



DEPARTMENT OF THE AIR FORCE
WASHINGTON DC

OFFICE OF THE ASSISTANT SECRETARY

MEMORANDUM FOR AF PERSONNEL

FROM: SAF/MR
1660 Air Force Pentagon
Washington, DC 20330-1660

SUBJECT: Changes to Air Force Physical Fitness Assessment Program

In September 2024, the Air Force Fitness Program Working Group initiated a comprehensive review of the Air Force's physical fitness program. Its recommendations were further informed by the March 2025 OSD-directed Rapid Force-Wide Review of Military Standards. These reviews identified concerning trends in declining fitness standards, increasing obesity rates, and inappropriate utilization of exemptions necessitating a revised approach to physical fitness with corresponding changes to the Air Force's Physical Fitness Assessment (PFA) program. These changes will be implemented on **1 September 2026** with a diagnostic window, coinciding with the publication of the revised Air Force Manual (AFMAN) 36-2905, *Air Force Physical Fitness Program*, beginning **1 March 2026**. This six-month period will allow RegAF, AFR and ANG Airmen to acclimate to the new standards by conducting unofficial physical fitness assessments under official conditions. The goal is to re-establish the critical link between physical fitness, body composition, and readiness to better prepare Airmen for current and future operational demands.

Key Changes to the Physical Fitness Assessment (PFA). Effective 1 March 2026, the following key changes will be implemented:

- a. Creation of Master Fitness Leaders (MFL) leveraging the Sustainment Services Career Field (3F1)
 - (1) 2-week formal course: Experts to instruct safe/effective physical conditioning, reconditioning and adaptive fitness programming to unit Peer Fitness Leaders (PFL)
- b. Biannual Testing. Airmen will be required to complete a PFA twice per calendar year. 1st testing cycle March – September and the 2nd testing cycle September – March.
 - (1) Unit assessments. Subject to installation commander discretion, units may now conduct mass testing for PFAs twice per year. Diagnostic PFAs (DPFRA) are authorized to be conducted No Earlier Than (NET) one month prior to bi-annual scheduled unit assessment.

- c. Transition to 2-Mile Run. The 1.5-mile run will be replaced with the 2-mile run as the primary measure of cardiorespiratory fitness.
 - (1) One of the two annual PFAs must include the 2-mile run.
 - (2) The High Aerobic Multi-Shuttle Run (HAMR) will be offered as an alternative cardiorespiratory assessment option for the second annual PFA. (Alternative muscular strength and core endurance options are freely interchangeable.)
- d. Holistic Health Assessment. The Waist-to-Height Ratio (WHtR) will be incorporated as a scored component of the PFA to assess body composition and provide a more comprehensive evaluation of overall health and fitness.
- e. Alternate Components: The alternate PFA components remain authorized. These include the High Aerobic Multi-Shuttle Run (HAMR) for the cardiorespiratory component, the Hand Release Push-up, the Cross-Leg Reverse Crunch, and the Forearm Plank. However, the 2-mile run must be completed at least once per year.
- f. Rebalanced Point Distribution. The PFA scoring system has been rebalanced to better reflect the relative importance of each component in assessing overall health and fitness:
 - (1) Cardiorespiratory Fitness (2-Mile Run or HAMR): 50 points
 - (2) Body Composition (WHtR): 20 points
 - (3) Strength: 15 points
 - (4) Core Endurance: 15 points

Implementation Timeline: The following timeline outlines key milestones for the PFA changes:

- a. September 2025: Release of revised scoring charts, Warfighter Fitness Playbook, myFSS Knowledge Article and Frequently Asked Questions on myFSS providing detailed information on the new PFA program.
- b. January 2026: Temporary pause in PFA testing under the current standards to facilitate the transition to the updated program.
- c. March 2026: Official diagnostic implementation of the updated PFA program, including:
 - (1) Publication of the revised AFMAN 36-2905, *Air Force Physical Fitness Readiness Program*

(2) New scoring charts effective for all PFA testing. The diagnostic period through September 2026, when official testing begins.

(3) WHtR inclusion as a scored component of the assessment.

(4) Updates to the myFitness platform to support the new program.

d. September 2026: Official implementation of the updated PFA program.

All Airmen are encouraged to utilize the period between now and 1 March 2026 to familiarize themselves with the changes to the PFA and to adjust their fitness routines accordingly. Leaders at all levels are responsible for ensuring their personnel are informed about these changes and have the necessary resources to succeed.

GWENDOLYN R. DeFILIPPI, SES, DAF
Principal Deputy Assistant Secretary of the Air
Force (Manpower and Reserve Affairs)

Attachments:

1. The Warfighter's Fitness Playbook
2. PT Charts – New

cc:

AF/A1
USSF/S1
NGB/A1
AF/RE
MAJCOM/A1s
FLDCOM/S1s