38	37	37
30.00	40	39	39	39	39	38	38	38	38	37
30.25	40	40	40	39	39	39	38	38	38	38
30.50	40	40	40	40	39	39	39	39	38	38
30.75	41	40	40	40	40	39	39	39	39	38
31.00	41	41	40	40	40	40	39	39	39	39
31.25	41	41	41	41	40	40	40	40	39	39
31.50	42	41	41	41	41	40	40	40	40	39
31.75	42	42	41	41	41	41	40	40	40	40
32.00	42	42	42	42	41	41	41	40	40	40
32.25	43	42	42	42	42	41	41	41	41	40
32.50	43	43	42	42	42	42	41	41	41	41
32.75	43	43	43	42	42	42	42	41	41	41
33.00	44	43	43	43	42	42	42	42	41	41
33.25	44	44	43	43	43	43	42	42	42	42
33.50	44	44	44	43	43	43	43	42	42	42
33.75	44	44	44	44	43	43	43	43	42	42
34.00	45	45	44	44	44	43	43	43	43	42
34.25	45	45	45	44	44	44	43	43	43	43
34.50	45	45	45	45	44	44	44	44	43	43
34.75	46	45	45	45	45	44	44	44	44	43
35.00	46	46	45	45	45	45	44	44	44	44
35.25	46	46	46	45	45	45	45	44	44	44

Table A9.2. Body Fat Percent Tables (Male) Continued.

CIRCUM VALUE	HEIGHT (INCHES)									
	65	65.5	66	66.5	67	67.5	68	68.5	69	69.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	1	0	0	0	0	0	0	0	0	0
11.50	2	2	1	1	0	0	0	0	0	0
11.75	3	2	2	2	2	1	1	1	0	0
12.00	3	3	3	3	2	2	2	2	2	1
12.25	4	4	4	3	3	3	3	3	2	2
12.50	5	4	4	4	4	4	3	3	3	3
12.75	5	5	5	5	5	4	4	4	4	3
13.00	6	6	6	5	5	5	5	5	4	4
13.25	7	6	6	6	6	6	5	5	5	5
13.50	7	7	7	7	6	6	6	6	6	5

13.75	8	8	8	7	7	7	7	7	6	6
14.00	9	8	8	8	8	8	7	7	7	7
14.25	9	9	9	9	8	8	8	8	8	7
14.50	10	10	9	9	9	9	9	8	8	8
14.75	10	10	10	10	10	9	9	9	9	9
15.00	11	11	11	10	10	10	10	10	9	9
15.25	12	11	11	11	11	11	10	10	10	10
15.50	12	12	12	12	11	11	11	11	11	10
15.75	13	13	12	12	12	12	12	11	11	11
16.00	13	13	13	13	12	12	12	12	12	11
16.25	14	14	13	13	13	13	13	12	12	12
16.50	14	14	14	14	14	13	13	13	13	13
16.75	15	15	15	14	14	14	14	13	13	13
17.00	16	15	15	15	15	14	14	14	14	14
17.25	16	16	16	15	15	15	15	15	14	14
17.50	17	16	16	16	16	16	15	15	15	15
17.75	17	17	17	16	16	16	16	16	15	15
18.00	18	17	17	17	17	17	16	16	16	16
18.25	18	18	18	17	17	17	17	17	16	16
18.50	19	18	18	18	18	18	17	17	17	17
18.75	19	19	19	18	18	18	18	18	17	17
19.00	20	19	19	19	19	19	18	18	18	18
19.25	20	20	20	19	19	19	19	19	18	18
19.50	21	20	20	20	20	19	19	19	19	19
19.75	21	21	21	20	20	20	20	19	19	19
20.00	22	21	21	21	21	20	20	20	20	20
20.25	22	22	22	21	21	21	21	20	20	20
20.50	22	22	22	22	22	21	21	21	21	20
20.75	23	23	22	22	22	22	22	21	21	21
21.00	23	23	23	23	22	22	22	22	22	21
21.25	24	24	23	23	23	23	22	22	22	22
21.50	24	24	24	24	23	23	23	23	22	22
21.75	25	24	24	24	24	24	23	23	23	23
22.00	25	25	25	24	24	24	24	24	23	23
22.25	26	25	25	25	25	24	24	24	24	23
22.50	26	26	25	25	25	25	25	24	24	24
22.75	26	26	26	26	25	25	25	25	25	24
23.00	27	27	26	26	26	26	25	25	25	25
23.25	27	27	27	27	26	26	26	26	25	25
23.50	28	27	27	27	27	26	26	26	26	26

23.75	28	28	28	27	27	27	27	26	26	26
24.00	28	28	28	28	27	27	27	27	27	26
24.25	29	29	28	28	28	28	27	27	27	27
24.50	29	29	29	29	28	28	28	28	27	27
24.75	30	29	29	29	29	28	28	28	28	28
25.00	30	30	30	29	29	29	29	28	28	28
25.25	30	30	30	30	29	29	29	29	29	28
25.50	31	31	30	30	30	30	29	29	29	29
25.75	31	31	31	30	30	30	30	29	29	29
26.00	32	31	31	31	31	30	30	30	30	29
26.25	32	32	31	31	31	31	30	30	30	30
26.50	32	32	32	32	31	31	31	31	30	30
26.75	33	32	32	32	32	31	31	31	31	31
27.00	33	33	32	32	32	32	32	31	31	31
27.25	33	33	33	33	32	32	32	32	31	31
27.50	34	33	33	33	33	33	32	32	32	32
27.75	34	34	34	33	33	33	33	32	32	32
28.00	34	34	34	34	33	33	33	33	33	32
28.25	35	35	34	34	34	34	33	33	33	33
28.50	35	35	35	34	34	34	34	33	33	33
28.75	35	35	35	35	34	34	34	34	34	33
29.00	36	36	35	35	35	35	34	34	34	34
29.25	36	36	36	35	35	35	35	34	34	34
29.50	36	36	36	36	35	35	35	35	35	34
29.75	37	37	36	36	36	36	35	35	35	35
30.00	37	37	37	36	36	36	36	35	35	35
30.25	37	37	37	37	36	36	36	36	36	35
30.50	38	38	37	37	37	37	36	36	36	36
30.75	38	38	38	37	37	37	37	36	36	36
31.00	38	38	38	38	37	37	37	37	37	36
31.25	39	39	38	38	38	38	37	37	37	37
31.50	39	39	39	38	38	38	38	37	37	37
31.75	39	39	39	39	38	38	38	38	37	37
32.00	40	39	39	39	39	38	38	38	38	38
32.25	40	40	40	40	39	39	39	38	38	38
32.50	40	40	40	40	39	39	39	39	38	38
32.75	41	40	40	40	40	39	39	39	39	38
33.00	41	41	40	40	40	40	39	39	39	39
33.25	41	41	41	41	40	40	40	40	39	39
33.50	42	41	41	41	41	40	40	40	40	39

33.75	42	42	41	41	41	41	40	40	40	40
34.00	42	42	42	41	41	41	41	40	40	40
34.25	42	42	42	42	41	41	41	41	40	40
34.50	43	42	42	42	42	42	41	41	41	41
34.75	43	43	43	42	42	42	42	41	41	41
35.00	43	43	43	43	42	42	42	42	41	41
35.25	44	43	43	43	43	42	42	42	42	41

Table A9.3. Body Fat Percent Tables (Male) Continued.

CIRCUM VALUE	HEIGHT (INCHES)									
	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5
11.00	0	0	0	0	0	0	0	0	0	0
11.25	0	0	0	0	0	0	0	0	0	0
11.50	0	0	0	0	0	0	0	0	0	0
11.75	0	0	0	0	0	0	0	0	0	0
12.00	1	1	0	0	0	0	0	0	0	0
12.25	2	2	2	1	1	0	0	0	0	0
12.50	3	2	2	2	2	2	1	1	1	0
12.75	3	3	3	3	3	2	2	2	2	2
13.00	4	4	4	3	3	3	3	3	2	2
13.25	5	4	4	4	4	4	3	3	3	3
13.50	5	5	5	5	4	4	4	4	4	4
13.75	6	6	5	5	5	5	5	5	4	4
14.00	7	6	6	6	6	6	5	5	5	5
14.25	7	7	7	7	6	6	6	6	6	5
14.50	8	8	7	7	7	7	7	6	6	6
14.75	8	8	8	8	8	7	7	7	7	7
15.00	9	9	9	8	8	8	8	8	7	7
15.25	10	9	9	9	9	9	8	8	8	8
15.50	10	10	10	9	9	9	9	9	9	8
15.75	11	10	10	10	10	10	9	9	9	9
16.00	11	11	11	11	10	10	10	10	10	9
16.25	12	12	11	11	11	11	11	10	10	10
16.50	12	12	12	12	12	11	11	11	11	11
16.75	13	13	12	12	12	12	12	11	11	11
17.00	13	13	13	13	13	12	12	12	12	12
17.25	14	14	14	13	13	13	13	13	12	12
17.50	14	14	14	14	14	13	13	13	13	13
17.75	15	15	15	14	14	14	14	14	13	13

18.00	15	15	15	15	15	14	14	14	14	14
18.25	16	16	16	15	15	15	15	15	14	14
18.50	16	16	16	16	16	15	15	15	15	15
18.75	17	17	17	16	16	16	16	16	15	15
19.00	17	17	17	17	17	16	16	16	16	16
19.25	18	18	17	17	17	17	17	16	16	16
19.50	48	18	18	18	18	17	17	17	17	17
19.75	19	19	18	18	18	18	18	17	17	17
20.00	19	19	19	19	18	18	18	18	18	17
20.25	20	20	19	19	19	19	19	18	18	18
20.50	20	20	20	20	19	19	19	19	19	18
20.75	21	20	20	20	20	20	19	19	19	19
21.00	21	21	21	20	20	20	20	20	19	19
21.25	22	21	21	21	21	21	20	20	20	20
21.50	22	22	22	21	21	21	21	21	20	20
21.75	22	22	22	22	22	21	21	21	21	21
22.00	23	23	22	22	22	22	22	21	21	21
22.25	23	23	23	23	22	22	22	22	22	21
22.50	24	23	23	23	23	23	22	22	22	22
22.75	24	24	24	23	23	23	23	23	22	22
23.00	25	24	24	24	24	23	23	23	23	23
23.25	25	25	25	24	24	24	24	23	23	23
23.50	25	25	25	25	24	24	24	24	24	23
23.75	26	26	25	25	25	25	24	24	24	24
24.00	26	26	26	25	25	25	25	25	24	24
24.25	27	26	26	26	26	25	25	25	25	25
24.50	27	27	26	26	26	26	26	25	25	25
24.75	27	27	27	27	26	26	26	26	26	25
25.00	28	27	27	27	27	27	26	26	26	26
25.25	28	28	28	27	27	27	27	27	26	26
25.50	28	28	28	28	28	27	27	27	27	27
25.75	29	29	28	28	28	28	28	27	27	27
26.00	29	29	29	29	28	28	28	28	27	27
26.25	30	29	29	29	29	28	28	28	28	28
26.50	30	30	29	29	29	29	29	28	28	28
26.75	30	30	30	30	29	29	29	29	29	28
27.00	31	30	30	30	30	30	29	29	29	29
27.25	31	31	31	30	30	30	30	29	29	29
27.50	31	31	31	31	30	30	30	30	30	29
27.75	32	31	31	31	31	31	30	30	30	30

28.00	32	32	32	31	31	31	31	31	30	30
28.25	32	32	32	32	32	31	31	31	31	30
28.50	33	33	32	32	32	32	31	31	31	31
28.75	33	33	33	32	32	32	32	32	31	31
29.00	33	33	33	33	33	32	32	32	32	31
29.25	34	34	33	33	33	33	32	32	32	32
29.50	34	34	34	33	33	33	33	33	32	32
29.75	34	34	34	34	34	33	33	33	33	32
30.00	35	35	34	34	34	34	33	33	33	33
30.25	35	35	35	34	34	34	34	34	33	33
30.50	35	35	35	35	35	34	34	34	34	33
30.75	36	36	35	35	35	35	34	34	34	34
31.00	36	36	36	35	35	35	35	34	34	34
31.25	36	36	36	36	35	35	35	35	35	34
31.50	37	36	36	36	36	36	35	35	35	35
31.75	37	37	37	36	36	36	36	35	35	35
32.00	37	37	37	37	36	36	36	36	36	35
32.25	38	37	37	37	37	36	36	36	36	36
32.50	38	38	37	37	37	37	37	36	36	36
32.75	38	38	38	38	37	37	37	37	36	36
33.00	39	38	38	38	38	37	37	37	37	37
33.25	39	39	38	38	38	38	37	37	37	37
33.50	39	39	39	38	38	38	38	38	37	37
33.75	39	39	39	39	39	38	38	38	38	37
34.00	40	39	39	39	39	39	38	38	38	38
34.25	40	40	40	39	39	39	39	38	38	38
34.50	40	40	40	40	39	39	39	39	39	38
34.75	41	40	40	40	40	39	39	39	39	39
35.00	41	41	40	40	40	40	40	39	39	39
35.25	41	41	41	40	40	40	40	40	39	39

Attachment 10

BODY FAT PERCENT TABLES

Table A10.1. Body Fat Percent Tables (Female).

CIRCUM VALUE	HEIGHT (INCHES)									
	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	1	0	0	0	0	0	0	0	0	0
35.00	2	1	0	0	0	0	0	0	0	0
35.25	2	2	1	1	0	0	0	0	0	0
35.50	3	2	2	2	1	0	0	0	0	0
35.75	3	3	2	2	2	1	0	0	0	0
36.00	4	3	3	3	2	2	1	1	0	0
36.25	4	4	3	3	3	2	2	2	1	0
36.50	5	4	4	4	3	3	2	2	2	1
36.75	5	5	4	4	4	3	3	3	2	2
37.00	6	5	5	4	4	4	3	3	3	2
37.25	6	6	5	5	5	4	4	3	3	3
37.50	7	6	6	5	5	5	4	4	4	3
37.75	7	7	6	6	6	5	5	4	4	4
38.00	7	7	7	6	6	6	5	5	5	4
38.25	8	8	7	7	6	6	6	5	5	5
38.50	8	8	8	7	7	7	6	6	5	5
38.75	9	8	8	8	7	7	7	6	6	6
39.00	9	9	9	8	8	7	7	7	6	6
39.25	10	9	9	9	8	8	8	7	7	6
39.50	10	10	9	9	9	8	8	8	7	7
39.75	11	10	10	9	9	9	8	8	8	7
40.00	11	11	10	10	10	9	9	8	8	8
40.25	11	11	11	10	10	10	9	9	9	8
40.50	12	12	11	11	10	10	10	9	9	9
40.75	12	12	12	11	11	11	10	10	9	9
41.00	13	12	12	12	11	11	11	10	10	10
41.25	13	13	12	12	12	11	11	11	10	10
41.50	14	13	13	13	12	12	11	11	11	10
41.75	14	14	13	13	13	12	12	11	11	11
42.00	14	14	14	13	13	13	12	12	12	11
42.25	15	15	14	14	13	13	13	12	12	12
42.50	15	15	15	14	14	13	13	13	12	12

42.75	16	15	15	15	14	14	13	13	13	12
43.00	16	16	15	15	15	14	14	14	13	13
43.25	17	16	16	15	15	15	14	14	14	13
43.50	17	17	16	16	15	15	15	14	14	14
43.75	17	17	17	16	16	15	15	15	14	14
44.00	18	17	17	17	16	16	16	15	15	14
44.25	18	18	17	17	17	16	16	16	15	15
44.50	19	18	18	17	17	17	16	16	16	15
44.75	19	19	18	18	17	17	17	16	16	16
45.00	19	19	19	18	18	17	17	17	16	16
45.25	20	19	19	19	18	18	17	17	17	16
45.50	20	20	19	19	19	18	18	18	17	17
45.75	20	20	20	19	19	19	18	18	18	17
46.00	21	20	20	20	19	19	19	18	18	18
46.25	21	21	20	20	20	19	19	19	18	18
46.50	22	21	21	20	20	20	19	19	19	18
46.75	22	22	21	21	20	20	20	19	19	19
47.00	22	22	22	21	21	20	20	20	19	19
47.25	23	22	22	22	21	21	21	20	20	19
47.50	23	23	22	22	22	21	21	21	20	20
47.75	23	23	23	22	22	22	21	21	21	20
48.00	24	23	23	23	22	22	22	21	21	21
48.25	24	24	23	23	23	22	22	22	21	21
48.50	25	24	24	23	23	23	22	22	22	21
48.75	25	25	24	24	23	23	23	22	22	22
49.00	25	25	25	24	24	23	23	23	22	22
49.25	26	25	25	25	24	24	23	23	23	22
49.50	26	26	25	25	24	24	24	23	23	23
49.75	26	26	26	25	25	24	24	24	23	23
50.00	27	26	26	26	25	25	24	24	24	23
50.25	27	27	26	26	26	25	25	24	24	24
50.50	27	27	27	26	26	26	25	25	24	24
50.75	28	27	27	27	26	26	26	25	25	24
51.00	28	28	27	27	27	26	26	25	25	25
51.25	28	28	28	27	27	27	26	26	25	25
51.50	29	28	28	28	27	27	27	26	26	25
51.75	29	29	28	28	28	27	27	27	26	26
52.00	29	29	29	28	28	28	27	27	27	26
52.25	30	29	29	29	28	28	28	27	27	26
52.50	30	30	29	29	29	28	28	28	27	27

52.75	30	30	30	29	29	29	28	28	28	27
53.00	31	30	30	30	29	29	29	28	28	27
53.25	31	31	30	30	30	29	29	29	28	28
53.50	31	31	31	30	30	30	29	29	28	28
53.75	32	31	31	31	30	30	30	29	29	28
54.00	32	32	31	31	31	30	30	30	29	29
54.25	32	32	32	31	31	31	30	30	29	29
54.50	33	32	32	32	31	31	31	30	30	29
54.75	33	33	32	32	32	31	31	30	30	30
55.00	33	33	33	32	32	32	31	31	30	30
55.25	34	33	33	33	32	32	31	31	31	30
55.50	34	34	33	33	33	32	32	31	31	31
55.75	34	34	34	33	33	32	32	32	31	31
56.00	35	34	34	33	33	33	32	32	32	31
56.25	35	35	34	34	33	33	33	32	32	32
56.50	35	35	34	34	34	33	33	33	32	32
56.75	36	35	35	34	34	34	33	33	33	32
57.00	36	35	35	35	34	34	34	33	33	33
57.25	36	36	35	35	35	34	34	34	33	33
57.50	36	36	36	35	35	35	34	34	34	33
57.75	37	36	36	36	35	35	35	34	34	33
58.00	37	37	36	36	36	35	35	35	34	34
58.25	37	37	37	36	36	36	35	35	34	34
58.50	38	37	37	37	36	36	35	35	35	34
58.75	38	38	37	37	36	36	36	35	35	35
59.00	38	38	38	37	37	36	36	36	35	35
59.25	39	38	38	37	37	37	36	36	36	35
59.50	39	38	38	38	37	37	37	36	36	36
59.75	39	39	38	38	38	37	37	37	36	36
60.00	39	39	39	38	38	38	37	37	37	36
60.25	40	39	39	39	38	38	38	37	37	36
60.50	40	40	39	39	39	38	38	37	37	37
60.75	40	40	40	39	39	38	38	38	37	37
61.00	41	40	40	39	39	39	38	38	38	37
61.25	41	41	40	40	39	39	39	38	38	38
61.50	41	41	40	40	40	39	39	39	38	38
61.75	41	41	41	40	40	40	39	39	39	38
62.00	42	41	41	41	40	40	40	39	39	38
62.25	42	42	41	41	41	40	40	39	39	39
62.50	42	42	42	41	41	40	40	40	39	39

62.75	43	42	42	41	41	41	40	40	40	39
63.00	43	42	42	42	41	41	41	40	40	40
63.25	43	43	42	42	42	41	41	41	40	40
63.50	43	43	43	42	42	42	41	41	40	40
63.75	44	43	43	43	42	42	41	41	41	40
64.00	44	44	43	43	42	42	42	41	41	41
64.25	44	44	43	43	43	42	42	42	41	41
64.50	45	44	44	43	43	43	42	42	42	41
64.75	45	44	44	44	43	43	43	42	42	42
65.00	45	45	44	44	44	43	43	42	42	42
65.25	45	45	45	44	44	43	43	43	42	42
65.50	46	45	45	44	44	44	43	43	43	42
65.75	46	45	45	45	44	44	44	43	43	43
66.00	46	46	45	45	45	44	44	44	43	43
66.25	46	46	46	45	45	45	44	44	43	43
66.50	47	46	46	46	45	45	44	44	44	43
66.75	47	47	46	46	45	45	45	44	44	44
67.00	47	47	46	46	46	45	45	45	44	44
67.25	47	47	47	46	46	46	45	45	45	44
67.50	48	47	47	47	46	46	45	45	45	44
67.75	48	48	47	47	46	46	46	45	45	45
68.00	48	48	47	47	47	46	46	46	45	45
68.25	48	48	48	47	47	47	46	46	46	45
68.50	49	48	48	48	47	47	47	46	46	45
68.75	49	49	48	48	47	47	47	46	46	46
69.00	49	49	48	48	48	47	47	47	46	46
69.25	49	49	49	48	48	48	47	47	47	46
69.50	50	49	49	49	48	48	48	47	47	46
69.75	50	50	49	49	49	48	48	47	47	47
70.00	50	50	49	49	49	48	48	48	47	47
70.25	50	50	50	49	49	49	48	48	48	47
70.50	51	50	50	50	49	49	49	48	48	47
70.75	51	51	50	50	50	49	49	48	48	48
71.00	51	51	50	50	50	49	49	49	48	48
71.25	51	51	51	50	50	50	49	49	49	48
71.50	52	51	51	51	50	50	50	49	49	48
71.75	52	52	51	51	50	50	50	49	49	49
72.00	52	52	51	51	51	50	50	50	49	49
72.25	52	52	52	51	51	51	50	50	50	49
72.50	53	52	52	52	51	51	50	50	50	49

72.75	53	53	52	52	51	51	51	50	50	50
73.00	53	53	52	52	52	51	51	51	50	50
73.25	53	53	53	52	52	52	51	51	51	50
73.50	54	53	53	53	52	52	51	51	51	50
73.75	54	54	53	53	52	52	52	51	51	51
74.00	54	54	53	53	53	52	52	52	51	51
74.25	54	54	54	53	53	53	52	52	51	51
74.50	55	54	54	53	53	53	52	52	52	51
74.75	55	54	54	54	53	53	53	52	52	52
75.00	55	55	54	54	54	53	53	53	52	52
75.25	55	55	55	54	54	53	53	53	52	52
75.50	56	55	55	54	54	54	53	53	53	52
75.75	56	55	55	55	54	54	54	53	53	53

Table A10.2. Body Fat Percent Tables (Female) Continued.

CIRCUM VALUE	HEIGHT (INCHES)									
	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5
34.50	0	0	0	0	0	0	0	0	0	0
34.75	0	0	0	0	0	0	0	0	0	0
35.00	0	0	0	0	0	0	0	0	0	0
35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	1	0	0	0	0	0	0	0	0	0
36.75	1	1	0	0	0	0	0	0	0	0
37.00	2	2	1	0	0	0	0	0	0	0
37.25	2	2	2	1	1	0	0	0	0	0
37.50	3	3	2	2	2	1	0	0	0	0
37.75	3	3	3	2	2	2	1	1	0	0
38.00	4	3	3	3	2	2	2	1	1	0
38.25	4	4	4	3	3	3	2	2	2	1
38.50	5	4	4	4	3	3	3	2	2	2
38.75	5	5	5	4	4	3	3	3	3	2
39.00	6	5	5	5	4	4	4	3	3	3
39.25	6	6	5	5	5	4	4	4	3	3
39.50	7	6	6	6	5	5	5	4	4	4
39.75	7	7	6	6	6	5	5	5	4	4
40.00	7	7	7	6	6	6	5	5	5	4

40.25	8	8	7	7	6	6	6	5	5	5
40.50	8	8	8	7	7	7	6	6	6	5
40.75	9	8	8	8	7	7	7	6	6	6
41.00	9	9	8	8	8	7	7	7	6	6
41.25	10	9	9	9	8	8	8	7	7	7
41.50	10	10	9	9	9	8	8	8	7	7
41.75	10	10	10	9	9	9	8	8	8	7
42.00	11	10	10	10	9	9	9	8	8	8
42.25	11	11	11	10	10	10	9	9	9	8
42.50	12	11	11	11	10	10	10	9	9	9
42.75	12	12	11	11	11	10	10	10	9	9
43.00	12	12	12	11	11	11	10	10	10	9
43.25	13	13	12	12	12	11	11	11	10	10
43.50	13	13	13	12	12	12	11	11	11	10
43.75	14	13	13	13	12	12	12	11	11	11
44.00	14	14	13	13	13	12	12	12	11	11
44.25	14	14	14	13	13	13	12	12	12	11
44.50	15	15	14	14	14	13	13	13	12	12
44.75	15	15	15	14	14	14	13	13	13	12
45.00	16	15	15	15	14	14	14	13	13	13
45.25	16	16	15	15	15	14	14	14	13	13
45.50	16	16	16	15	15	15	14	14	14	13
45.75	17	16	16	16	15	15	15	14	14	14
46.00	17	17	17	16	16	16	15	15	15	14
46.25	18	17	17	17	16	16	16	15	15	15
46.50	18	18	17	17	17	16	16	16	15	15
46.75	18	18	18	17	17	17	16	16	16	15
47.00	19	18	18	18	17	17	17	16	16	16
47.25	19	19	18	18	18	17	17	17	16	16
47.50	19	19	19	18	18	18	17	17	17	16
47.75	20	19	19	19	18	18	18	17	17	17
48.00	20	20	20	19	19	18	18	18	18	17
48.25	21	20	20	20	19	19	19	18	18	18
48.50	21	21	20	20	20	19	19	19	18	18
48.75	21	21	21	20	20	20	19	19	19	18
49.00	22	21	21	21	20	20	20	19	19	19
49.25	22	22	21	21	21	20	20	20	19	19
49.50	22	22	22	21	21	21	20	20	20	19
49.75	23	22	22	22	21	21	21	20	20	20
50.00	23	23	22	22	22	21	21	21	20	20

50.25	23	23	23	22	22	22	21	21	21	20
50.50	24	23	23	23	22	22	22	21	21	21
50.75	24	24	23	23	23	22	22	22	21	21
51.00	24	24	24	23	23	23	22	22	22	21
51.25	25	24	24	24	23	23	23	22	22	22
51.50	25	25	24	24	24	23	23	23	22	22
51.75	25	25	25	24	24	24	23	23	23	22
52.00	26	25	25	25	24	24	24	23	23	23
52.25	26	26	25	25	25	24	24	24	23	23
52.50	26	26	26	25	25	25	24	24	24	23
52.75	27	26	26	26	25	25	25	24	24	24
53.00	27	27	26	26	26	25	25	25	24	24
53.25	27	27	27	26	26	26	25	25	25	24
53.50	28	27	27	27	26	26	26	25	25	25
53.75	28	28	27	27	27	26	26	26	25	25
54.00	28	28	28	27	27	27	26	26	26	25
54.25	29	28	28	28	27	27	27	26	26	26
54.50	29	29	28	28	28	27	27	27	26	26
54.75	29	29	29	28	28	28	27	27	27	26
55.00	30	29	29	29	28	28	28	27	27	27
55.25	30	30	29	29	29	28	28	28	27	27
55.50	30	30	30	29	29	29	28	28	28	27
55.75	31	30	30	30	29	29	29	28	28	28
56.00	31	31	30	30	30	29	29	29	28	28
56.25	31	31	31	30	30	30	29	29	29	28
56.50	32	31	31	31	30	30	30	29	29	29
56.75	32	32	31	31	31	30	30	30	29	29
57.00	32	32	32	31	31	31	30	30	30	29
57.25	33	32	32	32	31	31	31	30	30	30
57.50	33	32	32	32	31	31	31	30	30	30
57.75	33	33	32	32	32	31	31	31	30	30
58.00	33	33	33	32	32	32	31	31	31	30
58.25	34	33	33	33	32	32	32	31	31	31
58.50	34	34	33	33	33	32	32	32	31	31
58.75	34	34	34	33	33	33	32	32	32	31
59.00	35	34	34	34	33	33	33	32	32	32
59.25	35	35	34	34	34	33	33	33	32	32
59.50	35	35	35	34	34	34	33	33	33	32
59.75	36	35	35	35	34	34	33	33	33	33
60.00	36	35	35	35	34	34	34	33	33	33

60.25	36	36	35	35	35	34	34	34	33	33
60.50	36	36	36	35	35	35	34	34	34	33
60.75	37	36	36	36	35	35	35	34	34	34
61.00	37	37	36	36	36	35	35	35	34	34
61.25	37	37	37	36	36	36	35	35	35	34
61.50	38	37	37	37	36	36	36	35	35	35
61.75	38	37	37	37	36	36	36	35	35	35
62.00	38	38	37	37	37	36	36	36	35	35
62.25	38	38	38	37	37	37	36	36	36	35
62.50	39	38	38	38	37	37	37	36	36	36
62.75	39	39	38	38	38	37	37	37	36	36
63.00	39	39	39	38	38	38	37	37	37	36
63.25	40	39	39	38	38	38	37	37	37	37
63.50	40	39	39	39	38	38	38	37	37	37
63.75	40	40	39	39	39	38	38	38	37	37
64.00	40	40	40	39	39	39	38	38	38	37
64.25	41	40	40	40	39	39	39	38	38	38
64.50	41	41	40	40	40	39	39	39	38	38
64.75	41	41	40	40	40	39	39	39	38	38
65.00	41	41	41	40	40	40	39	39	39	38
65.25	42	41	41	41	40	40	40	39	39	39
65.50	42	42	41	41	41	40	40	40	39	39
65.75	42	42	42	41	41	41	40	40	40	39
66.00	43	42	42	41	41	41	40	40	40	39
66.25	43	42	42	42	41	41	41	40	40	40
66.50	43	43	42	42	42	41	41	41	40	40
66.75	43	43	43	42	42	42	41	41	41	40
67.00	44	43	43	43	42	42	42	41	41	41
67.25	44	43	43	43	42	42	42	41	41	41
67.50	44	44	43	43	43	42	42	42	41	41
67.75	44	44	44	43	43	43	42	42	42	41
68.00	45	44	44	44	43	43	43	42	42	42
68.25	45	45	44	44	43	43	43	42	42	42
68.50	45	45	44	44	44	43	43	43	42	42
68.75	45	45	45	44	44	44	43	43	43	42
69.00	46	45	45	45	44	44	44	43	43	43
69.25	46	46	45	45	44	44	44	44	43	43
69.50	46	46	45	45	45	44	44	44	43	43
69.75	46	46	46	45	45	45	44	44	44	43
70.00	47	46	46	46	45	45	45	44	44	44

37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	1	1	0	0	0	0	0	0	0	0
38.75	2	2	1	0	0	0	0	0	0	0
39.00	2	2	2	1	1	0	0	0	0	0
39.25	3	2	2	2	1	1	0	0	0	0
39.50	3	3	3	2	2	2	1	1	0	0
39.75	4	3	3	3	2	2	2	1	1	0
40.00	4	4	3	3	3	3	2	2	2	1
40.25	5	4	4	4	3	3	3	2	2	1
40.50	5	5	4	4	4	3	3	3	2	2
40.75	5	5	5	4	4	4	3	3	3	3
41.00	6	5	5	5	5	4	4	4	3	3
41.25	6	6	6	5	5	5	4	4	4	3
41.50	7	6	6	6	5	5	5	4	4	4
41.75	7	7	6	6	6	6	5	5	5	4
42.00	8	7	7	7	6	6	6	5	5	5
42.25	8	8	7	7	7	6	6	6	5	5
42.50	8	8	8	7	7	7	6	6	6	6
42.75	9	8	8	8	7	7	7	7	6	6
43.00	9	9	9	8	8	8	7	7	7	6
43.25	10	9	9	9	8	8	8	7	7	7
43.50	10	10	9	9	9	8	8	8	7	7
43.75	10	10	10	9	9	9	8	8	8	8
44.00	11	10	10	10	9	9	9	9	8	8
44.25	11	11	11	10	10	10	9	9	9	8
44.50	12	11	11	11	10	10	10	9	9	9
44.75	12	12	11	11	11	10	10	10	9	9
45.00	12	12	12	11	11	11	10	10	10	10
45.25	13	12	12	12	11	11	11	11	10	10
45.50	13	13	12	12	12	12	11	11	11	10
45.75	13	13	13	13	12	12	12	11	11	11
46.00	14	14	13	13	13	12	12	12	11	11
46.25	14	14	14	13	13	13	12	12	12	11
46.50	15	14	14	14	13	13	13	12	12	12
46.75	15	15	14	14	14	13	13	13	13	12
47.00	15	15	15	14	14	14	13	13	13	13
47.25	16	15	15	15	14	14	14	14	13	13
47.50	16	16	15	15	15	15	14	14	14	13

47.75	16	16	16	16	15	15	15	14	14	14
48.00	17	17	16	16	16	15	15	15	14	14
48.25	17	17	17	16	16	16	15	15	15	14
48.50	18	17	17	17	16	16	16	15	15	15
48.75	18	18	17	17	17	16	16	16	15	15
49.00	18	18	18	17	17	17	16	16	16	15
49.25	19	18	18	18	17	17	17	16	16	16
49.50	19	19	18	18	18	17	17	17	17	16
49.75	19	19	19	18	18	18	17	17	17	17
50.00	20	19	19	19	18	18	18	18	17	17
50.25	20	20	19	19	19	18	18	18	18	17
50.50	20	20	20	19	19	19	19	18	18	18
50.75	21	20	20	20	19	19	19	19	18	18
51.00	21	21	20	20	20	20	19	19	19	18
51.25	21	21	21	20	20	20	20	19	19	19
51.50	22	21	21	21	21	20	20	20	19	19
51.75	22	22	21	21	21	21	20	20	20	19
52.00	22	22	22	22	21	21	21	20	20	20
52.25	23	22	22	22	22	21	21	21	20	20
52.50	23	23	22	22	22	22	21	21	21	20
52.75	23	23	23	23	22	22	22	21	21	21
53.00	24	23	23	23	23	22	22	22	21	21
53.25	24	24	23	23	23	23	22	22	22	21
53.50	24	24	24	23	23	23	23	22	22	22
53.75	25	24	24	24	24	23	23	23	22	22
54.00	25	25	24	24	24	24	23	23	23	22
54.25	25	25	25	24	24	24	24	23	23	23
54.50	26	25	25	25	24	24	24	24	23	23
54.75	26	26	25	25	25	24	24	24	24	23
55.00	26	26	26	25	25	25	24	24	24	24
55.25	27	26	26	26	25	25	25	25	24	24
55.50	27	27	26	26	26	25	25	25	25	24
55.75	27	27	27	26	26	26	25	25	25	25
56.00	28	27	27	27	26	26	26	25	25	25
56.25	28	28	27	27	27	26	26	26	25	25
56.50	28	28	28	27	27	27	26	26	26	25
56.75	29	28	28	28	27	27	27	26	26	26
57.00	29	29	28	28	28	27	27	27	26	26
57.25	29	29	29	28	28	28	27	27	27	26
57.50	30	29	29	29	28	28	28	27	27	27

57.75	30	29	29	29	29	28	28	28	27	27
58.00	30	30	29	29	29	29	28	28	28	27
58.25	30	30	30	29	29	29	29	28	28	28
58.50	31	30	30	30	29	29	29	29	28	28
58.75	31	31	30	30	30	29	29	29	29	28
59.00	31	31	31	30	30	30	29	29	29	28
59.25	32	31	31	31	30	30	30	29	29	29
59.50	32	32	31	31	31	30	30	30	29	29
59.75	32	32	32	31	31	31	30	30	30	29
60.00	32	32	32	32	31	31	31	30	30	30
60.25	33	32	32	32	32	31	31	31	30	30
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61.25	34	34	33	33	33	32	32	32	31	31
61.50	34	34	34	33	33	33	32	32	32	31
61.75	34	34	34	34	33	33	33	32	32	32
62.00	35	34	34	34	34	33	33	33	32	32
62.25	35	35	34	34	34	33	33	33	33	32
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62.75	36	35	35	35	34	34	34	33	33	33
63.00	36	36	35	35	35	34	34	34	33	33
63.25	36	36	36	35	35	35	34	34	34	33
63.50	36	36	36	35	35	35	35	34	34	34
63.75	37	36	36	36	35	35	35	35	34	34
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64.25	37	37	37	36	36	36	35	35	35	34
64.50	38	37	37	37	36	36	36	35	35	35
64.75	38	37	37	37	37	36	36	36	35	35
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65.25	38	38	38	37	37	37	36	36	36	36
65.50	39	38	38	38	37	37	37	36	36	36
65.75	39	39	38	38	38	37	37	37	36	36
66.00	39	39	39	38	38	38	37	37	37	36
66.25	39	39	39	38	38	38	38	37	37	37
66.50	40	39	39	39	38	38	38	37	37	37
66.75	40	40	39	39	39	38	38	38	37	37
67.00	40	40	40	39	39	39	38	38	38	37
67.25	40	40	40	40	39	39	39	38	38	38
67.50	41	40	40	40	39	39	39	39	38	38

35.25	0	0	0	0	0	0	0	0	0	0
35.50	0	0	0	0	0	0	0	0	0	0
35.75	0	0	0	0	0	0	0	0	0	0
36.00	0	0	0	0	0	0	0	0	0	0
36.25	0	0	0	0	0	0	0	0	0	0
36.50	0	0	0	0	0	0	0	0	0	0
36.75	0	0	0	0	0	0	0	0	0	0
37.00	0	0	0	0	0	0	0	0	0	0
37.25	0	0	0	0	0	0	0	0	0	0
37.50	0	0	0	0	0	0	0	0	0	0
37.75	0	0	0	0	0	0	0	0	0	0
38.00	0	0	0	0	0	0	0	0	0	0
38.25	0	0	0	0	0	0	0	0	0	0
38.50	0	0	0	0	0	0	0	0	0	0
38.75	0	0	0	0	0	0	0	0	0	0
39.00	0	0	0	0	0	0	0	0	0	0
39.25	0	0	0	0	0	0	0	0	0	0
39.50	0	0	0	0	0	0	0	0	0	0
39.75	0	0	0	0	0	0	0	0	0	0
40.00	0	0	0	0	0	0	0	0	0	0
40.25	1	1	0	0	0	0	0	0	0	0
40.50	2	2	1	0	0	0	0	0	0	0
40.75	2	2	2	1	1	0	0	0	0	0
41.00	3	2	2	2	2	1	0	0	0	0
41.25	3	3	3	2	2	2	1	1	0	0
41.50	4	3	3	3	2	2	2	2	1	0
41.75	4	4	3	3	3	3	2	2	2	1
42.00	4	4	4	4	3	3	3	2	2	2
42.25	5	5	4	4	4	3	3	3	2	2
42.50	5	5	5	4	4	4	3	3	3	3
42.75	6	5	5	5	4	4	4	4	3	3
43.00	6	6	5	5	5	5	4	4	4	3
43.25	6	6	6	6	5	5	5	4	4	4
43.50	7	7	6	6	6	5	5	5	5	4
43.75	7	7	7	6	6	6	5	5	5	5
44.00	8	7	7	7	6	6	6	6	5	5
44.25	8	8	7	7	7	7	6	6	6	5
44.50	8	8	8	8	7	7	7	6	6	6
44.75	9	9	8	8	8	7	7	7	7	6
45.00	9	9	9	8	8	8	7	7	7	7

45.25	10	9	9	9	8	8	8	8	7	7
45.50	10	10	9	9	9	9	8	8	8	7
45.75	10	10	10	9	9	9	9	8	8	8
46.00	11	10	10	10	10	9	9	9	8	8
46.25	11	11	11	10	10	10	9	9	9	9
46.50	12	11	11	11	10	10	10	9	9	9
46.75	12	12	11	11	11	10	10	10	10	9
47.00	12	12	12	11	11	11	11	10	10	10
47.25	13	12	12	12	11	11	11	11	10	10
47.50	13	13	12	12	12	12	11	11	11	10
47.75	13	13	13	12	12	12	12	11	11	11
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48.50	14	14	14	14	13	13	13	12	12	12
48.75	15	15	14	14	14	13	13	13	12	12
49.00	15	15	15	14	14	14	13	13	13	13
49.25	16	15	15	15	14	14	14	13	13	13
49.50	16	16	15	15	15	14	14	14	14	13
49.75	16	16	16	15	15	15	14	14	14	14
50.00	17	16	16	16	15	15	15	15	14	14
50.25	17	17	16	16	16	15	15	15	15	14
50.50	17	17	17	16	16	16	16	15	15	15
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51.00	18	18	17	17	17	17	16	16	16	15
51.25	18	18	18	17	17	17	17	16	16	16
51.50	19	18	18	18	17	17	17	17	16	16
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52.00	19	19	19	18	18	18	18	17	17	17
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54.25	22	22	22	21	21	21	21	20	20	20
54.50	23	22	22	22	21	21	21	21	20	20
54.75	23	23	22	22	22	21	21	21	21	20
55.00	23	23	23	22	22	22	22	21	21	21

55.25	24	23	23	23	22	22	22	22	21	21
55.50	24	24	23	23	23	22	22	22	22	21
55.75	24	24	24	23	23	23	22	22	22	22
56.00	25	24	24	24	23	23	23	22	22	22
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59.75	29	29	28	28	28	28	27	27	27	26
60.00	29	29	29	28	28	28	28	27	27	27
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64.50	34	34	34	34	33	33	33	32	32	32
64.75	35	34	34	34	34	33	33	33	32	32
65.00	35	35	34	34	34	34	33	33	33	32

65.25	35	35	35	34	34	34	33	33	33	33
65.50	36	35	35	35	34	34	34	33	33	33
65.75	36	35	35	35	35	34	34	34	33	33
66.00	36	36	35	35	35	35	34	34	34	33
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66.75	37	37	36	36	36	35	35	35	35	34
67.00	37	37	37	36	36	36	35	35	35	34
67.25	37	37	37	36	36	36	36	35	35	35
67.50	38	37	37	37	36	36	36	36	35	35
67.75	38	38	37	37	37	36	36	36	36	35
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68.25	38	38	38	38	37	37	37	36	36	36
68.50	39	38	38	38	37	37	37	37	36	36
68.75	39	39	38	38	38	37	37	37	37	36
69.00	39	39	39	38	38	38	37	37	37	37
69.25	39	39	39	39	38	38	38	37	37	37
69.50	40	39	39	39	38	38	38	38	37	37
69.75	40	40	39	39	39	38	38	38	38	37
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70.75	41	41	40	40	40	39	39	39	39	38
71.00	41	41	41	40	40	40	39	39	39	39
71.25	41	41	41	41	40	40	40	39	39	39
71.50	42	41	41	41	40	40	40	40	39	39
71.75	42	42	41	41	41	40	40	40	40	39
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73.00	43	43	43	42	42	42	41	41	41	40
73.25	43	43	43	42	42	42	42	41	41	41
73.50	44	43	43	43	42	42	42	42	41	41
73.75	44	44	43	43	43	42	42	42	41	41
74.00	44	44	43	43	43	43	42	42	42	41
74.25	44	44	44	43	43	43	43	42	42	42
74.50	45	44	44	44	43	43	43	42	42	42
74.75	45	44	44	44	44	43	43	43	42	42
75.00	45	45	44	44	44	44	43	43	43	42

75.25	45	45	45	44	44	44	43	43	43	43
75.50	45	45	45	45	44	44	44	43	43	43
75.75	46	45	45	45	45	44	44	44	43	43