

BY ORDER OF THE COMMANDER

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Personnel

***AFOATS WEIGHT AND FITNESS PROGRAMS**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction establishes policies, procedures and standards governing weight and physical fitness testing. It applies to all Air Force Reserve Officer Training Corps (AFROTC) cadets and Officer Training School (OTS) students.

SUMMARY OF REVISIONS

This document is substantially revised and must be completely reviewed. This revision implements the standards and procedures for the Air Force Officer Accession and Training Schools (AFOATS) Physical Fitness Test (PFT). It also incorporates the OTS weight and fitness program previously issued under OTS OI 40-1, *Health, Fitness and Welfare*. Additionally, this update modifies the objective of the AFROTC weight and fitness program to include emphasis on meeting and maintaining fitness standards ([para 2.1](#)). It requires a pre-commissioning weigh-in ([para 2.5](#)); provides additional guidance as to who can perform body fat measurements to include sister service cadre members ([para 2.5.1](#)); and clarifies the use of Gulick tape measure as the only authorized body fat measurement technique ([para 2.5.1](#)). This revision further provides guidance for medical deferral documentation for AFROTC cadets ([para 2.7.1](#)); adds a requirement for AFROTC cadets to sign the AFOATS PFT score sheet prior to taking the PFT ([para 2.8.1.2](#)); and changes AFROTC to AFOATS PFT ([Attachment 2](#)). Additionally, this change updates the procedures and guidelines for conducting the PFT and the three events – sit-ups, push-ups and 1.5 mile run ([Attachment 2](#)); updates the PFT Standards – minimum and maximum requirements for each of the three events ([Attachment 3](#)); and lists the point score values for each exercise based on gender and number of repetitions or time completed ([Attachments 4-9](#)). Finally, this instruction removes the OTS Remedial Physical Conditioning Program, the Student Weight Management Program, and the Image Program.

TABLE OF CONTENTS

Chapter 1 – GENERAL GUIDELINES	4
1.1. General Information.....	4
1.2. Privacy Act.....	4
1.3. Objectives.....	4
1.4. AFOATS Physical Fitness Test (PFT).....	4
1.5. Responsibilities.....	4
Chapter 2 - AFROTC WEIGHT AND FITNESS PROGRAMS	5
Section 2A – AFROTC Weight and Body Fat Management Program (WBFMP).....	5
2.1. Objectives.....	5
2.2. HQ AFROTC Review.....	5
2.3. Cadet Responsibilities.....	5
2.4. Unit Responsibilities.....	5
2.5. Height, Weight, and Body Fat Measurements.....	6
2.6. Weight and Body Fat Management Program.....	7
2.7. Weight / Body Fat Standard Medical Deferrals.....	11
Section 2B – AFROTC Physical Fitness Standards	12
2.8. Physical Fitness Standards.....	12
2.9. Temporary Medical Deferrals.....	13
2.10. Enhanced Physical Fitness Training (EPFT) Program.....	14
Chapter 3 – OTS WEIGHT AND FITNESS PROGRAMS.....	14
Section 3A – Basic Officer Training	14
3.1. Height, Weight and Body Fat Measurements.....	14
3.2. Pre-Conditioning Program.....	14
3.3. Physical Conditioning Program.....	14
3.4. Physical Fitness Tests.....	15
Section 3B – Commissioned Officer Training.....	15
3.5. Physical Conditioning Program.....	15
Attachment 1 – GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION	17
Attachment 2 – AFOATS PFT GUIDELINES	19

Attachment 3 – AFOATS PFT STANDARDS21

Attachment 4 – PFT CONVERSION CHARTS (SIT-UPS – FEMALE).....22

Attachment 5 – PFT CONVERSION CHARTS (PUSH-UPS – FEMALE).....23

Attachment 6 – PFT CONVERSION CHARTS (1.5 MILE RUN – FEMALE).....24

Attachment 7 – PFT CONVERSION CHARTS (SIT-UPS – MALE).....27

Attachment 8 –PFT CONVERSION CHARTS (PUSH-UPS – MALE).....28

Attachment 9– PFT CONVERSION CHARTS (1.5 MILE RUN – MALE).....29

Attachment 10 – SAMPLE MEMORANDUM, ENTRY INTO PHASE 0.....32

Attachment 11 – SAMPLE MEMORANDUM, ENTRY INTO PHASE I.....33

Attachment 12 – SAMPLE MEMORANDUM, ENTRY INTO PHASE II34

**Attachment 13 – SAMPLE MEMORANDUM, VARSITY SPORT BODY FAT
STANDARD ADJUSTMENT REQUEST35**

**Attachment 14 – SAMPLE STATEMENT FOR VARSITY SPORT BODY FAT
STANDARD ADJUSTMENT36**

Chapter 1

GENERAL GUIDELINES

1.1. General Information. The AFOATS weight and fitness programs are designed to encourage an overall healthy lifestyle and to improve military appearance. Weight management and physical fitness are linked to self-image and self-esteem. AFROTC cadets and OTS officer trainees and student officers are responsible for achieving and maintaining the standards of weight and physical fitness defined in this instruction.

1.2. Privacy Act. All weight and body fat measurements should be accomplished with reasonable accommodation for the student's privacy. Lists of names or photographs of students, their weight, and any other personal data may not be posted on bulletin boards or displayed in any manner that might cause embarrassment to the student or others. Weight and body fat information must be adequately safeguarded under the Privacy Act of 1974 and The Air Force Privacy Act Program to prevent unwarranted invasions of personal privacy, unintentional misuse, or unauthorized disclosure.

1.3. Objectives. The objectives of these programs are to introduce AFROTC cadets and OTS officer trainees to Air Force fitness standards, help them improve their overall health awareness and physical fitness level, and, as a result, ensure the students present a proper physical appearance and military image and are prepared for the physical demands of active duty. Specifically, the objectives are to ensure the students meet the Air Force weight and body fat standards and the AFOATS pre-commissioning physical fitness requirements. Additionally, for student officers attending OTS's Commissioned Officer Training (COT) program, physical conditioning programs and preventive health measures are used to maintain student officer health, fitness and safety. Furthermore, student officers are introduced to the Air Force's physical conditioning (PC) standards.

1.4. AFOATS Physical Fitness Test (PFT). Physical fitness is a key component in the development of an Air Force officer. As such, all AFROTC cadets and OTS officer trainees must pass the mandatory AFOATS physical fitness requirements in order to receive a commission as a second lieutenant in the United States Air Force. [Attachment 2](#) outlines procedures and guidelines for the PFT, while [Attachment 3](#) provides the minimum and maximum standards. Administration and implementation details are provided in paragraph [2.8](#) for AFROTC cadets and in paragraph [3.4](#) for OTS officer trainees.

1.5. Responsibilities.

1.5.1. For all AFROTC cadets and officer trainees, the AFROTC and OTS Commanders will:

1.5.1.1. Implement and conduct PC programs.

1.5.1.2. Conduct physical fitness testing in accordance with the approved AFOATS PFT.

1.5.1.3. Conduct height, weight and body fat measurements in accordance with AFI 40-502, *The Weight and Body Fat Management Program*.

1.5.1.4. Take the appropriate disenrollment or administrative actions for those students who fail the PFT or who are not within the Air Force weight and body fat standards.

1.5.2. For all student officers attending COT, the OTS Commander will implement and conduct a PC program.

Chapter 2

AFROTC WEIGHT AND FITNESS PROGRAMS

Section 2A – AFROTC Weight and Body Fat Management Program (WBFMP)

2.1. Objectives. The AFROTC WBFMP is designed to:

2.1.1. Include, to the maximum extent possible, the major provisions of AFI 40-502, *The Weight and Body Fat Management Program* and provide compatibility with its goals, methods, and sanctions.

2.1.2. Provide a periodic review of the weight/body fat percentage of all cadets to ensure cadets meet weight and body fat standards.

2.1.3. Assist cadets who exceed their maximum body fat percentage through physical conditioning and counseling.

2.2. HQ AFROTC Review. HQ AFROTC/RRFP will review all disenrollment actions, waiver requests, or evaluation for continuation requests and may direct a conditional event or grant a waiver in lieu of disenrollment in accordance with AFOATSI 36-2011, *Administration of Senior Air Force ROTC Cadets*.

2.3. Cadet Responsibilities. Non-contract cadets must meet weight and body fat standards prior to enlistment. Contract cadets are responsible for maintaining weight **and** body fat standards. Contract cadets identified as over fat should seek nutritional counseling. It is the cadet's responsibility to monitor caloric intake. Cadets must meet Air Force weight and body fat standards prior to commissioning.

2.4. Unit Responsibilities.

2.4.1. Conduct height and weight checks as required.

2.4.2. Conduct official body fat measurements for cadets (if required) instead of transporting them to the support base's Health and Wellness Center (HAWC).

2.4.3. Measure the body fat percentage of any cadet (contract or non-contract) for the following reasons: (1) cadet exceeds his/her maximum allowable weight (MAW); (2) cadet appears to exceed the body fat standards; (3) cadet does not present a professional military appearance; or (4) whenever otherwise deemed appropriate by the unit commander. Counsel non-contract cadets on the requirement to meet weight and body fat standards prior to enlistment. Follow the guidelines in paragraph [2.6](#) for contract cadets.

2.5. Height, Weight, and Body Fat Measurements. A cadre or staff member (no cadets) will conduct height, weight, and body fat measurements (if necessary) each fall and spring term (semester/quarter). Height and weight measurements may be accomplished during orientation or similar periods immediately preceding the fall term. Additionally, cadets must have their height and weight checked (and body fat measurement if necessary IAW with AFI 40-502) no more than 14 calendar days prior to commissioning. Annotate the results via AFOATS Database each time a height and weight check is taken. **EXCEPTION:** Do not annotate **unofficial** periodic checks for individuals on the WBFMP.

2.5.1. A cadre or staff member of either gender may accomplish height and weight measurements; however, body fat measurements **must** be taken by a cadre or staff member (to include Air Force Institute of Technology (AFIT) students) of the **same** gender. In the event a cadre member of the appropriate gender is not available to conduct body fat measurements, a host institution employee (secretary, nurse, coach, cadre member of sister service program, etc.) may do so *after receiving appropriate training from a qualified cadre member*. A cadre member is deemed qualified after reviewing procedures in AFI 40-502 (this applies to body fat measurements conducted on cadets only). Unit commanders should identify one male and if possible one female cadre and one alternate member for conducting body fat measurements. Additionally, use only the Gulick tape measure to obtain the body fat measurements. No other measurement technique is authorized for the WBFMP. Further, all weight and body fat measurements should be accomplished with reasonable accommodation for the cadet's privacy. For example, it is inappropriate to perform weight or body fat checks in a public area where other cadets are present and may overhear the measurement results.

2.5.2. Follow directions in AFI 40-502, Table 1, for performing weight checks. Refer to AFI 48-123, *Medical Examination and Standards*, Attachment 16, for maximum and minimum allowable weight standards. AFI 40-502, Attachment 3, may also be used; however, it lists the maximum allowable weight standards only (no minimums). As outlined in AFI 40-502, conduct all height and weight checks prior to 1000 hrs.

2.5.2.1. HQ AETC/SG must reevaluate contract cadets who are below their minimum allowable weight for a change in medical status. Procedures for medical recheck are located in AFOATSI 36-2011.

2.5.2.2. Water retention before and during a menstrual cycle is not uncommon. Before entering a female cadet into the WBFMP, determine if she should be re-weighed/re-measured at a different time in order to avoid her menstrual cycle. Unit commanders should reschedule weight and body fat measurement for females based on their menstrual cycles for 3 calendar days before the cycle or the next duty day after the end of the cycle.

2.5.3. The circumferential measurement technique is the only body fat measurement technique accepted by the United States Air Force.

2.5.3.1. The Air Force maximum body fat standards are: 20 percent for men 29 years old and younger, 24 percent for men 30 years old and older, 28 percent for women 29 years old and younger, and 32 percent for women 30 years old and older. Reference AFI 48-123 and AFI 40-502.

2.5.3.2. Refer to AFI 40-502 (Tables 1 and 2, Attachments 4 and 5, and Figures 1-11) to determine the individual's body fat percentage.

2.5.4. Weigh Professional Officer Course (POC) and College Scholarship Program (CSP) designees within 15 workdays (school days) prior to enlistment and measure body fat if appropriate (see para [2.4.3.](#)).

2.5.4.1. Underweight Contract Cadets and Medically Certified Cadets/Applicants. Contract cadets and medically certified cadets/applicants who do not meet minimum weight standards must be reevaluated by HQ AETC/SG. However, unit commanders may delay the reevaluation up to 45 calendar days to allow cadets/applicants who are not more than five pounds under their minimum allowable weight to meet standards. If they reach their weight standard within 45 calendar days, no further action is necessary.

2.5.4.2. Underweight or over Body Fat Non-Contract Cadets/Applicants. Use an AFOATS Form 16, **Officer Candidate Counseling Record**, to advise cadets of the Air Force weight and body fat standards, the requirements for scholarship activation and/or entry into the POC, and place the individuals in Special Student or Pursuing Status.

2.6. Weight and Body Fat Management Program. Entrance into the WBFMP applies **only** to contract cadets who exceed their maximum body fat standards. It consists of three phases (see para [2.6.3.](#)) defined by seven Weight Status Codes (WSC) (see para [2.6.4.](#)).

2.6.1. Official weight and body fat measurements for cadets in the WBFMP are conducted at 30 calendar-day intervals using the guidelines in paragraphs [2.5.](#) through [2.5.2.2.](#) Unit commanders may also elect to measure these cadets more frequently to reinforce rehabilitative efforts; however, *consider only the measurement at the end of a 30 calendar-day period as official.*

2.6.1.1. If a required weight or body fat measurement date falls on a weekend, holiday, or other school break, the scheduled date may be deferred up to seven days after the first day that classes are back in session. For example, if classes begin on a Wednesday

following a school break, height, weight and/or body fat measurements must be conducted not later than the following Wednesday.

2.6.1.2. Cadets are still responsible for making satisfactory progress during school breaks and should be counseled, in writing, on this requirement. Example: Cadet Jones is in Phase 1 (WSC 1) of the WBFMP when she departs for the summer break. At that time she is five percent over her maximum body fat standard. The fall session starts three months later. When she returns to school, she will need to have lost at least three percent body fat or nine pounds in order to still be making satisfactory progress in Phase I.

2.6.2. Encourage cadets entered into the WBFMP to seek nutrition and/or exercise advice from a qualified counselor and to participate in a regular exercise program (see Attachments [10](#) and [11](#)).

2.6.3. Definitions:

2.6.3.1. Phase 0: An initial 30 calendar-day recheck period for those cadets who are no more than 1.0 percent over their maximum body fat standards **and** have never before been entered into the WBFMP.

2.6.3.2. Phase I: Weight and body fat monitoring period for those cadets who are not eligible for Phase 0.

2.6.3.3. Phase II: A six-month observation period for those cadets who have successfully completed Phase 0 and/or Phase I of the WBFMP.

2.6.3.4. Satisfactory progress: A loss of at least one percent body fat **or** five pounds (men) / three pounds (women) per 30 calendar-day period. This applies to official weight and body fat measurements only. Weight and body fat losses are not cumulative. For example, a male cadet who is 20 pounds over his max and loses 6 pounds the first month is still expected to lose five pounds the second month.

2.6.3.5. Successful completion:

2.6.3.5.1. Phase 0 or Phase I: Being at or below the maximum body fat standard (see para [2.6.5.4.3](#), or [2.6.5.5.6](#).) during an official measurement.

2.6.3.5.2. Phase II: Not exceeding the maximum body fat standard on any official measurement during the six-month period (see para [2.6.5.6.2](#)).

2.6.4. Weight Status Codes (WSC). These codes are for administrative use and will be used for future tracking purposes.

2.6.4.1. WSC 0 – Currently in Phase 0.

2.6.4.2. WSC 1 – Making satisfactory progress in Phase I.

2.6.4.3. WSC 2 – Making unsatisfactory progress in Phase I.

2.6.4.4. WSC 3 – Currently in Phase II.

2.6.4.5. WSC 4 – Varsity sport body fat standard adjustment.

2.6.4.6. WSC 5 – Temporary medical deferral.

2.6.4.7. WSC 6 – Initial entry into Phase I.

2.6.5. WBFMP Procedures. Conduct height, weight and body fat measurements prior to 1000 hours.

2.6.5.1. Conduct body fat measurements for all cadets who exceed their MAW. Cadets who exceed their MAW, but do not exceed their maximum body fat standard require no further action – DO NOT ENTER THESE CADETS INTO THE WBFMP.

2.6.5.2. If a contract cadet exceeds maximum body fat standards, enter the cadet into the appropriate phase of the WBFMP (see para [2.6.5.4.](#) – [2.6.5.5.](#)).

2.6.5.3. If a non-contract cadet exceeds the maximum body fat standards refer to paragraph [2.5.4.2.](#)

2.6.5.4. Enter into Phase 0 (WSC 0) those cadets who (1) are no more than 1.0 percent over their maximum body fat standard and (2) have never been in the WBFMP before (see [Attachment 10](#)). A cadet may enter Phase 0 **only** once during his or her cadet career. NOTE: Entry into Phase 0 does not incur a **directed** conditional event.

2.6.5.4.1. Example: Cadet Smith is 1 percent over the maximum body fat standard and has never been on the WBFMP. Enter Cadet Smith into Phase 0, no conditional event is directed.

2.6.5.4.2. Conduct a weight and body fat measurement 30 calendar-days after entry into Phase 0.

2.6.5.4.3. Cadets successfully complete Phase 0 if they meet body fat standards at the end of the 30 calendar-day period. Enter cadets who successfully complete Phase 0 into Phase II of the WBFMP in accordance with paragraph [2.6.5.6.](#)

2.6.5.5. Enter into Phase I (WSC 6) cadets who (1) are not eligible for Phase 0 or (2) do not successfully complete Phase 0 (see [Attachment 11](#)). Refer to AFOATSI 36-2011 and AFOATSI 36-2019, *AFROTC Scholarship Programs*, for required cadet personnel actions for failure to meet military retention standards for cadets who enter into Phase I.

- 2.6.5.5.1. Example 1: Cadet Anderson completed Phase II of the WBFMP during the fall semester. During the spring semester weigh in, Cadet Anderson is 1 percent over the maximum body fat standard. Since this is not his first time in the WBFMP, enter Cadet Anderson in Phase I, reference AFOATSI 36-2011 and AFOATSI 36-2019 for required cadet personnel actions for failure to meet military retention standards.
- 2.6.5.5.2. Example 2: Cadet Jones is 2 percent over the maximum body fat standard. Enter Cadet Jones into Phase I, reference AFOATSI 36-2011 and AFOATSI 36-2019 for required cadet personnel actions for failure to meet military retention standards.
- 2.6.5.5.3. Cadets will remain in Phase I for a minimum of two months. **EXCEPTION:** Cadets who are less than 60 days away from commissioning when they enter Phase I may enter Phase II at any time, **if** they meet body fat standards.
- 2.6.5.5.4. Conduct weight and body fat measurements at 30 calendar-day increments during Phase I. (see para [2.6.1.](#))
- 2.6.5.5.5. If a cadet fails to make satisfactory progress while in Phase I (WSC 2), refer to AFOATSI 36-2011 and AFOATSI 36-2019 for required cadet personnel actions for failure to meet military retention standards.
- 2.6.5.5.6. Cadets successfully complete Phase I if they meet body fat standards on or after the 60 calendar-day point (see para 2.6.5.5.3.).
- 2.6.5.6. Enter into Phase II (WSC 3) those cadets who successfully complete Phase 0 and/or Phase I (see [Attachment 12](#)). NOTE: A cadet may enter Phase II directly from Phase 0.
- 2.6.5.6.1. Conduct weight and body fat measurements at 30 calendar-day increments while in Phase II. (see [para 2.6.1.](#))
- 2.6.5.6.2. Cadets successfully complete Phase II if they do not exceed their maximum body fat standard on any official check during the six-month observation period. In the event the six-month observation period expires during a break period, a final weight and body fat measurement must be accomplished in order to remove the cadet from Phase II regardless of observation expiration.
- 2.6.5.6.2.1. Example: Cadet Goam is in Phase II (WSC 3). His six-month observation period expires on 12 July during the institution summer break. School resumes on 1 Sep for the fall term. Cadet Goam must be weighed and taped upon return to the institution. Cadet Goam must measure at or below his body fat to be removed from Phase II.
- 2.6.5.6.3. If a cadet exceeds his or her maximum body fat standard while in, or at any point after successful completion of, Phase II, re-enter the cadet into Phase I

(WSC 2) and refer to AFOATSI 36-2011 and AFOATSI 36-2019 for required cadet personnel actions for failure to meet military retention standards.

2.6.5.6.4. If a cadet successfully completes Phase II of the WBFMP, no further administrative actions are required.

2.6.6. Do not commission a cadet while in Phase 0 or Phase I of the WBFMP. Cadets who are in Phase II and currently meet their body fat standards may be commissioned. (Refer to AFOATSI 36-2018, *AFROTC Special Actions Program*)

2.7. Weight / Body Fat Standard Medical Deferrals.

2.7.1. Temporary Medical Deferrals (WSC 5). A cadet may receive a temporary medical deferral from Phase I of the WBFMP if such a recommendation is made by a medical practitioner for a condition that prevents meeting body fat standards or achieving the prescribed monthly loss. The medical practitioner must recommend a temporary medical deferral to the unit commander by documenting the individual's condition, expected treatment, limitations, activities which cadet can participate, length of deferral, prognosis, and date of next scheduled exam. The initial approved deferral can be no longer than six months and the unit commander is the final approval or disapproval authority. If an additional six-month deferral period is necessary, submit a request to HQ AFROTC/RRFP for consideration.

2.7.2. Weight and body fat measurements are not required for a female cadet with a medical deferral for pregnancy. The pregnancy deferral expires six months after the child is born unless medical documentation is provided and approved by HQ AETC/SG.

2.7.3. Varsity Sport Body Fat Standard Adjustment (WSC 4). The unit commander may request an adjustment from HQ AFROTC/RRFP via an AFOATS Form 22, **Cadet Personnel Action Request** with support documentation (see [Attachment 13](#)). All costs for alternate forms of testing used to support the request will be at the cadet's expense. If the adjustment is approved, the unit commander will notify and counsel the cadet of the requirement to meet weight/body fat standards prior to commissioning (see [Attachment 14](#)).

2.7.3.1. In order to meet required term height and weight/body fat measurement requirements, the cadet is responsible for providing the detachment with a written body fat measurement signed by the head coach each term the standard adjustment is in effect.

2.7.3.2. When the cadet quits the varsity sport, no longer retains eligibility for the sport, or finishes playing his/her last season, follow the procedures outlined in paragraphs [2.6.5.](#) through [2.6.6.](#) NOTE: Initial entry into Phase I does not incur a **directed** conditional event for athletes who received a varsity sport body fat standard adjustment (WSC 4).

2.7.3.3. Cadets will not be allowed to commission until they meet Air Force body fat standards.

Section 2B – AFROTC Physical Fitness Standards

2.8. Physical Fitness Standards. Physical fitness is a key component in the development of an Air Force officer and should never be taken lightly. Cadets must meet the **mandatory** AFOATS physical fitness standards in order to activate and/or retain an AFROTC scholarship, meet the POC Selection Program (PSP) Selection Board, attend and successfully complete Field Training, and remain in good standing as a member of the POC through commissioning. [Attachment 2](#) outlines the PFT procedures and guidelines, while [Attachment 3](#) provides the minimum and maximum standards. Cadets must pass all three events with the minimum requirements for their age and gender.

2.8.1. Term Requirements: As a minimum, the physical fitness test (PFT) will be officially administered to all cadets by a cadre member each fall and spring term (semester/quarter). Cadets should be tested no later than 30 calendar-days after the beginning of each fall and spring term to allow ample time for retest of failures (see para [2.8.4.3.](#)). If desired, the PFT may be accomplished during orientation or similar periods **immediately preceding** either of these two terms, and if successful may be used to satisfy that term requirement (this does not include PFTs administered during Field Training (FT)). In addition, PFTs passed during these orientation or similar periods may be used to satisfy any immediate enlistment requirement **only** if the enlistment is accomplished during a period from 10 workdays before until 10 workdays after the start date of classes at the host institution. **Eligibility to enlist:** Refer to AFOATSI 36-2011, para 4.3.

2.8.1.1. Brief cadets prior to conducting the PFT during periods of high heat (actual temperature 80 °F or higher) to hydrate adequately prior to the event. Encourage intake of one quart of water per hour starting two hours prior to the PFT. Do not administer the PFT when the actual temperature exceeds 85 °F.

2.8.1.2. Immediately before administering the PFT, the unit cadre member monitoring the PFT **must** ask all cadets if they are physically and mentally able to take the test. Additionally, the cadet will sign a similar statement on the AFOATS PFT score sheet. This procedure will preclude challenges to failures due to cadets not voicing legitimate problems before test administration. The unit commander may negate the PFT if a cadet becomes ill or injured during the actual PFT and the illness or injury significantly impacted the cadet's score.

2.8.1.3. Annotate all **official** PFT results via the AFOATS database.

2.8.2. Practice PFTs are highly encouraged as part of a total fitness program. These sessions **must** be announced and administered as practice. No official PFT can be declared "practice" after the fact in order to mask poor performance. A practice PFT may not be used to qualify or disqualify a cadet for a scholarship or enlistment.

2.8.3. See AFOATSI 36-2019 for guidance on physical fitness requirements for scholarship actions.

2.8.4. The unit commander is responsible for the following actions for all **contract** cadets who fail any **official** PFT:

2.8.4.1. Notify cadets, by AFOATS Form 16, that they are responsible for entering an exercise program.

2.8.4.2. Refer to AFOATSI 36-2011 for required cadet personnel actions for failure to meet military retention standards. See AFOATSI 36-2019 for additional procedures governing scholarship cadets.

2.8.4.3. Retest contract cadets who fail the PFT approximately 30 calendar days after the failure. Cadets may continue to participate (for practice only) during the 30-day interval to reinforce rehabilitative efforts; however, no other official PFT will be administered within 30 calendar days of the initial PFT failure. A contract cadet who fails the retest must continue to retest every 30-calendar days until he or she passes the PFT or the term ends. Contract cadets who fail to pass the PFT during a term must participate in the first PFT offered during the following term. (**EXCEPTION:** see para [2.8.7.](#))

2.8.5. **Non-contract** cadets are not required to wait 30 days for a PFT retest.

2.8.6. Passing scores for official PFTs administered at FT may be used to satisfy the enlistment requirement for the fall term **only** during the initial fall enlistment cycle following FT (starting 10 workdays before and ending 10 workdays after the start date for fall term classes at the host institution). These cadets are still required to pass the fall term PFT administered at the detachment (**EXCEPTION:** see para [2.8.1.](#)).

2.8.7. A cadet in, or pending, medical recheck status by HQ AETC/SG may be deferred from taking the PFT for the medical recheck period. Once released from medical recheck status, the cadet will enter a 45-day reconditioning period, during which time he or she may participate in the PFT for practice only. Counsel the cadet in writing that he or she must pass the PFT no later than the 60th calendar-day after removal from medical recheck status. If the 60th day occurs during a break between terms, the medical recheck status waives the requirement to successfully complete the PFT for the previous term. Schedule the cadet to take the first PFT of the next term. Achieving a passing score on this PFT will fulfill both the current and previous term requirements (see para [2.8.1.](#)). Note: While a cadet cannot be required to take the PFT during the 45-day reconditioning period, he or she may elect to take the PFT at anytime after release from medical recheck status.

2.9. Temporary Medical Deferrals. The unit commander may, for valid medical reasons, temporarily excuse a cadet from the PFT for up to 30 calendar-days. Document the medical deferral in writing by counseling the cadet on an AFOATS Form 16. Refer to AFOATSI 36-2011 to determine if the medical reasons reflect a change in the cadet's medical status, which requires a request by the unit for HQ AETC/SG medical evaluation. If after 30 days the cadet is still medically unable to participate in the PFT, refer to AFOATSI 36-2011 for a change in medical status and submission to HQ AETC/SG for a medical evaluation.

2.10. Enhanced Physical Fitness Training (EPFT) Program. See AFOATSI 36-2017, *AFROTC College Programs* for guidance on conducting an EPFT program.

Chapter 3

OTS WEIGHT AND FITNESS PROGRAMS

Section 3A – Basic Officer Training (BOT)

3.1. Height, Weight and Body Fat Measurements.

3.1.1. The PC staff will perform a height and weight check during initial processing. Trainees exceeding the MAW as listed in AFI 40-502 will have a body fat measurement taken. Any trainee not within maximum allowable body fat (MABF) will be disenrolled from the program in accordance with AFI 40-502.

3.1.2. Responsibilities.

3.1.2.1. The OTS Commander will serve as final authority for body fat standard adjustments and retention, discharge or separation actions on trainees.

3.1.2.2. The 24th Training Squadron (24 TRS) Commander will take corrective action for disenrollment of BOT trainees not in compliance with Air Force MABF standards.

3.2. Pre-Conditioning Program. Trainees are highly encouraged to arrive at OTS prepared to meet the physical challenges of the program. The 22d Training Support Squadron will work with the 24 TRS Commander to develop methods to disseminate pre-conditioning information to prospective trainees.

3.3. Physical Conditioning Program.

3.3.1. Formal Instruction. The OTS Commander will develop a PC program consisting of alternating muscular strength exercises and aerobic conditioning under the guidance of the PC staff. The PC staff will develop a specific 12-week program for each class and will provide all trainees with initial PC program briefings that discuss exercise safety and healthy lifestyle options to include a demonstration of all exercises.

3.3.2. The OTS Commander will establish a process to ensure trainees on a medical waiver resume full activity (including participation in the physical conditioning program, physical fitness test (PFT), etc.) on the date specified on their medical waiver.

3.3.3. The Physical Conditioning Instructors will ensure an ambulance is on-scene for all PFTs and high-stress PC activities.

3.4. Physical Fitness Tests.

3.4.1. Students must pass the PFT to graduate from OTS. The PFT procedures and guidelines are listed in [Attachment 2](#). The PFT requirements are listed in [Attachment 3](#). Trainees must pass all three events with the minimum requirements for their age and gender.

3.4.1.1. If a trainee is on extended waiver, but has passed a diagnostic PFT, the OTS Commander has discretion to waive the PFT graduation requirement.

3.4.2. At least one Independent Duty Medical Technician will complement the scheduled ambulance for support of all PFTs.

3.4.3. The OTS Commander will establish guidelines for a trainee failing the PFT. The re-evaluation will be given no later than the end of training week 11. If a trainee does not pass the re-evaluation, the trainee will not graduate with the class and will be placed on administrative hold.

3.4.4. Students who fail the PFT will receive personalized fitness instruction from the PC staff. The OTS Commander will establish guidelines to increase a trainee's chance of passing the PFT.

3.4.5. Trainees will receive points for repetitions completed. Scoring charts are listed in [Attachments 4-9](#). The maximum score for a PFT is 500.

Section 3B – Commissioned Officer Training

3.5. Physical Conditioning Program.

3.5.1. COT uses physical conditioning programs and preventive health measures to maintain student health, fitness and safety. Additionally, the students are introduced to the Air Force's PC standards.

3.5.2. The OTS Commander will establish a process to ensure students trainees on a medical waiver resume full activity on the date specified on their medical waiver.

PAUL M. HANKINS
Brigadier General, USAF
AFOATS Commander

Attachments:

1. Glossary of References and Supporting Information
2. AFOATS PFT Guidelines
3. AFOATS PFT Standards
4. PFT Conversion Charts (sit-ups – female)
5. PFT Conversion Charts (push-ups – female)
6. PFT Conversion Charts (1.5 mile run – female)
7. PFT Conversion Charts (sit-ups – male)
8. PFT Conversion Charts (push-ups – male)
9. PFT Conversion Charts (1.5 mile run – male)
10. Sample Memorandum, Entry into Phase 0
11. Sample Memorandum, Entry into Phase I
12. Sample Memorandum, Entry into Phase II
13. Sample Memorandum, Varsity Sport Body Fat Standard Adjustment Request
14. Sample Statement for Varsity Sport Body Fat Standard Adjustment

Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

References

AFI 40-502, *The Weight and Body Fat Management Program*

AFI 48-123, *Medical Examination and Standards*

AFOATSI 36-2010, *AFROTC Field Training Program*

AFOATSI 36-2011, *Administration of Senior Air Force ROTC Cadets*

AFOATSI 36-2017, *AFROTC College Program*

AFOATSI 36-2018, *AFROTC Special Actions Program*

AFOATSI 36-2019, *AFROTC Scholarship Programs*

Forms

AFOATS Form 16, **Officer Candidate Counseling Record** – Used to record cadet counseling sessions at AFROTC detachments

AFOATS Form 22, **Cadet Personnel Action Request** – Used to request various cadet personnel actions at AFROTC detachments

Abbreviations and Acronyms

24TRS 24th Training Squadron

AFI Air Force Instruction

AFIT Air Force Institute of Technology

AFOATS Air Force Officer Accession and Training Schools

AFOATSI Air Force Officer Accession and Training Schools Instruction

AFROTC Air Force Reserve Officer Training Corps

BOT Basic Officer Training

COT Commissioned Officer Training

CSP College Scholarship Program

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION (Continued)**

EPFT	Enhanced Physical Fitness Training
FT	Field Training
HAWC	Health and Wellness Center
LLAB	Leadership Laboratory
MABF	Maximum Allowable Body Fat
MAW	Maximum Allowable Weight
OI	Operating Instruction
OTS	Officer Training School
PC	Physical Conditioning
PFT	Physical Fitness Test
POC	Professional Officer Course
PSP	POC Selection Process
WBFMP	Weight and Body Fat Management Program
WSC	Weight Status Codes

Terms

Body Fat Percentage - The percent of body fat tissue versus total body composition (muscle, bone, water and fat).

Maximum Allowable Weight (MAW) - Based on height measurements, an individual's weight at the point obesity normally begins. Individuals near or over this weight may have exceeded body fat standards.

Over fat - The condition when body fat exceeds the maximum body fat standard.

Term - A college or university academic period. A term may be a semester or quarter.

Varsity Sport - Sanctioned "Varsity Sport" by institution. Does not include clubs, intramurals, non-school affiliated teams, etc.

Weight and Body Fat Management Program (WBFMP) - A rehabilitative program for contract cadets that consists of Phase 0 (recheck period), Phase I (body fat/weight loss period), and Phase II (observation period).

Attachment 2

AFOATS PFT GUIDELINES

A2.1. PFT Standards. The PFT will be administered in the following order: sit-ups, push-ups, and 1.5 mile run. Students will be given a three-minute rest period between the sit-ups and push-ups, and between the push-ups and run. To pass the test, students must achieve the minimum passing standard for each of the three events. **Failure to pass or complete any of the three events, for any reason, constitutes failure of the PFT.** NOTE: These guidelines cannot cover every possible situation. Some judgment rests with the observers whether to count or not count repetitions or to allow the student to continue or require the student to stop.

A2.2. Conduct of the PFT. Conduct five minutes (minimum) of warm-up exercises prior to the PFT. During the PFT, staff members will monitor each event to ensure standardization and proper execution. Do not count any repetition that is performed incorrectly, and advise the student the repetition was incorrect. If the student continues performing repetitions incorrectly, the event may be stopped at the current count. Upon completion of the three events, conduct a five-minute (minimum) cool down exercise period.

A2.2.1. Sit-ups: Begin this event in the down position.

A2.2.1.1. Acceptable. Start in the down position. Arms must cross the chest, hands or fingers must remain in contact with the collarbone. Feet must be flat on ground, spread no wider than hip width with knees bent at approximately 90-degree angle. When coming up, elbows must touch the upper leg (between mid-point of the thigh and knee). Both shoulder blades must touch the ground when down. Students may rest in the up position only, for no more than five seconds. During this time, make sure the arms do not touch the legs.

A2.2.1.2. Unacceptable. Do not count repetitions for the following: Hands or fingers losing contact with the collarbone. Elbow not touching the upper leg. Excessive bouncing (hips leaving the ground). Feet not staying flat on the ground. Heels touching rear side. Shoulder blades not touching the ground when in the down position.

A2.2.1.3. Completion of Exercise. Upon reaching the 2-minute time limit. Failure to complete a repetition due to fatigue. Resting in the down position. Resting in the up position in excess of 5 seconds. Arms touching the legs (on rest).

A2.2.1.4. Spotters. Hold the student's feet in place with hands on the ankles and count repetitions aloud. Under no condition will the spotter brace or touch the student's legs above the mid-point of the calves. Count aloud to five seconds when the student is resting in the up position.

A2.2.2. Push-ups: Tuck T-shirts into shorts/sweats. Begin this event in the up position.

Attachment 2**AFOATS PFT GUIDELINES (Continued)**

A2.2.2.1. Acceptable. Body must remain straight throughout the exercise with hands slightly wider than shoulder width apart, and palms flat on ground. Both feet must touch the ground and may be no more than hip-width apart (approximately 12 inches). Lift body until the arms are fully extended. Lower body until the elbows are bent at least 90 degrees. Students may rest in the up position only, for no more than five seconds. While resting, students may rotate torso left and/or right to shake out one arm; however, feet and other hand must remain in relatively the same position on the ground.

A2.2.2.2. Unacceptable. Excessive arching of the body (positive or negative arch) during a repetition or while resting. Not achieving at least a 90-degree angle in the down position. Arms not fully extended in the up position. Any part of the body, except the hands and toes, resting on the ground. Feet more than hip-width apart and/or hands more than shoulder-width apart.

A2.2.2.3. Completion of Exercise. Upon reaching the 2-minute time limit. Resting in the up position in excess of 5 seconds. Failure to complete an attempted push-up. Allowing the body to touch the ground.

A2.2.2.4. Spotters. Sit or kneel directly in front of the student. Count aloud to five seconds when the student is resting in the up position.

A2.2.3. 1.5 Mile Run:

A2.2.3.1. Acceptable. Walking at any time or momentarily stopping to re-fasten shoe laces during the run, provided the student remains within the lateral limits of the running surface. Talking. Signaling current lap count verbally or using fingers. Use of pacer (solely at the student's discretion). Wearing a watch.

A2.2.3.2. Unacceptable. Crossing/stepping over an inside line/barrier (if present). Deliberate physical contact with another runner or observer (on or off the running surface). Wear of personal listening devices (i.e., portable radios/compact disk players).

A2.2.3.3. Completion of Exercise. Crossing the finish line upon completion of 1.5 mile run. Failure to cross the line (regardless of reason) results in a zero score for this event.

A2.2.3.4. Spotters and Observers: Pacers on or off the running surface are authorized (safety permitting), provided no physical contact is made with the runner at any time. Pacing **on the running surface** is solely at the discretion of the student wishing to be paced. For safety purposes only one pacer may be used per runner and should run beside or behind the runner so as not to impede the runner's path of travel.

Attachment 3

AFOATS PFT STANDARDS

SIT-UPS

AGE GROUP	MALE		FEMALE	
	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM
24 and Under	53	90	53	90
25-29	50	87	50	87
30-34	42	79	42	79
35-39	38	75	38	75

PUSH-UPS

AGE GROUP	MALE		FEMALE	
	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM
24 and Under	42	80	19	46
25-29	40	78	17	44
30-34	36	74	15	42
35-39	34	72	13	40

1.5 MILE RUN

AGE GROUP	MALE		FEMALE	
	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM
24 and Under	12:00	7:50	14:30	10:20
25-29	12:30	8:20	15:00	10:30
30 and Over	13:00	8:50	15:30	11:00

Attachment 4

PFT CONVERSION CHARTS (SIT-UPS – FEMALE)

Sit-ups (Female)					Sit-ups (Female)				
Age	<24	25-29	30-34	35-39	Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points	# of Reps	Points	Points	Points	Points
90	150				63	64	73	97	109
89	146				62	61	70	94	106
88	142				61	58	67	91	103
87	138	150			60	55	64	88	100
86	134	146			59	52	61	85	97
85	130	142			58	49	58	82	94
84	127	138			57	46	55	79	91
83	124	134			56	43	52	76	88
82	121	130			55	40	49	73	85
81	118	127			54	37	46	70	82
80	115	124			53	35	43	67	79
79	112	121	150		52	0	40	64	76
78	109	118	146		51	0	37	61	73
77	106	115	142		50	0	35	58	70
76	103	112	138		49	0	0	55	67
75	100	109	134	150	48	0	0	52	64
74	97	106	130	146	47	0	0	49	61
73	94	103	127	142	46	0	0	46	58
72	91	100	124	138	45	0	0	43	55
71	88	97	121	134	44	0	0	40	52
70	85	94	118	130	43	0	0	37	49
69	82	91	115	127	42	0	0	35	46
68	79	88	112	124	41	0	0	0	43
67	76	85	109	121	40	0	0	0	40
66	73	82	106	118	39	0	0	0	37
65	70	79	103	115	38	0	0	0	35
64	67	76	100	112	<38	0	0	0	0

Attachment 5

PFT CONVERSION CHARTS (PUSH-UPS – FEMALE)

Push-ups (Female)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
46	150			
45	145			
44	140	150		
43	135	145		
42	130	140	150	
41	125	135	145	
40	120	130	140	150
39	115	125	135	145
38	111	120	130	140
37	107	115	125	135
36	103	111	120	130
35	99	107	115	125
34	95	103	111	120
33	91	99	107	115
32	87	95	103	111
31	83	91	99	107
30	79	87	95	103
29	75	83	91	99
28	71	79	87	95

Push-ups (Female)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
27	67	75	83	91
26	63	71	79	87
25	59	67	75	83
24	55	63	71	79
23	51	59	67	75
22	47	55	63	71
21	43	51	59	67
20	39	47	55	63
19	35	43	51	59
18	0	39	47	55
17	0	35	43	51
16	0	0	39	47
15	0	0	35	43
14	0	0	0	39
13	0	0	0	35

Attachment 6

PFT CONVERSION CHARTS (1.5 MILE RUN – FEMALE)

1.5 Mile Run for Females 24 and Under							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
10:20	200	10:53 - 10:53	167	11:41 - 11:42	134	12:55 - 12:57	101
10:21 - 10:21	199	10:54 - 10:54	166	11:43 - 11:44	133	12:58 - 13:00	100
10:22 - 10:22	198	10:55 - 10:55	165	11:45 - 11:46	132	13:01 - 13:03	99
10:23 - 10:23	197	10:56 - 10:56	164	11:47 - 11:48	131	13:04 - 13:06	98
10:24 - 10:24	196	10:57 - 10:57	163	11:49 - 11:50	130	13:07 - 13:09	97
10:25 - 10:25	195	10:58 - 10:58	162	11:51 - 11:52	129	13:10 - 13:12	96
10:26 - 10:26	194	10:59 - 10:59	161	11:53 - 11:54	128	13:13 - 13:15	95
10:27 - 10:27	193	11:00 - 11:00	160	11:55 - 11:56	127	13:16 - 13:18	94
10:28 - 10:28	192	11:01 - 11:01	159	11:57 - 11:58	126	13:19 - 13:21	93
10:29 - 10:29	191	11:02 - 11:02	158	11:59 - 12:00	125	13:22 - 13:24	92
10:30 - 10:30	190	11:03 - 11:03	157	12:01 - 12:02	124	13:25 - 13:27	91
10:31 - 10:31	189	11:04 - 11:04	156	12:03 - 12:04	123	13:28 - 13:30	90
10:32 - 10:32	188	11:05 - 11:05	155	12:05 - 12:06	122	13:31 - 13:33	89
10:33 - 10:33	187	11:06 - 11:06	154	12:07 - 12:08	121	13:34 - 13:36	88
10:34 - 10:34	186	11:07 - 11:07	153	12:09 - 12:10	120	13:37 - 13:39	87
10:35 - 10:35	185	11:08 - 11:08	152	12:11 - 12:12	119	13:40 - 13:42	86
10:36 - 10:36	184	11:09 - 11:09	151	12:13 - 12:14	118	13:43 - 13:45	85
10:37 - 10:37	183	11:10 - 11:10	150	12:15 - 12:16	117	13:46 - 13:48	84
10:38 - 10:38	182	11:11 - 11:12	149	12:17 - 12:18	116	13:49 - 13:51	83
10:39 - 10:39	181	11:13 - 11:14	148	12:19 - 12:20	115	13:52 - 13:54	82
10:40 - 10:40	180	11:15 - 11:16	147	12:21 - 12:22	114	13:55 - 13:57	81
10:41 - 10:41	179	11:17 - 11:18	146	12:23 - 12:24	113	13:58 - 14:00	80
10:42 - 10:42	178	11:19 - 11:20	145	12:25 - 12:26	112	14:01 - 14:03	79
10:43 - 10:43	177	11:21 - 11:22	144	12:27 - 12:28	111	14:04 - 14:06	78
10:44 - 10:44	176	11:23 - 11:24	143	12:29 - 12:30	110	14:07 - 14:09	77
10:45 - 10:45	175	11:25 - 11:26	142	12:31 - 12:33	109	14:10 - 14:12	76
10:46 - 10:46	174	11:27 - 11:28	141	12:34 - 12:36	108	14:13 - 14:15	75
10:47 - 10:47	173	11:29 - 11:30	140	12:37 - 12:39	107	14:16 - 14:18	74
10:48 - 10:48	172	11:31 - 11:32	139	12:40 - 12:42	106	14:19 - 14:21	73
10:49 - 10:49	171	11:33 - 11:34	138	12:43 - 12:45	105	14:22 - 14:24	72
10:50 - 10:50	170	11:35 - 11:36	137	12:46 - 12:48	104	14:25 - 14:27	71
10:51 - 10:51	169	11:37 - 11:38	136	12:49 - 12:51	103	14:28 - 14:30	70
10:52 - 10:52	168	11:39 - 11:40	135	12:52 - 12:54	102	>14:30	0

Attachment 6

PFT CONVERSION CHARTS (1.5 MILE RUN – FEMALE) (Continued)

1.5 Mile Run for Females 25-29							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
10:30	200	11:35 - 11:36	167	12:41 - 12:42	134	13:47 - 13:48	101
10:31 - 10:32	199	11:37 - 11:38	166	12:43 - 12:44	133	13:49 - 13:50	100
10:33 - 10:34	198	11:39 - 11:40	165	12:45 - 12:46	132	13:51 - 13:52	99
10:35 - 10:36	197	11:41 - 11:42	164	12:47 - 12:48	131	13:53 - 13:54	98
10:37 - 10:38	196	11:43 - 11:44	163	12:49 - 12:50	130	13:55 - 13:56	97
10:39 - 10:40	195	11:45 - 11:46	162	12:51 - 12:52	129	13:57 - 13:58	96
10:41 - 10:42	194	11:47 - 11:48	161	12:53 - 12:54	128	13:59 - 14:00	95
10:43 - 10:44	193	11:49 - 11:50	160	12:55 - 12:56	127	14:01 - 14:02	94
10:45 - 10:46	192	11:51 - 11:52	159	12:57 - 12:58	126	14:03 - 14:04	93
10:47 - 10:48	191	11:53 - 11:54	158	12:59 - 13:00	125	14:05 - 14:06	92
10:49 - 10:50	190	11:55 - 11:56	157	13:01 - 13:02	124	14:07 - 14:08	91
10:51 - 10:52	189	11:57 - 11:58	156	13:03 - 13:04	123	14:09 - 14:10	90
10:53 - 10:54	188	11:59 - 12:00	155	13:05 - 13:06	122	14:11 - 14:12	89
10:55 - 10:56	187	12:01 - 12:02	154	13:07 - 13:08	121	14:13 - 14:14	88
10:57 - 10:58	186	12:03 - 12:04	153	13:09 - 13:10	120	14:15 - 14:16	87
10:59 - 11:00	185	12:05 - 12:06	152	13:11 - 13:12	119	14:17 - 14:18	86
11:01 - 11:02	184	12:07 - 12:08	151	13:13 - 13:14	118	14:19 - 14:20	85
11:03 - 11:04	183	12:09 - 12:10	150	13:15 - 13:16	117	14:21 - 14:22	84
11:05 - 11:06	182	12:11 - 12:12	149	13:17 - 13:18	116	14:23 - 14:24	83
11:07 - 11:08	181	12:13 - 12:14	148	13:19 - 13:20	115	14:25 - 14:27	82
11:09 - 11:10	180	12:15 - 12:16	147	13:21 - 13:22	114	14:28 - 14:30	81
11:11 - 11:12	179	12:17 - 12:18	146	13:23 - 13:24	113	14:31 - 14:33	80
11:13 - 11:14	178	12:19 - 12:20	145	13:25 - 13:26	112	14:34 - 14:35	79
11:15 - 11:16	177	12:21 - 12:22	144	13:27 - 13:28	111	14:36 - 14:38	78
11:17 - 11:18	176	12:23 - 12:24	143	13:29 - 13:30	110	14:39 - 14:41	77
11:19 - 11:20	175	12:25 - 12:26	142	13:31 - 13:32	109	14:42 - 14:44	76
11:21 - 11:22	174	12:27 - 12:28	141	13:33 - 13:34	108	14:45 - 14:47	75
11:23 - 11:24	173	12:29 - 12:30	140	13:35 - 13:36	107	14:48 - 14:50	74
11:25 - 11:26	172	12:31 - 12:32	139	13:37 - 13:38	106	14:51 - 14:53	73
11:27 - 11:28	171	12:33 - 12:34	138	13:39 - 13:40	105	14:54 - 14:56	72
11:29 - 11:30	170	12:35 - 12:36	137	13:41 - 13:42	104	14:57 - 14:59	71
11:31 - 11:32	169	12:37 - 12:38	136	13:43 - 13:44	103	15:00	70
11:33 - 11:34	168	12:39 - 12:40	135	13:45 - 13:46	102	>15:00	0

Attachment 6

PFT CONVERSION CHARTS (1.5 MILE RUN – FEMALE) (Continued)

1.5 Mile Run for Females 30 and Over							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
11:00	200	12:05 - 12:06	167	13:11 - 13:12	134	14:17 - 14:18	101
11:01 - 11:02	199	12:07 - 12:08	166	13:13 - 13:14	133	14:19 - 14:20	100
11:03 - 11:04	198	12:09 - 12:10	165	13:15 - 13:16	132	14:21 - 14:22	99
11:05 - 11:06	197	12:11 - 12:12	164	13:17 - 13:18	131	14:23 - 14:24	98
11:07 - 11:08	196	12:13 - 12:14	163	13:19 - 13:20	130	14:25 - 14:26	97
11:09 - 11:10	195	12:15 - 12:16	162	13:21 - 13:22	129	14:27 - 14:28	96
11:11 - 11:12	194	12:17 - 12:18	161	13:23 - 13:24	128	14:29 - 14:30	95
11:13 - 11:14	193	12:19 - 12:20	160	13:25 - 13:26	127	14:31 - 14:32	94
11:15 - 11:16	192	12:21 - 12:22	159	13:27 - 13:28	126	14:33 - 14:34	93
11:17 - 11:18	191	12:23 - 12:24	158	13:29 - 13:30	125	14:35 - 14:36	92
11:19 - 11:20	190	12:25 - 12:26	157	13:31 - 13:32	124	14:37 - 14:38	91
11:21 - 11:22	189	12:27 - 12:28	156	13:33 - 13:34	123	14:39 - 14:40	90
11:23 - 11:24	188	12:29 - 12:30	155	13:35 - 13:36	122	14:41 - 14:42	89
11:25 - 11:26	187	12:31 - 12:32	154	13:37 - 13:38	121	14:43 - 14:44	88
11:27 - 11:28	186	12:33 - 12:34	153	13:39 - 13:40	120	14:45 - 14:46	87
11:29 - 11:30	185	12:35 - 12:36	152	13:41 - 13:42	119	14:47 - 14:48	86
11:31 - 11:32	184	12:37 - 12:38	151	13:43 - 13:44	118	14:49 - 14:50	85
11:33 - 11:34	183	12:39 - 12:40	150	13:45 - 13:46	117	14:51 - 14:52	84
11:35 - 11:36	182	12:41 - 12:42	149	13:47 - 13:48	116	14:53 - 14:54	83
11:37 - 11:38	181	12:43 - 12:44	148	13:49 - 13:50	115	14:55 - 14:56	82
11:39 - 11:40	180	12:45 - 12:46	147	13:51 - 13:52	114	14:57 - 14:59	81
11:41 - 11:42	179	12:47 - 12:48	146	13:53 - 13:54	113	15:00 - 15:02	80
11:43 - 11:44	178	12:49 - 12:50	145	13:55 - 13:56	112	15:03 - 15:05	79
11:45 - 11:46	177	12:51 - 12:52	144	13:57 - 13:58	111	15:06 - 15:08	78
11:47 - 11:48	176	12:53 - 12:54	143	13:59 - 14:00	110	15:09 - 15:11	77
11:49 - 11:50	175	12:55 - 12:56	142	14:01 - 14:02	109	15:12 - 15:14	76
11:51 - 11:52	174	12:57 - 12:58	141	14:03 - 14:04	108	15:15 - 15:17	75
11:53 - 11:54	173	12:59 - 13:00	140	14:05 - 14:06	107	15:18 - 15:20	74
11:55 - 11:56	172	13:01 - 13:02	139	14:07 - 14:08	106	15:21 - 15:23	73
11:57 - 11:58	171	13:03 - 13:04	138	14:09 - 14:10	105	15:24 - 15:26	72
11:59 - 12:00	170	13:05 - 13:06	137	14:11 - 14:12	104	15:27 - 15:29	71
12:01 - 12:02	169	13:07 - 13:08	136	14:13 - 14:14	103	15:30	70
12:03 - 12:04	168	13:09 - 13:10	135	14:15 - 14:16	102	>15:30	0

Attachment 7

PFT CONVERSION CHARTS (SIT-UPS – MALE)

Sit-ups (Male)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
90	150			
89	146			
88	142			
87	138	150		
86	134	146		
85	130	142		
84	127	138		
83	124	134		
82	121	130		
81	118	127		
80	115	124		
79	112	121	150	
78	109	118	146	
77	106	115	142	
76	103	112	138	
75	100	109	134	150
74	97	106	130	146
73	94	103	127	142
72	91	100	124	138
71	88	97	121	134
70	85	94	118	130
69	82	91	115	127
68	79	88	112	124
67	76	85	109	121
66	73	82	106	118
65	70	79	103	115
64	67	76	100	112

Sit-ups (Male)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
63	64	73	97	109
62	61	70	94	106
61	58	67	91	103
60	55	64	88	100
59	52	61	85	97
58	49	58	82	94
57	46	55	79	91
56	43	52	76	88
55	40	49	73	85
54	37	46	70	82
53	35	43	67	79
52	0	40	64	76
51	0	37	61	73
50	0	35	58	70
49	0	0	55	67
48	0	0	52	64
47	0	0	49	61
46	0	0	46	58
45	0	0	43	55
44	0	0	40	52
43	0	0	37	49
42	0	0	35	46
41	0	0	0	43
40	0	0	0	40
39	0	0	0	37
38	0	0	0	35
<38	0	0	0	0

Attachment 8

PFT CONVERSION CHARTS (PUSH-UPS – MALE)

Push-ups (Male)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
80	150			
79	146			
78	143	150		
77	140	146		
76	137	143		
75	134	140		
74	131	137	150	
73	128	134	146	
72	125	131	143	150
71	122	128	140	146
70	119	125	137	143
69	116	122	134	140
68	113	119	131	137
67	110	116	128	134
66	107	113	125	131
65	104	110	122	128
64	101	107	119	125
63	98	104	116	122
62	95	101	113	119
61	92	98	110	116
60	89	95	107	113
59	86	92	104	110
58	83	89	101	107
57	80	86	98	104

Push-ups (Male)				
Age	<24	25-29	30-34	35-39
# of Reps	Points	Points	Points	Points
56	77	83	95	101
55	74	80	92	98
54	71	77	89	95
53	68	74	86	92
52	65	71	83	89
51	62	68	80	86
50	59	65	77	83
49	56	62	74	80
48	53	59	71	77
47	50	56	68	74
46	47	53	65	71
45	44	50	62	68
44	41	47	59	65
43	38	44	56	62
42	35	41	53	59
41	0	38	50	56
40	0	35	47	53
39	0	0	44	50
38	0	0	41	47
37	0	0	38	44
36	0	0	35	41
35	0	0	0	38
34	0	0	0	35
<34	0	0	0	0

Attachment 9

PFT CONVERSION CHARTS (1.5 MILE RUN – MALE)

1.5 Mile Run for Males 24 and Under							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
7:50	200	8:23 - 8:23	167	9:11 - 9:12	134	10:25 - 10:27	101
7:51 - 7:51	199	8:24 - 8:24	166	9:13 - 9:14	133	10:28 - 10:30	100
7:52 - 7:52	198	8:25 - 8:25	165	9:15 - 9:16	132	10:31 - 10:33	99
7:53 - 7:53	197	8:26 - 8:26	164	9:17 - 9:18	131	10:34 - 10:36	98
7:54 - 7:54	196	8:27 - 8:27	163	9:19 - 9:20	130	10:37 - 10:39	97
7:55 - 7:55	195	8:28 - 8:28	162	9:21 - 9:22	129	10:40 - 10:42	96
7:56 - 7:56	194	8:29 - 8:29	161	9:23 - 9:24	128	10:43 - 10:45	95
7:57 - 7:57	193	8:30 - 8:30	160	9:25 - 9:26	127	10:46 - 10:48	94
7:58 - 7:58	192	8:31 - 8:31	159	9:27 - 9:28	126	10:49 - 10:51	93
7:59 - 7:59	191	8:32 - 8:32	158	9:29 - 9:30	125	10:52 - 10:54	92
8:00 - 8:00	190	8:33 - 8:33	157	9:31 - 9:32	124	10:55 - 10:57	91
8:01 - 8:01	189	8:34 - 8:34	156	9:33 - 9:34	123	10:58 - 11:00	90
8:02 - 8:02	188	8:35 - 8:35	155	9:35 - 9:36	122	11:01 - 11:03	89
8:03 - 8:03	187	8:36 - 8:36	154	9:37 - 9:38	121	11:04 - 11:06	88
8:04 - 8:04	186	8:37 - 8:37	153	9:39 - 9:40	120	11:07 - 11:09	87
8:05 - 8:05	185	8:38 - 8:38	152	9:41 - 9:42	119	11:10 - 11:12	86
8:06 - 8:06	184	8:39 - 8:39	151	9:43 - 9:44	118	11:13 - 11:15	85
8:07 - 8:07	183	8:40 - 8:40	150	9:45 - 9:45	117	11:16 - 11:18	84
8:08 - 8:08	182	8:41 - 8:42	149	9:49 - 9:50	116	11:19 - 11:21	83
8:09 - 8:09	181	8:43 - 8:44	148	9:49 - 9:50	115	11:22 - 11:24	82
8:10 - 8:10	180	8:45 - 8:46	147	9:51 - 9:52	114	11:25 - 11:27	81
8:11 - 8:11	179	8:47 - 8:48	146	9:53 - 9:54	113	11:28 - 11:30	80
8:12 - 8:12	178	8:49 - 8:50	145	9:55 - 9:56	112	11:31 - 11:33	79
8:13 - 8:13	177	8:51 - 8:52	144	9:57 - 9:58	111	11:34 - 11:36	78
8:14 - 8:14	176	8:53 - 8:54	143	9:59 - 10:00	110	11:37 - 11:39	77
8:15 - 8:15	175	8:55 - 8:56	142	10:01 - 10:03	109	11:40 - 11:42	76
8:16 - 8:16	174	8:57 - 8:58	141	10:04 - 10:06	108	11:43 - 11:45	75
8:17 - 8:17	173	8:59 - 9:00	140	10:07 - 10:09	107	11:46 - 11:48	74
8:18 - 8:18	172	9:01 - 9:02	139	10:10 - 10:12	106	11:49 - 11:51	73
8:19 - 8:19	171	9:03 - 9:04	138	10:13 - 10:15	105	11:52 - 11:54	72
8:20 - 8:20	170	9:05 - 9:06	137	10:16 - 10:18	104	11:55 - 11:57	71
8:21 - 8:21	169	9:07 - 9:08	136	10:19 - 10:21	103	11:58 - 12:00	70
8:22 - 8:22	168	9:09 - 9:10	135	10:22 - 10:24	102	>12:00	0

Attachment 9

PFT CONVERSION CHARTS (1.5 MILE RUN – MALE) (Continued)

1.5 Mile Run for Males 25-29							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
08:20	200	08:53 - 08:53	167	09:41 - 09:42	134	10:55 - 10:57	101
08:21 - 08:21	199	08:54 - 08:54	166	09:43 - 09:44	133	10:58 - 11:00	100
08:22 - 08:22	198	08:55 - 08:55	165	09:45 - 09:46	132	11:01 - 11:03	99
08:23 - 08:23	197	08:56 - 08:56	164	09:47 - 09:48	131	11:04 - 11:06	98
08:24 - 08:24	196	08:57 - 08:57	163	09:49 - 09:50	130	11:07 - 11:09	97
08:25 - 08:25	195	08:58 - 08:58	162	09:51 - 09:52	129	11:10 - 11:12	96
08:26 - 08:26	194	08:59 - 08:59	161	09:53 - 09:54	128	11:13 - 11:15	95
08:27 - 08:27	193	09:00 - 09:00	160	09:55 - 09:56	127	11:16 - 11:18	94
08:28 - 08:28	192	09:01 - 09:01	159	09:57 - 09:58	126	11:19 - 11:21	93
08:29 - 08:29	191	09:02 - 09:02	158	09:59 - 10:00	125	11:22 - 11:24	92
08:30 - 08:30	190	09:03 - 09:03	157	10:01 - 10:02	124	11:25 - 11:27	91
08:31 - 08:31	189	09:04 - 09:04	156	10:03 - 10:04	123	11:28 - 11:30	90
08:32 - 08:32	188	09:05 - 09:05	155	10:05 - 10:06	122	11:31 - 11:33	89
08:33 - 08:33	187	09:06 - 09:06	154	10:07 - 10:08	121	11:34 - 11:36	88
08:34 - 08:34	186	09:07 - 09:07	153	10:09 - 10:10	120	11:37 - 11:39	87
08:35 - 08:35	185	09:08 - 09:08	152	10:11 - 10:12	119	11:40 - 11:42	86
08:36 - 08:36	184	09:09 - 09:09	151	10:13 - 10:14	118	11:43 - 11:45	85
08:37 - 08:37	183	09:10 - 09:10	150	10:15 - 10:16	117	11:46 - 11:48	84
08:38 - 08:38	182	09:11 - 09:12	149	10:17 - 10:18	116	11:49 - 11:51	83
08:39 - 08:39	181	09:13 - 09:14	148	10:19 - 10:20	115	11:52 - 11:54	82
08:40 - 08:40	180	09:15 - 09:16	147	10:21 - 10:22	114	11:55 - 11:57	81
08:41 - 08:41	179	09:17 - 09:18	146	10:23 - 10:24	113	11:58 - 12:00	80
08:42 - 08:42	178	09:19 - 09:20	145	10:25 - 10:26	112	12:01 - 12:03	79
08:43 - 08:43	177	09:21 - 09:22	144	10:27 - 10:28	111	12:04 - 12:06	78
08:44 - 08:44	176	09:23 - 09:24	143	10:29 - 10:30	110	12:07 - 12:09	77
08:45 - 08:45	175	09:25 - 09:26	142	10:31 - 10:33	109	12:10 - 12:12	76
08:46 - 08:46	174	09:27 - 09:28	141	10:34 - 10:36	108	12:13 - 12:15	75
08:47 - 08:47	173	09:29 - 09:30	140	10:37 - 10:39	107	12:16 - 12:18	74
08:48 - 08:48	172	09:31 - 09:32	139	10:40 - 10:42	106	12:19 - 12:21	73
08:49 - 08:49	171	09:33 - 09:34	138	10:43 - 10:45	105	12:22 - 12:24	72
08:50 - 08:50	170	09:35 - 09:36	137	10:46 - 10:48	104	12:25 - 12:27	71
08:51 - 08:51	169	09:37 - 09:38	136	10:49 - 10:51	103	12:28 - 12:30	70
08:52 - 08:52	168	09:39 - 09:40	135	10:52 - 10:54	102	>12:30	0

Attachment 9

PFT CONVERSION CHARTS (1.5 MILE RUN – MALE) (Continued)

1.5 Mile Run for Males 30 and Over							
TIME	Points	TIME	Points	TIME	Points	TIME	Points
08:50	200	09:23 - 09:23	167	10:11 - 10:12	134	11:25 - 11:27	101
08:51 - 08:51	199	09:24 - 09:24	166	10:13 - 10:14	133	11:28 - 11:30	100
08:52 - 08:52	198	09:25 - 09:25	165	10:15 - 10:16	132	11:31 - 11:33	99
08:53 - 08:53	197	09:26 - 09:26	164	10:17 - 10:18	131	11:34 - 11:36	98
08:54 - 08:54	196	09:27 - 09:27	163	10:19 - 10:20	130	11:37 - 11:39	97
08:55 - 08:55	195	09:28 - 09:28	162	10:21 - 10:22	129	11:40 - 11:42	96
08:56 - 08:56	194	09:29 - 09:29	161	10:23 - 10:24	128	11:43 - 11:45	95
08:57 - 08:57	193	09:30 - 09:30	160	10:25 - 10:26	127	11:46 - 11:48	94
08:58 - 08:58	192	09:31 - 09:31	159	10:27 - 10:28	126	11:49 - 11:51	93
08:59 - 08:59	191	09:32 - 09:32	158	10:29 - 10:30	125	11:52 - 11:54	92
09:00 - 09:00	190	09:33 - 09:33	157	10:31 - 10:32	124	11:55 - 11:57	91
09:01 - 09:01	189	09:34 - 09:34	156	10:33 - 10:34	123	11:58 - 12:00	90
09:02 - 09:02	188	09:35 - 09:35	155	10:35 - 10:36	122	12:01 - 12:03	89
09:03 - 09:03	187	09:36 - 09:36	154	10:37 - 10:38	121	12:04 - 12:06	88
09:04 - 09:04	186	09:37 - 09:37	153	10:39 - 10:40	120	12:07 - 12:09	87
09:05 - 09:05	185	09:38 - 09:38	152	10:41 - 10:42	119	12:10 - 12:12	86
09:06 - 09:06	184	09:39 - 09:39	151	10:43 - 10:44	118	12:13 - 12:15	85
09:07 - 09:07	183	09:40 - 09:40	150	10:45 - 10:46	117	12:16 - 12:18	84
09:08 - 09:08	182	09:41 - 09:42	149	10:47 - 10:48	116	12:19 - 12:21	83
09:09 - 09:09	181	09:43 - 09:44	148	10:49 - 10:50	115	12:22 - 12:24	82
09:10 - 09:10	180	09:45 - 09:46	147	10:51 - 10:52	114	12:25 - 12:27	81
09:11 - 09:11	179	09:47 - 09:48	146	10:53 - 10:54	113	12:28 - 12:30	80
09:12 - 09:12	178	09:49 - 09:50	145	10:55 - 10:56	112	12:31 - 12:33	79
09:13 - 09:13	177	09:51 - 09:52	144	10:57 - 10:58	111	12:34 - 12:36	78
09:14 - 09:14	176	09:53 - 09:54	143	10:59 - 11:00	110	12:37 - 12:39	77
09:15 - 09:15	175	09:55 - 09:56	142	11:01 - 11:03	109	12:40 - 12:42	76
09:16 - 09:16	174	09:57 - 09:58	141	11:04 - 11:06	108	12:43 - 12:45	75
09:17 - 09:17	173	09:59 - 10:00	140	11:07 - 11:09	107	12:46 - 12:48	74
09:18 - 09:18	172	10:01 - 10:02	139	11:10 - 11:12	106	12:49 - 12:51	73
09:19 - 09:19	171	10:03 - 10:04	138	11:13 - 11:15	105	12:52 - 12:54	72
09:20 - 09:20	170	10:05 - 10:06	137	11:16 - 11:18	104	12:55 - 13:57	71
09:21 - 09:21	169	10:07 - 10:08	136	11:19 - 11:21	103	12:58 - 13:00	70
09:22 - 09:22	168	10:09 - 10:10	135	11:22 - 11:24	102	>13:00	0

Attachment 10

SAMPLE MEMORANDUM, ENTRY INTO PHASE 0

(Appropriate Letterhead)

(date)

MEMORANDUM FOR (Cadet)

FROM: (Unit Commander)

SUBJECT: Entry Into Weight and Body Fat Management Program (WBFMP), Phase 0

1. AFOATSI 36-2007, *AFOATS Weight and Fitness Programs*, defines Air Force ROTC body fat standards and requires contract cadets to maintain their body fat percentage at or below the appropriate standard. Your maximum allowable body fat percentage is (20 percent for men 29 years old and younger, 24 percent for men 30 years old and older, 28 percent for women 29 years old and younger, and 32 percent for women 30 years old and older.). As of _____ (date), your body fat percentage was _____ percent and your weight was _____ pounds. Because you exceeded your maximum body fat percentage by no more than 1.0%, I am placing you in Phase 0 of the Air Force ROTC Weight and Body Fat Management Program.

2. You will be measured approximately 30 calendar days from today to monitor your body fat percentage. At that time you will enter Phase I (if you are still above your maximum body fat standard) or Phase II of the WBFMP (if you are at or below your maximum body fat standard).

3. You are encouraged to seek nutrition and exercise counseling to assist you in safe, healthy weight and body fat loss. Additionally, you are encouraged to participate in a regular exercise program. You should understand regular exercise and a sensible nutrition plan complement each other and provide a safe, effective method for you to reach your body fat standard.

4. Your recheck is scheduled for _____ (date and time).

5. Acknowledge receipt and understanding below.

(Signature of Unit Commander)

1st Ind, (Cadet)

(date)

TO: (Unit Commander)

I understand I am entered into Phase 0 of the WBFMP. I will be given approximately 30 calendar days to reduce my body fat to a point at or below my maximum body fat standard. At that time I will be placed in Phase I, if I am still above my maximum, or Phase II of the WBFMP, if I am at or below my maximum body fat standard. I am to report for 30-day recheck on _____ (date and time). I understand I am encouraged to seek nutrition and exercise counseling and to begin an exercise program to complement my nutrition plan.

(Signature of Cadet)

Attachment 11

SAMPLE MEMORANDUM, ENTRY INTO PHASE I

(Appropriate Letterhead)

(date)

MEMORANDUM FOR (Cadet)

FROM: (Unit Commander)

SUBJECT: Entry Into Weight and Body Fat Management Program (WBFMP), Phase I

1. AFOATSI 36-2007 defines Air Force ROTC body fat standards and requires members to maintain their body fat percentage at or below the appropriate standard. Your maximum allowable body fat percentage is (20 percent for men 29 years old and younger, 24 percent for men 30 years old and older, 28 percent for women 29 years old and younger, and 32 percent for women 30 years old and older.). As of _____ (date), your body fat percentage was _____ percent and your weight was _____ pounds. Because you exceeded your maximum body fat percentage by ___ percent, I am placing you in Phase I of the Air Force ROTC Weight and Body Fat Management Program.

2. You are expected to lose at least one percent body fat or five pounds (men)/three pounds (women) each month to make satisfactory progress. You will be measured approximately every 30-calendar days to monitor your weight and body fat percentage. You will not be required to come in for measurements during school breaks; however, you will be expected to make satisfactory progress during such breaks. You will continue in Phase I of the WBFMP for a minimum of two months until your body fat percentage is at or below the maximum, regardless of your weight loss. It is important for you to understand, failure to make satisfactory progress will result in further administrative actions.

3. You are encouraged to seek nutrition and exercise counseling to assist you in safe, healthy weight and body fat loss. Additionally, you are encouraged to participate in a regular exercise program. You should understand regular exercise and a sensible nutrition plan complement each other and provide a safe, effective method for you to reach your body fat standard.

4. Your first weight/body fat check is scheduled for _____ (date and time).

5. Acknowledge receipt and understanding below.

(Signature of Unit Commander)

1st Ind, (Cadet)

(date)

TO: (Unit Commander)

I understand I have been entered into Phase I of the WBFMP. I must lose at least one percent body fat or five pounds (men)/three pounds (women) each month to make satisfactory progress. I must make satisfactory progress during school breaks. I must reduce my body fat to a point at or below the maximum body fat standard to successfully complete Phase I and enter into Phase II of the WBFMP. I am to report for my next weight check _____ (date and time). I understand I am encouraged to seek nutrition and exercise counseling and begin an exercise program to complement my nutrition plan. I also understand failure to make satisfactory progress will result in further administrative action.

(Signature of Cadet)

Attachment 12**SAMPLE MEMORANDUM, ENTRY INTO PHASE II****(Appropriate Letterhead)**

(date)

MEMORANDUM FOR (Cadet)

FROM: (Unit Commander)

SUBJECT: Entry Into Weight and Body Fat Management Program (WBFMP), Phase II

1. Congratulations on successfully completing Phase ___ (0 or I) of the WBFMP. Effective this date, you are entered into a six-month observation period known as Phase II of the WBFMP. During this time you will be weighed and have a body fat measurement approximately every 30 calendar days.
2. It is important for you to understand, exceeding your maximum body fat percentage during, or at any point after completing Phase II will result in immediate entry into Phase I and further administrative action.
3. I encourage you to continue a regular exercise program, and to use nutritional and physical conditioning information and counseling to help you maintain your healthy lifestyle.
4. Acknowledge receipt and understanding below.

(Signature of Unit Commander)

1st Ind, (Cadet)

(date)

TO: (Unit Commander)

Receipt acknowledged. I understand I will be weighed and have a body fat measurement taken approximately every 30 calendar days while in Phase II of the WBFMP. I also understand failure to meet body fat standards while in, or at any point after completing Phase II will result in immediate entry into Phase I and further administrative action. In the event the six-month period expires during an institution break, I will be weighed and body fat measured upon return to the institution. I must meet body fat standards in order to be removed from Phase II.

(Signature of Cadet)

Attachment 13

**SAMPLE MEMORANDUM, VARSITY SPORT
BODY FAT STANDARD ADJUSTMENT REQUEST**

(date)

MEMORANDUM FOR DET _____ COMMANDER

FROM: Name of Licensed Physician

SUBJECT: Weight and/or Body Fat Adjustment for (Cadet's Name)

1. I have examined (cadet's name) and reviewed the memorandum from his/her coach recommending an optimal weight/body fat percentage range to be competitive in (name of varsity sport). I agree/disagree with this recommendation.
2. (If the physician disagrees state the reason and the weight/body fat percentage the physician recommends.)

Signature
Name of Physician

Attachment:
Varsity Coach's Recommendation

Attachment 14**SAMPLE STATEMENT FOR VARSITY SPORT****BODY FAT STANDARD ADJUSTMENT**

Counsel the cadet on an AFOATS Form 16 using the following verbiage:

I, (name) have been counseled my weight/body fat percentage standard is adjusted to _____. I am responsible to provide the detachment Weight and Body Fat Management Program (WBFMP) monitor with a written evaluation of my percent body fat from my varsity sports coach, using the Gulick tape measure not later than the ____ day of each term in order to meet required term weight/body fat measurement standards. If I exceed the approved body fat waiver standard I will enter Phase 0 or Phase I of the WBFMP in accordance with AFOATSI 36-2007. If I should quit the varsity sport, no longer retain eligibility for the sport, or finish playing my last season I will go into Phase I of the WBFMP in accordance with AFOATSI 36-2007. I will remain in Phase I for a minimum of two months until I am at or below my maximum allowable percent body fat using the Air Force body fat measurement procedure outlined in AFI 40-502 and guidance in AFOATSI 36-2007. Failure to make satisfactory progress in Phase I of WBFMP will result in further administrative action. After successfully completing Phase I of the WBFMP, I will enter Phase II. Failure to maintain body fat standards while in Phase II will result in immediate placement into Phase I and further administrative action. I understand I will not be allowed to commission until meeting Air Force body fat standards in accordance with AFOATSI 36-2007.