



**DEPARTMENT OF THE AIR FORCE
WASHINGTON DC**

OFFICE OF THE ASSISTANT SECRETARY

February 26, 2026

**MEMORANDUM FOR DISTRIBUTION
MAJCOMs/FLDCOMs/FOAs/DRUs**

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

SUBJECT: Directive Type Memorandum - Changes to Air Force Physical Fitness Readiness Assessment Program

References: (a) DAFMAN 36-2905, 21 April 2022, *Department of the Air Force Physical Fitness Program*.
(b) SAF/MR Memorandum, 23 September 2025, *Changes to the Air Force Physical Fitness Assessment Program*.

1. Purpose. This directive supersedes applicable sections of references (a) and (b) revising the Department of the Air Force's approach to physical fitness with corresponding changes to the Air Force's Physical Fitness Readiness Assessment (PFRA).

2. Key Changes. This directive implements the following changes to the PFFA:

- a. Creation of Master Fitness Leaders (MFL) leveraging the Sustainment Services Career Field (3F1). Those identified as MFLs will complete a two-week formal course training incumbents to instruct safe/effective physical conditioning, reconditioning and adaptive fitness programming to unit Peer Fitness Leaders (PFL).
- b. Biannual Testing Requirement. RegAF Airmen will be required to complete a PFRA twice per calendar year. The first testing cycle is March – October and second testing cycle October – March. Air Reserve Component (ARC) Airmen will test once per year.
 - (1) Unit assessments. Subject to Wing Commander discretion, units may now conduct mass testing for PFRAs twice per year, or once for the ARC.
 - (2) Diagnostic PFRA's (DPFRA) are authorized to be conducted no earlier than one month prior to bi-annual scheduled unit assessment (annual for ARC) or scheduled individual test.
- c. Transition to 2-Mile Run. The 1.5-mile run will be replaced with the 2-mile run as the primary measure for the Cardiorespiratory Fitness component. The High Aerobic

Multi-Shuttle Run (HAMR) will be offered as an alternative cardiorespiratory assessment for the PFRA.

d. Other scored components:

(1) Muscular Strength: 1-minute push-ups or 2-minute hand release pushups.

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

(3) Body Composition: the Waist-to-Height Ratio (WHtR) measurement will be incorporated as a scored component of the PFRA to provide a more comprehensive evaluation of overall health and fitness.

e. Rebalanced Point Distribution. The PFRA 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) Muscular Strength: 15 Points

(4) Core Endurance: 15 Points

3. Implementation. This directive is effective 1 March 2026 and will be implemented into the revised Air Force Manual (AFMAN) 36-2905, effective 1 July 2026. This four-month period will allow Airmen to acclimate to the new standards by conducting baseline physical fitness assessments under official conditions. This period will also provide the data required to assess and refine our score charts in advance of full implementation of the new standards. The following timeline outlines key milestones for the PFRA changes:

a. March 2026: Official baseline implementation of the updated PFRA program:

(1) Publication of the revised AFMAN 36-2905, *Air Force Physical Fitness Readiness Program*.

(2) New scoring charts effective for all PFRA testing. The baseline period runs through 30 Jun 26, after which, official testing begins.

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

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

(5) If desired, members may elect to convert a diagnostic score to an official score, moving their next PFRA to 6 months after assessment date.

(6) Airmen with a Static Closeout Date (SCOD) during the baseline period will report their most recent and current score on their performance brief or training report (officers) as required.

b. July 2026: Official implementation of the updated PFRA program.

4. All Airmen are encouraged to utilize the period between now and 1 July 2026 to familiarize themselves with the changes to the PFRA and adjust their fitness routines accordingly. Although diagnostic tests are not mandatory, Commanders are empowered to guide units to complete assessments at their own discretion. Leaders at all levels are responsible for ensuring their personnel are informed about these changes and have the necessary resources to succeed.



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Attachments:

1. PFRA Charts
2. PFRA Assessment Frequency Matrix Guidance

cc:

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