



DEPARTMENT OF THE AIR FORCE  
AIR UNIVERSITY (AETC)

MEMORANDUM FOR HQ AFROTC/RRUE

FROM:

SUBJECT: Air Force Physical Fitness Assessment Letter of Certification

1. I certify that \_\_\_\_\_, \_\_\_\_\_, completed the Air Force Physical Fitness Assessment (PFA) on \_\_\_\_\_ IAW AFI 36-2905. The member was \_\_\_\_ years of age at the time of testing.

2. Results are as follows:

ABDOMINAL CIRCUMFERENCE ASSESSMENT:	_____	COMPONENT PTS:	_____
SIT-UPS (number completed in 1 minutes):	_____	COMPONENT PTS:	_____
PUSH-UPS (number completed in 1 minutes):	_____	COMPONENT PTS:	_____
1.5-MILE RUN (Min/Sec):	_____	COMPONENT PTS:	_____
		TOTAL POINTS:	_____

3. If you have any questions, you can contact me at DSN \_\_\_\_\_, commercial \_\_\_\_\_, or e-mail address at \_\_\_\_\_.

1<sup>st</sup> Ind,

MEMORANDUM FOR HQ AFROTC/RRUE

I certify that the physical fitness test administered to \_\_\_\_\_ is valid and was administered by a unit physical training leader.

\*Evaluator must be FAC member

\*\* Certifier must be the first sergeant, section commander or squadron commander