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Operations

**AIR NATIONAL GUARD (ANG) FITNESS
PROGRAM**

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This instruction implements the fitness component of Air Force Policy Directive (AFPD) 40-5, Fitness and Weight Management and AFPD 10-2, Readiness. It includes portions of Air Force Instruction (AFI) 10-248, Fitness Program. It complements the physical fitness requirements of Department of Defense (DoD) Directives 1308.1, DoD Physical Fitness and Body Fat Program, 20 July 1995 and DoDI 1308.3, DoD Physical Fitness and Body Fat Programs Procedures, 5 November 2002. This instruction outlines the Air National Guard Fitness Program (ANGFP). It applies to all Air National Guard (ANG) Title 32 Active Guard Reserve (AGR) and Traditional Guard members. Title 10 Stat Tour ANG members will follow **Chapter 9** of this ANGI. This instruction requires the collection and maintenance of information protected by the Privacy Act of 1974. Ensure that all records created as a result of prescribed processes are maintained in accordance with AFMAN 37-123, Management of Records, and disposed of in accordance with AFMAN 37-139, Records Disposition Schedule. The authority to collect and maintain the records prescribed in this instruction is Title 10, United States Code, Section 8013. Privacy Act System of Records Notice F035 AF MPN applies. Submit comments and suggested improvements on AF 847, Recommendation for Change of Publication, through Wing and Joint Force Headquarters, State to ANG Air Surgeon (ANG/SG), 3500 Fetchet Avenue, Andrews AFB, Maryland, 20762-5157.

Privacy Act System of Records notice F044 AF SG N, Physical Fitness File applies. Maintain and dispose of all records created as a result of the prescribed processes in the ANGI in accordance with AFMAN 37-139. **Attachment 1** is a glossary of references, equipment required for assessments and supporting information.

SUMMARY OF REVISIONS

This document is substantially revised and must be completely reviewed.

This instruction does not supersede current accession standards.

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Chapter 1

GENERAL INFORMATION

1.1. Purpose. The keystone of the ANGFP is health promotions. All members of the Air National Guard (ANG) must be physically fit to support the increasing and challenging deployment requirements of the DoD mission. Physical fitness is to human performance as fine-tuning is to an engine, (i.e., it is a performance enhancer). More specifically it is the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well being. A healthy, physically fit force will incur fewer significant injuries and illnesses. Resultant decrease in manpower loss will substantially increase mission accomplishment capability. The goal of the ANGFP is to motivate all members to participate in a year-round physical conditioning program emphasizing total fitness to meet mission requirements and deliver a fit and healthy force. Members are given information needed to develop physical conditioning programs and are expected to maintain an adequate level of physical fitness at all times. Air National Guard members will be assessed annually to ensure that each member meets ANGFP standards. The results will provide commanders with a web-based, nationally recognized tool to assist in the determination of the overall fitness of their military personnel.

1.1.1. The ANGFP is designed to assess physical fitness, not to assess the overall wellness (health) of ANG members, (i.e., the cardiovascular assessment does not assess the presence or absence of cardiovascular disease). The program in no way replaces a regular health evaluation by an individual's primary physician (private healthcare provider) to determine disease risk.

1.1.2. Failure to accomplish a scheduled annual fitness assessment may result in administrative action.

1.1.3. Failure to remain current for the fitness assessment or not meeting ANGFP standards should not restrict ANG members from being deployed. However, commanders at all levels should seriously consider alternatives to deploying individuals who do not meet the standards since these individuals pose an increased risk of injury/illness.

1.1.4. The Fitness Assessment Preparation Handout, Fitness Assessment Questionnaire (FAQ), Unit Fitness Program Manager Fitness Assessment Checklist, Fitness Improvement Program (FIP), Fitness Improvement Program Progress Chart, Physical Fitness Education and Intervention Processing and health promotions information will be available on the ANG Fitness web site (<http://angfitness.com>) for download and distribution. A printed or digital copy of the results will be provided to each member within thirty days following completion of the ANG fitness assessment.

Chapter 2

RESPONSIBILITIES

2.1. United States Air Force (USAF) Chief of Staff (CSAF). Directs implementation of the program.

2.2. USAF Surgeon General (AF/SG).

2.2.1. Develops fitness policy.

2.2.2. Directs training programs and software development to support the Fitness Program (FP).

2.2.3. Directs research programs to further FP initiatives, testing methods, and fitness standards.

2.2.4. Programs and resources medical aspects of the FP.

2.2.5. Recommends fitness standard modifications to the CSAF.

2.2.6. Conducts annual review of program standards and requirements; provides annual report of findings to the CSAF with recommendations for program improvement.

2.2.7. Collaborates with Air Force Director of Personnel (AF/DP), and Air Education and Training Command/Commander(AETC/CC) on matters relating to fitness policy.

2.3. Air National Guard, Surgeon General (ANG/SG).

2.3.1. Develops fitness policy for the ANG.

2.3.2. Collaborates with Air National Guard, Director of Personnel (ANG/DP) on matters relating to fitness policy and administrative actions.

2.3.3. Provides direction and program support for the ANGFP.

2.3.4. Reports statistical data required by DoDI 1308.3 on physical fitness testing and body composition.

2.3.5. Prepares, updates and coordinates training and materials for ANGFP intervention and education programs.

2.3.6. Provides functional expertise to support development and maintenance of the fitness software application.

2.3.7. Coordinates with Air Force Medical Support Agency (AFMSA) Consultant for Nutrition and Dietetics in distribution of nutrition education training materials targeting weight gain and prevention, weight loss and maintenance of weight loss as well as training materials on fitness.

2.3.8. Coordinates with AFMSA for training quotas for fitness courses at the United States Air Force School of Aerospace Medicine (USAFSAM).

2.4. The Adjutant General (TAG) and State Joint Force Headquarters. Ensures compliance with the ANGFP in all units under their jurisdiction and the adherence to all procedures specified. Respective State Joint Force Headquarters will review the fitness management reports to ensure personnel have met the fitness requirements established in the instruction.

2.5. Wing Commander or equivalent (CC).

- 2.5.1. Provides an environment that supports and motivates a healthy lifestyle through optimal fitness and nutrition.
- 2.5.2. Encourages and supports unit fitness programs.
- 2.5.3. Oversees the overall base fitness program. Appoints base Fitness Program Manager (FPM) and ensures a Unit Fitness Program Manager (UFPM) is appointed for every unit.
- 2.5.4. Determines and programs for appropriate staff, facilities, equipment, resources and funds to maintain physical training programs, fitness testing and Fitness Improvement Program (FIP).
 - 2.5.4.1. Makes every effort to provide a fitness assessment facility where assessments can be conducted under the supervision of the FPM/UFPM.
 - 2.5.4.1.1. For sub maximal three minute step test, recommend 48 square feet (6' x 8') of floor space for each assessment station. Two people will occupy each station with a total of 50 assessment stations.
 - 2.5.4.2. Approves 1.5 mile run testing course with input from the FPM and Services.
- 2.5.5. Reviews unit fitness management reports at least quarterly; ensures all personnel have accomplished an annual fitness assessment.
- 2.5.6. Ensures ANG fitness assessment standards and procedures are administered equitably throughout the base.
- 2.5.7. Ensures education and training of FPM and UFPMs.
- 2.5.8. Makes necessary arrangements to ensure adequate and safe physical training for all ANG members (to include Geographically Separated Units {GSUs}).

2.6. Commander, Base Medical Services.

- 2.6.1. Appoints a medical provider(s) as the Medical Liaison Officer(s) (MLO). The MLO will also act as the medical advisor for the ANGFP, FIP, commanders and FPM/UFPMs.
- 2.6.2. Appoints a Health Promotions Manager (HPM).

2.7. Installation Services Commander.

- 2.7.1. Ensure Services personnel assigned to fitness positions within Services Unit Type Codes are adequately trained to support fitness and sports programs at deployed locations.
 - 2.7.1.1. Ensures these personnel are trained to the requirements of AFI 10-248, *Fitness Program*, to include Cooper Training, FPM training, assisting with developing and leading group exercise, leading FIP classes, etc.
- 2.7.2. Ensures that all fitness personnel attend continuing fitness education locally or from an active duty FPM at least annually.
- 2.7.3. Provide advice and assistance to the installation commander to ensure adequate fitness facilities are in place to support in-garrison fitness requirement.
- 2.7.4. Ensures Food Service Manager provides healthy and low fat meals and a healthy eating awareness program at Services Dining facilities in garrison. Coordinate efforts with medical unit on base and FPM.

2.8. Fitness Program Manager (FPM).

- 2.8.1. Develops the annual fitness assessment schedule for units and GSUs based on proposed unit deployment schedules and input by individual units. Ensures that all units have adequate time to accomplish testing annually.
- 2.8.2. Facilitates environmental assessment and community-based education to encourage and support physical fitness.
 - 2.8.2.1. Attends training programs as they become available.
- 2.8.3. Develops local procedures for the 1.5-mile timed run in accordance with (IAW) [Attachment 10](#).
- 2.8.4. Notifies UFPM of unit testing dates.
- 2.8.5. Trains UFPMs to conduct fitness assessments to include use of the Unit Fitness Program Manager Fitness Assessment Checklist.
- 2.8.6. Personally oversees fitness assessments on a regular basis and performs quality assurance checks on each UFPM at least annually.
- 2.8.7. Oversees FIP administration and provides guidance.
- 2.8.8. Ensures internet capability is available in order to access the web-based fitness assessment program with the assistance of the base Communications Flight.
- 2.8.9. Ensures appropriate levels of access (for management reports, data entry, etc.) to the fitness program to include, but not limited to, commanders, UFPMs, MLO, and members, maintains password integrity.
- 2.8.10. Ensures fitness assessment equipment is procured, maintained, and replaced as needed.
- 2.8.11. Schedules periodic fitness education presentations for commander's staff meetings.
- 2.8.12. Requests necessary computer products for the support of the fitness program. Compiles/analyzes data from the fitness assessment management report and prepares appropriate statistics or reports as required by the Wing Commander or equivalent or as otherwise requested.
- 2.8.13. Communicates with the wing Medical Services (MLO/HPM), Services, Military Personnel Flight (MPF), and ANG/SG as appropriate.

2.9. Medical Liaison Officer (MLO).

- 2.9.1. Screens members referred by the FPM, UFPM or other medical providers for clearance to undergo fitness assessment and exercise regimens. [Attachment 2](#)
- 2.9.2. Evaluates and exempts members with medical conditions, that preclude fitness assessment and/or exercise regimens using AF 422, *Physical Profile Serial Report*. Includes on all exemptions and profiles those physical fitness activities which can be performed as well as those, that are restricted. Documents the medical reason for the physical profile on a SF 600, *Chronological Record of Medical Care*, in the member's medical record.
- 2.9.3. Ensures members medically exempted from fitness assessments receive appropriate consideration for medical profile and/or Medical Evaluation Board (MEB) when indicated by AFI 48-123.

2.9.4. Notifies UFPM of members medically exempted from fitness assessment, including expiration date of exemption. [Attachment 2](#)

2.9.5. Provides medical consultation and assistance to the FPM/UFPM and unit commanders.

2.9.6. Recommends further medical evaluation for individuals if potential physical problems are identified. AGR personnel will be referred to the nearest active duty facility or TRICARE provider and drill status members will be referred to their private physician.

2.9.7. Establishes process that ensures information is updated/validated during Reserve Component Periodic Health Assessment (RCPHA) appointments.

2.10. Unit/Squadron Commander.

2.10.1. Oversees the administration of the fitness assessment and improvement programs at the unit level.

2.10.2. Assesses overall work environment to cultivate physical activity and a healthy eating culture and supports of optimal nutrition, fitness and time to exercise during duty hours.

2.10.3. Encourages and supports unit fitness programs as mission requirements allow for all ANG members. AGR members are permitted up to 90 minutes of duty time for physical training three to five times weekly. Members in drill status (Traditional Guard members) are entitled to fitness time during UTAs depending on mission requirements.

2.10.4. Ensures all assigned or attached unit personnel accomplish an annual fitness assessment and meet fitness improvement program requirements.

2.10.5. Ensures all personnel are in appropriate military status for fitness assessment.

2.10.6. Appoints UFPM(s) and Fitness Assessment Monitors (FAMs) in writing and forwards a copy of appointment letter to the FPM.

2.10.6.1. Appoints the UFPM for no less than one year duration.

2.10.7. Ensures members who are unable to meet fitness standards are directed to engage in the FIP program.

2.10.8. Administers personnel actions of the program. [Attachment 15](#)

2.10.8.1. Ensures all assigned or attached unit personnel are in compliance with all fitness program requirements (e.g. unit physical training (if in place), scheduled fitness assessments, Health Promotion (HP) classes and FIP accordingly. Takes appropriate administrative action when an individual fails to accomplish a scheduled fitness assessment, attend a scheduled HP appointment, or maintain required documentation of exercise while on the FIP.

2.10.9. Establishes a mechanism to recognize personnel who attain/maintain an excellent fitness level and/or make significant improvement.

2.11. Deployed Unit Commander.

2.11.1. Provides environment that supports and motivates a healthy lifestyle.

2.11.2. Appoints a deployed unit physical training leader that is adequately trained, to facilitate physical training program.

2.11.3. Ensures personnel enrolled in FIP continue to meet program requirements, if feasible.

2.12. Unit Fitness Program Manager (UFPM).

2.12.1. Administers and executes the ANGFP for the unit. Conducts assessment in accordance with this instruction and the Unit Fitness Program Manager Fitness Assessment Checklist on the ANG Fitness web site (<http://angfitness.com>).

2.12.1.1. Completes UFPM training by the FPM before administering assessments.

2.12.1.2. Notifies the FPM of unit deployment dates/readiness exercises to coordinate unit assessment scheduling.

2.12.1.3. Schedules individual unit members for fitness assessments upon notification from the FPM that the unit is scheduled for testing.

2.12.1.4. Provides a copy of the Fitness Assessment Preparation Handout along with the Fitness Assessment Questionnaire at least three months before the member reports for scheduled assessment to allow medical evaluation to be completed if there are any problems. This handout can be obtained from the ANG Fitness web site (<http://angfitness.com>).

2.12.1.4.1. Ensures member's fitness assessment results are entered into the assessment database.

2.12.2. Maintains files for fitness information paperwork.

2.12.2.1. Ensures the unit's information file contains, for each individual, a signed Fitness Assessment Questionnaire.

2.12.3. Refers members with any "YES" answers to any questions indicated with an asterisk (*) on the Fitness Assessment Questionnaire to the member's private health care provider/MLO for further screening and evaluation prior to clearance for fitness assessment. The medical clearance letter will be maintained in the fitness information file for that individual. **Attachment 2**

2.12.3.1. Member is not required to reveal to the UFPM which of the answers is "YES" from the Fitness Assessment Questionnaire. Member will need to see the MLO for evaluation or they can be evaluated by their private health care provider at the member's own cost. If members decide to be evaluated by their own private health care provider a copy of the evaluation must be provided to the medical squadron/MLO for possible exemption before taking the assessment (without cancellation of testing).

2.12.4. Notifies members who do not meet fitness assessment standards and enters them into FIP, using NGB 108, *Fitness Improvement Program Processing*. Member must endorse the NGB 108 in the presence of the UFPM and the unit commander. UFPM will give the member a copy and file the original.

2.12.5. Distributes and explains the use of NGB 107, *Fitness Improvement Program Progress Chart*, AF 1975, *Fitness Improvement Activity Log-Aerobic Training*, or electronic record to FIP participants.

2.12.5.1. Tracks and reviews, at least quarterly, documentation of members' physical conditioning participation in FIP.

2.12.6. Schedules members who do not meet the ANG fitness assessment standards with the Health Promotion Manager (HPM) and enrollment into the FIP. (NGB 108).

2.12.7. Notifies the unit commander of members failing to attend scheduled testing, not meeting fitness standards or failing to participate in FIP training session.

2.12.8. Notifies unit commander of members failing to meet fitness standards during re-assessment after six months in FIP.

2.12.8.1. Coordinates FPM/MLO consultation, at the commander's request, prior to commander action.

2.12.9. Ensures exempted member's personal fitness information file contains letter(s) documenting medical or commander exemption from fitness assessment. **Attachment 3**.

2.12.9.1. Tracks onset and expiration dates of exemptions.

2.12.10. Schedules members for fitness assessment and coordinates use of equipment with the FPM upon expiration of medical or commander exemption.

2.12.11. Tracks personnel who are temporary duty (TDY) during unit scheduled fitness assessments. Schedules member for assessment prior to TDY or deployment.

2.12.12. Required to have communication capability to access emergency medical response (e.g., cell phone or hand held radio).

2.12.13. Ensures Fitness Assessment Monitors (FAMs) are trained to assist with the ANGFP.

2.12.14. Ensures that each examinee is provided a printed copy of testing results and notifies members whose scores place them in the marginal/poor fit categories during the Unit Training Assembly (UTA) in which they failed or at least the next UTA.

2.12.14.1. Provides members whose composite scores are less than 75 with information on how to access FP educational tools.

2.12.15. Ensures members that are exempt from testing are entered into the fitness database as such. Input all data obtained from the assessment into the fitness assessment database.

2.12.16. Provides fitness metrics and unit status report to the unit commander/unit leaders quarterly.

2.12.17. Maintains a good/excellent level of fitness.

2.13. Fitness Assessment Monitor (FAM).

2.13.1. Assists UFPM with administering the fitness assessment and inputting of data into database.

2.13.2. Refers members with questions concerning their assessment, the fitness program, safety or medical conditions to the UFPM.

2.13.3. Maintains a good/excellent fitness level.

2.14. Physical Training (PT) Leader (Optional).

2.14.1. Attends an initial PT leader course instructed by Health and Wellness Center (HAWC) staff, if available at collocated bases. The PT Leader can also download the information available on the website prior to overseeing and conducting the unit fitness program.

2.14.2. Attends PT leader fitness center orientation. (If available at collocated AF/ANG bases)

2.14.3. Completes Cardiopulmonary Resuscitation (CPR) training. Automated External Defibrillator (AED) training recommended.

2.14.4. Leads unit PT program that is approved by the unit commander and the FPM.

2.14.5. Oversees and assists with unit fitness assessments.

2.14.6. Maintains good/excellent fitness level.

2.15. Health Promotions Manager (HPM).

2.15.1. Meets with members who are enrolled in FIP and provides exercise and nutrition information from the ANG Fitness web site (<http://angfitness.com>).

2.15.1.1. Encouraged to attend training programs when available.

2.15.2. Annotates completion of session on NGB 108.

2.16. Director of Military Personnel Flight.

2.16.1. Appoints an installation personnel consultant for the ANGFP.

2.16.1.1. Functions as consultant to unit commanders on personnel actions.

2.16.1.2. Conducts Staff Assistant Visits to evaluate administrative aspects of the program, as requested.

2.17. Immediate Supervisor/First Sergeant.

2.17.1. Participates, supports, and promotes an overall understanding among personnel regarding the ANGFP.

2.17.2. Allows an AGR member up to 90 minutes of duty time (not including lunch times) for physical training three to five times weekly (minimum of three times weekly). In cases where mission prohibits a member from participating in physical training, the commander should be notified. Members in drill status (traditional Guard members) are entitled to fitness time during UTAs depending on mission requirements.

2.17.3. Promotes participation in unit physical fitness training (if a program is in place).

2.17.4. Ensures all subordinates complete scheduled fitness assessment and attend all required education/intervention appointments.

2.18. ANG Members.

2.18.1. Annually meet ANGFP assessment standards and maintain standards through participation in a personal fitness program and any applicable unit physical fitness-training program that may exist throughout their military service.

2.18.2. Attends all required FP appointments.

2.18.3. Must keep their initial appointment if entered into FIP with the health promotions manager. Failure to comply may subject member to administrative action.

2.18.4. Must provide the NGB 107, AF 1975, or equivalent showing participation in a self paced fitness conditioning program, to the UFPM for review quarterly if entered in the FIP program.

2.18.5. Consults with private healthcare provider if they have concerns or conditions that affect safe participation in a personal fitness training program or FP assessment. Member should do this in advance of required testing to preclude cancellation of testing. Member should bring documentation from their healthcare provider to the MLO if their healthcare provider recommends any restrictions or modifications to the fitness testing or personnel fitness program due to a medical condition.

Chapter 3

UNIT PHYSICAL FITNESS TRAINING PROGRAM

3.1. General. Commander-driven physical fitness training is the backbone of the ANGFP. The program promotes aerobic and muscular fitness, flexibility, and optimal body composition of each member of the unit.

3.2. Duty Time. Must include physical training as an integral part of mission requirements, allowing an AGR member up to 90 minutes of duty time for physical training at a minimum three times weekly where mission allows.

3.2.1. The program will meet the current ability level of the members while encouraging and challenging members to progress to a higher fitness level.

3.2.2. The 1.5-mile timed run, three minute step test, abdominal circumference, push-up and sit-up/crunch (term used interchangeably) tests are designed as a measurement of the effectiveness of the physical training program. However, training should not be limited to these test activities.

3.2.3. The unit fitness program should incorporate the *Physical Fitness Guidelines*, **Attachment 4**, to develop general fitness, prevent boredom, and decrease repetitive strain injuries. Sample unit physical training programs are provided in **Attachment 5**.

3.2.4. Group sporting events such as volleyball, softball, etc. may be considered for esprit de corps, but not as a group physical training program.

3.3. Safety. Must be an overarching concern throughout physical training and testing.

3.3.1. Ensure a safe environment for training by assessing traffic patterns, temperature, availability of water and first aid, and awareness of emergency procedures.

3.3.2. Consider individual safety issues such as medical limitation and level of availability.

3.3.3. Allow traditional guard member's time for individual or unit fitness when mission requirements allow.

Chapter 4

PHYSICAL FITNESS STANDARD

4.1. General. The Air National Guard uses a composite fitness score based on aerobic fitness, muscular strength and body composition to determine overall fitness. Overall fitness is directly related to health risk, including risk of disease (morbidity) and death (mortality). A composite score of 70 represents the minimum accepted health, fitness and readiness levels. Health and readiness benefits continue to increase as body composition improves and physical activity and fitness levels increase. Members are encouraged to optimize their own fitness and readiness by improving their overall fitness.

4.2. Determining composite fitness score.

4.2.1. Age and gender-specific fitness score charts are provided in [Attachment 14](#).

4.2.2. Members will receive a composite score on a zero to 100 scale based on the following maximum component scores: 50 points for aerobic/cardio fitness assessment, 30 points for body composition (abdominal circumference), ten points for push-ups, and ten points for crunches.

4.2.3. The score is determined by the following formula:

$$\text{Composite score} = \frac{\text{Total component points achieved}}{\text{Total possible points}} \times 100$$

Component:	Aerobic Fitness	Abdominal Circumference	Push-up	Crunch
Possible Points:	50	30	10	10

4.2.4. Scoring for waivers/exemptions. Members with a medical profile/exemption prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the tested components. (If able, schedule the assessment when member is able to complete entire assessment but if not feasible due to time restraints, have the member perform the assessment and the score will be calculated on the components that could be tested). Abdominal circumference will be performed on all members, unless exempted by provider (i.e., after abdominal surgery or during or up to 180 days after pregnancy), since there is no risk to the member.

4.2.4.1. Examples:

4.2.4.1.1. Member exempted from push-ups: If member receives 40 points for aerobic fitness, 24 points for abdominal circumference and 8 points for crunch test; the total component points achieved equal 72. Possible points from aerobic fitness, abdominal circumference, and crunch tests equal 90 points. Composite score is: $(72/90) \times 100 = 80$ points.

4.2.4.1.2. Member exempted from aerobic fitness: If member receives 21 points for abdominal circumference, 9 points for push-up and 7 points for crunch test; the total component points achieved equal 37. Possible points from abdominal circumference, push-up and crunch tests equal 50 points. Composite score is: $(37/50) \times 100 = 74$ points.

4.2.4.1.3. Member exempted from aerobic fitness, push-up and crunch tests: If member receives 21 points for abdominal; the total component points achieved equal 21. Possible points from abdominal circumference equal 30 points. Composite score is: $(21/30) \times 100 = 70$ points.

4.3. Fitness Levels. Composite scores represent a health-based fitness level. As the fitness level increases, members are able to tolerate extremes in temperature, fatigue, and stress while optimizing performance in the AEF environment.

4.3.1. **Excellent.** Composite score >90

4.3.2. **Good.** Composite score of 75-89.99

4.3.3. **Marginal.** Composite score of 70-74.99

4.3.4. **Poor.** Composite score <70

4.4. Scheduling. Frequency of fitness testing should be based on the previous fitness score.

4.4.1. **Excellent/Good.** Test by the last day of the 12th month following of the previous test.

4.4.2. **Marginal.** Test by the last day of the sixth month following the month of the previous test.

4.4.3. **Poor.** Test by the last day of the sixth month following the month of the previous test.

4.5. Currency. Currency is established on completion of the following program requirements based on the member's last fitness level as follows:

4.5.1. **Excellent/Good Score.** Must retest within 12 months; considered non-current on the first day of the 13th month after their last fitness assessment.

4.5.2. **Marginal Score.** Must retest within six months and obtain information from the UFPM or HPM website.

4.5.3. **Poor Score.** Must test within six months; information provided, and member enrolled into FIP. Member should attend fitness classes such as the Healthy Living Workshop (HLW) where available at Active Duty collocated bases or host base, on a space available basis.

4.5.4. General Information for Permanent Change of Station, Temporary Duty, deployments, mission requirements.

4.5.4.1. Members who are approved for a State-to-State transfer as defined in ANGI 36-2002, *Enlistment and Reenlistment in the Air National Guard and as a Reserve of the Air Force*, Paragraph 4.2., will be exempted from fitness testing for one quarter to allow for acclimatization (e.g., altitude, heat, humidity). As part of the out-processing, the NGB 108, *Fitness Improvement Program Processing* and **Attachment 16** will be provided to the Military Personnel Flight for inclusion in the member's records that are to be forwarded to the gaining unit.

4.5.4.2. Members who are on temporary duty/deployed greater than 30 days, or unforeseen mission demands (e.g., September 11th) are exempted from testing for three months after the return from the temporary duty, deployment, or exemption approval.

4.5.4.3. If a member is unable to complete any scheduled fitness test or classes due to mission requirements or rescheduled/excused UTA, or scheduled leave the member must be rescheduled at the next available assessment.

4.5.5. Pending retirement or separation: Members within 180 days of an approved retirement/ separation date are exempt from fitness assessments.

Chapter 5

PHYSICAL FITNESS ASSESSMENT

5.1. General. The unit will conduct all body composition, 1.5-mile timed run, step test, flexibility, push-ups and crunch assessments.

5.2. Medical Screening and Intervention.

5.2.1. The annual RCPHA will serve as the medical screening process to determine those personnel at risk for cardiovascular disease. ANG members will use the Fitness Assessment Questionnaire, [Attachment 7](#), prior to fitness testing.

5.2.1.1. All members should review the Fitness Assessment Questionnaire that is part of the Preparation Handout at least three months prior of scheduled fitness assessment to allow medical evaluation to be completed if there are any problems.

5.2.1.2. Within one month prior to their fitness assessment, members will complete the Assessment Questionnaire. Any “Yes” answers to a question identified with an asterisk (*), must be reviewed and cleared by a MLO prior to their fitness assessment, if not done previously. If a private healthcare provider was seen the documentation must be given to the MLO. The MLO completes the Medical Clearance Letter, [Attachment 2](#), and an AF 422, if applicable. The MLO will document medical condition/evaluation on a SF 600 and retain a copy of each to be placed in the member’s medical record.

5.2.1.3. The UFPM files the Fitness Assessment Questionnaires in a master unit’s fitness file (which has capability to be secured) for one year. For members who answer “yes” on the Fitness Assessment Questionnaire, the Medical Clearance Letter and AF 422, if applicable, are retained in an individual’s member’s personnel information file for one year. The UFPM will update the fitness assessment database.

5.2.2. Providers may authorize temporary medical exemptions for medical conditions that prevent a member from safely participating in specific physical conditioning programs, participating in a component of the fitness assessment, or who require temporary exemption from testing. Assessment for participation in fitness activities should be made during the RCPHA to prevent the member from having to return for clearance or exemption at a later date. If a member develops a medical condition or concern after the RCPHA but before scheduled testing, he/she should identify that to the MLO and seek evaluation from the MLO if a testing exemption or modification is anticipated. Member should provide documentation from their private healthcare provider if there is a limiting condition. ANG member’s entitled military medical care will contact their Primary Care Manager (PCM).

5.2.3. Providers may recommend exemption from the following:

5.2.3.1. Aerobic fitness test. The physician should specify exemption from running or step, based on injury, illness or unacceptable cardiovascular risk. If exempted for cardiovascular risk, the MLO should discuss specific disqualifying cardiovascular risk factors on a SF 600 and should consider evaluation for worldwide deployability.

5.2.3.2. Push-up test. Acute upper extremity injury, derangement of the shoulder or other limiting condition may be cause for temporary exemption from the push-up component of the test.

5.2.3.3. Crunch test. Acute injury to the back, abdomen or other limiting condition may be cause for temporary exemption from the crunch-testing component of annual fitness test.

5.2.3.4. Flexibility test. Acute injury to the lower body or other limiting condition may be cause for temporary exemption from the flexibility component of the test.

5.2.4. Abdominal circumference. Providers may not recommend exemption from abdominal circumference testing except after abdominal surgery, during pregnancy or 180 days after pregnancy.

5.2.5. Providers will advise members to consult their private healthcare provider/PCM for evaluation if medically indicated. MLOs/PCM will provide evaluation for conditions found in Line of Duty or service aggravated. To obtain an exemption based on evaluation and recommendation of private healthcare provider, the member must provide the MLO with medical documentation from their provider to include diagnosis, treatment, prognosis, and physical limitations/restrictions. The MLO will keep the UFPM informed.

5.2.6. MLO will annotate member's physical fitness training restrictions and capabilities to include the expiration date on the AF 422, Physical Profile Serial Report.

5.2.6.1. Temporary medical exemptions will last no longer than one year, with the exception of pregnancy exemptions.

5.2.7. Members found to have medical conditions that potentially limit their ability to perform duties in their AFSC for greater than 1 year, or that may limit deployment or worldwide assignment must be placed on a 4T profile IAW AFI 48-123 *Medical Examination and Standards*.

5.2.7.1. Exemption from one or more components of the fitness test for less than one year without limitation as noted above will not be cause for processing.

5.2.7.2. Members who are physically unable to participate in a fitness/exercise/training program for greater than one year due to medical conditions should be presumed to be non-deployable, non-assignable and processed IAW AFI 48-123, *Medical Examination and Standards*.

5.2.8. Members will not be required to fitness test for at least 3 months following the end of the temporary exemption period if exempted from all forms of exercise for >30 days. This period should be annotated on the AF 422 in the "comments" section.

5.2.9. Pregnant service members should engage in physical activity to maintain cardiovascular and muscular fitness throughout the pregnancy and postpartum period, in accordance with medical guidance (American College of Obstetricians and Gynecology/American College of Sports Medicine). Exercise regimens will consist of routines that include PT and nutrition counseling.

5.2.9.1. Members will be exempted from fitness testing during pregnancy and for 180 days after the delivery date. This exemption is only for the fitness test and does not exclude the member from participating in a fitness program. Members should discuss their fitness program with their private healthcare provider.

5.2.9.2. The member's healthcare provider will determine fitness test exemption for pregnancy ending earlier than full term.

5.2.10. Medical exemptions for fitness testing should not affect assignments, evaluations, training, or promotions unless the member is affected by a 4T profile action as noted above.

5.3. Assessment Procedures.

5.3.1. Components of the fitness assessment (body composition, aerobic, muscular fitness assessments and flexibility) will be tested during one testing session.

5.3.1.1. The body composition assessment, to include height, weight, and abdominal circumference, is performed by unit members appointed and trained. (UFPMs/FAMs/PT Leaders). The only assessment that can be done one UTA prior.

5.3.1.2. The muscular fitness (pushups then crunches) and lower body flexibility assessments, will be accomplished prior to the 1.5 mile run, but after the three minute step test.

5.3.1.3. There must be at least a three minute rest period between components.

5.3.2. Body Composition Assessment.

5.3.2.1. Height and Weight.

5.3.2.1.1. Obtain height and weight IAW DoDI 1308.3 for a Body Mass Index (BMI), procedures provided in [Attachment 9](#). These measures are not part of the member's composite score. This can be performed one UTA prior to the fitness assessment.

5.3.2.1.2. Members who have a BMI <19 kg/m² will be referred to the MLO for medical evaluation when first detected. [Attachment 9](#) contains the Body Mass Index calculation and reference chart.

5.3.2.2. Abdominal Circumference Assessment.

5.3.2.2.1. The abdominal circumference measurement is used to obtain the body composition component score prior to the fitness assessment. This can be performed one UTA prior to the fitness assessment.

5.3.2.2.2. Abdominal measurement technique is outlined in [Attachment 9](#).

5.3.3. Aerobic Assessment.

5.3.3.1. Aerobic fitness is measured with a 1.5 mile run according to procedures outlined in [Attachment 10](#). All members will complete the 1.5 mile timed run unless medically exempted or disqualified based upon answers in the fitness assessment questionnaire.

5.3.3.2. Members not running will complete the three minute step test according to procedures in [Attachment 11](#), (using the partner/buddy system).

5.3.4. Flexibility Assessment

5.3.4.1. Lower body flexibility is measured with a sit and reach assessment (in groups of two). For testing procedures and techniques see [Attachment 12](#).

5.3.5. Muscular Fitness Assessment.

5.3.5.1. Upper body muscular strength/endurance is measured with a 1-minute timed push-up test. For testing procedures and techniques, see [Attachment 13](#).

5.3.5.2. Abdominal muscular strength/endurance is measured with a 1-minute timed crunch test. For testing procedures and techniques, see [Attachment 13](#).

5.3.5.3. Individuals will form groups of two for push-ups and crunches assessments.

One member will perform the exercise while the other assists and counts. Members will then switch roles.

5.3.6. Results.

5.3.6.1. The results collected from the five components of the ANGFP assessment are then entered into the fitness assessment software at the ANG Fitness web site (<http://angfitness.com>) under the direction of the UFPM. Based on the data entered, the fitness assessment software computes a physiological or “*Fitnessage*” for each component (e.g., Body Age based on body composition, Cardio Age based on recovery heart rate) and a total “*Fitnessage*” which is a weighted average of the five individual component ages.

5.3.6.2. The results from the cardio, abdominal circumference, pushups and crunches will also be calculated to determine your score and the ANG standard that you must meet for your age, (standards found on [Attachment 14](#)). You will obtain two results at the finish of your fitness assessment—a *Fitnessage* and an ANG fitness score. The ANG score will determine whether you meet the required standard.

Chapter 6

PHYSICAL FITNESS EDUCATION/INTERVENTION

6.1. Ongoing Education and a Supportive Environment. Ongoing education and a supportive environment for all members and early intervention for marginal and poor fit members are essential to maintain health and fitness of the force.

6.1.1. The wing/installation environment will be conducive for all members to maintain a healthy lifestyle.

6.1.2. A web-based program providing information addressing nutrition, body composition and fitness will be available to all members, as developed.

6.2. Intervention. Intervention will be provided for each member that did not meet the standard.

6.2.1. ANG provides only information for these members by the Health Promotion Manager. Members are responsible for a personal fitness-training program. A member could attend the Healthy Living Workshop (HLW) provided by the active duty host wing in a non-duty status where it may be available. AGRs can attend during duty hours if commander approved.

6.3. Fitness Improvement Program (FIP).

6.3.1. The FIP program is designed for those members who do not meet the ANG Fitness Standards. Consultation with a physician is highly encouraged before embarking on a new exercise program.

6.3.2. It is the member's responsibility to maintain physical conditioning throughout the year. If placed in FIP, the member must make every effort to improve their fitness level to meet ANG standards.

6.3.3. Required for all members receiving composite fitness score <70; must enter the FIP within the next scheduled UTA of being notified of a non-passing score.

6.3.3.1. Upon entry into the FIP the UFPM will provide the individual an appointment to see the HPM at the medical unit. This intervention may be provided in a group setting.

6.3.3.2. At the discretion of the member and approval of the FPM/UFPM, any member enrolled in FIP may be reassessed at any time during the six-month period.

6.3.3.3. If the member meets the standard at that time, they will be removed from FIP and returned to the unit's annual fitness assessment schedule. If they do not meet the standard, they must complete the FIP six-month period.

6.3.3.4. An unsuccessful reassessment does not "reset" the FIP entry date. Members must be reassessed not later than six months after the initial enrollment date.

6.3.3.5. Members, who fail to meet standards after six months in the FIP, will be evaluated by the MLO to determine if they are physically capable of reaching the desired level of fitness. See [Attachment 15](#) for guidance on normal sequence and timing of administrative actions.

6.3.3.6. Members who have been granted an extension to the FIP, at their discretion, may be reassessed at any time during the six-month period.

6.3.3.6.1. If the member meets the standard at that time, they will be removed from the FIP and returned to the unit's annual fitness assessment schedule. If they do not meet the standard, they must complete the FIP period.

6.3.3.6.2. An unsuccessful reassessment does not "reset" the FIP entry date. Members must be reassessed not later than six months after the enrollment date.

6.3.3.7. Members in the FIP who are unable to participate in a fitness improvement program for greater than 90 consecutive days because of deployment or placement on a medical profile will restart their six-month FIP upon return from TDY or expiration of the medical profile.

6.3.3.8. Unit commanders may take administrative action when a person does not meet fitness standards after twelve months. Member will continue on the FIP and will be reassessed every six months up to total of four poor fitness scores from date of enrollment into the FIP.

6.3.3.9. The Wing Commander or equivalent will make a recommendation to the Adjutant General who will make the final decision to retain, discharge or separate members.

6.4. Frequency of Assessments. Members must complete an annual assessment and meet the standards, be exempted from assessments, or be actively enrolled and participating in a fitness improvement program.

6.5. Commander Directed Exemption from Meeting ANG Fitness Standards.

6.5.1. If a member has been adequately participating in FIP and is unable to meet fitness standards, the commander may exempt the member from meeting fitness standards, [Attachment 3](#), for a maximum of one year

6.5.1.1. This option should only be taken after consultation with MLO.

6.5.2. Commander exemptions should only be granted when fitness scores do not reflect the expected scores or given documented exercise history from the Fitness Improvement Program Progress Chart. Evaluations for commander exemptions are based on recorded exercise history, exercise observation or objectively recorded data, fitness score trends, and the expected correlation between these factors.

6.5.3. The UFPM will counsel the member and assist the commander with decision-making as requested.

6.5.4. Participation in a physical conditioning program should be considered at the time of exemption renewal.

Chapter 7

INFORMATION MANAGEMENT

7.1. Authorized Assessment Software

7.1.1. The ANG Fitness web site (<http://angfitness.com>) contains the fitness program software/database and is the only site approved for the ANGLFP directives outlined in this ANGL.

7.1.2. The FPM will ensure compliance by all UFLPMs entering data into the ANG Fitness web site (<http://angfitness.com>).

7.2. Fitness Program Reporting.

7.2.1. The FPM will forward a copy of the fitness assessment management report to the State's Joint Force Headquarters no later than 15 January each year.

7.2.2. ANGL/SG will obtain reports from the fitness assessment database executive summary report, review statistics, and forward to the appropriate agencies.

Chapter 8

SPECIAL POPULATIONS

8.1. Accessions. Weight and body fat determinations (as accomplished at MEPS or other point of entry to service) remain part of accession physical standards and may also be used as entry criteria for accession training programs. Procedures are delineated in DoDI 1308.3. Air Force entry standards are defined in AFI 10-248.

8.2. Students. ANG members attending formal training courses will comply with AFI 10-248. Commanders, Superintendents, or Commandants of units such as the United States Air Force Academy, Basic Military Training School, Advanced Technical Training Centers, Undergraduate Pilot and Navigator Training Centers, Officer Training School, Reserve Officers Training Corps, Graduate Medical Education, and Air Force Institute of Technology education programs will align fitness testing standards with the AFI 10-248. A fitness assessment composite score of 75 or greater is required for all Air Force, Air Force Reserve Command and Air National Guard members to graduate from Technical Training or to obtain a commission through United States Air Force Academy, Reserve Officer Training Corps, Basic Officer Training or Academy of Military Science. Students assigned to civilian institutions (e.g., Air Force Institute of Technology) will participate in fitness assessments conducted by the local Reserve Officer Training Corps detachment, where available, base of servicing MTF or other arrangements as determined by the assigned commander. Results of fitness assessments will be entered into the AF fitness program database for purposes of tracking, generating reassessment dates, metrics and reports.

8.3. Geographically Separated Units (GSUs).

8.3.1. Members will complete all components of the ANG fitness test.

8.3.1.1. Members not medically cleared to run will complete step assessment.

8.3.1.2. The FPM at the supporting ANG base will provide training and education to support the GSU commander.

Chapter 9

TITLE 10 STAT TOUR ANG MEMBERS

9.1. Additional Specific Guidance for Stat Tour Members. AFI 10-248 will apply to Title 10 Stat Tour ANG members with the following exceptions:

9.1.1. Follow ANGI 10-248, **Chapter 5**, *Physical Fitness Procedures*, Paragraph **5.2.3.4.**, *Flexibility*, **5.3.**, *Assessment Procedures*, **5.3.6.**, *Results*.

9.1.1.1. Follow the procedures of **Attachment 6**, **Attachment 8**, **Attachment 9**, **Attachment 10**, **Attachment 11**, **Attachment 12**, **Attachment 13**, **Attachment 14**, and **Attachment 16**.

9.1.2. When using AFI 10-248, **Attachment 5**, *MEMORANDUM FOR MEDICAL CLEARANCE*, member needs to have the PCM document information regarding *Flexibility* if there is a medical concern.

9.1.3. Follow ANGI 10-248, **Chapter 7**, Paragraph **7.1.**, *Fitness Program Software*. Stat Tour members will enter data into the ANG Fitness web site (<http://angfitness.com>).

Chapter 10

ADMINISTRATIVE AND PERSONNEL ACTIONS UNDER FP

10.1. Administrative and Personnel Actions. When making administrative and personnel actions for “Poor Fit” members, commanders will use [Attachment 15](#).

10.2. Administrative Actions for Failure to Participate. An unexcused failure to report for a scheduled fitness appointment may be punishable.

10.3. Administrative Actions for “Poor Fit” Members.

10.3.1. Unit commanders should not use administrative action (e.g., Letter of Admonition, Letter of Counseling, Letter of Reprimand) for members with a poor fitness score for the first 180 days after the member received a composite score <70 solely based on the fitness assessment.

10.3.1.1. Unit commanders will take administrative action for unexcused failure to participate when an individual fails to accomplish a scheduled fitness test, fails to attend a scheduled fitness appointment, or negligently fails to maintain the required documentation of exercise while on the FIP.

10.3.2. The unit commander will take administrative action for members that have a composite score <70 for greater than 180 days and each subsequent composite fitness score <70 if member shows no sign of improvement.

10.3.3. Unit commanders may not impose non-judicial punishment on members solely for failing to achieve a score ≥ 70 points.

10.4. Personnel Actions for “Poor Fit” Members.

10.4.1. Commanders will review and determine personnel actions (eligibility for reenlistment, retraining, formal training, PME and promotion) for those individuals who are identified as poor fit for greater than six months and each subsequent test thereafter.

10.4.2. The unit commander will consider administrative separation if a member remains poor fit and has four poor fit fitness scores in a 24-month period following entry into FIP. (See AFI 36-3209, *Separation and Retirement Procedures for Air National Guard and Air Force Reserve Members*.)

10.4.2.1. The unit commander will make a discharge or retention recommendation to the Wing Commander IAW [Attachment 15](#), Note 8.

10.5. Education and Training Programs.

10.5.1. Members in all fitness categories may participate in PME and attend technical training, undergraduate and graduate education and training programs and other advanced or specialized training programs.

10.5.1.1. Members enrolled in the Fitness Improvement Program must continue with FIP and scheduled fitness assessments while in training status.

10.5.1.2. Commanders sending members to training that exceed six weeks must send the commander or commander-equivalent memorandum to inform of required intervention, follow-up and testing, **Attachment 16**, at least two weeks prior to TDY.

10.5.1.3. The gaining commander, or commandant, at the TDY location will assume unit commander responsibilities.

10.5.2. AETCI 36-2205, *Formal Aircrew Training Administration and Management*, governs flying training students.

10.5.3. Members that are basic military trainees are governed by 737 TRG Instruction 36-3, *Basic Military Training*.

10.5.4. AETCI 36-2216, *Administration of Military Standards and Discipline Training*, govern members that are non prior-service airmen in technical training.

10.5.5. AFOATSI 36-2007, *AFOATS Weight and Fitness Programs*, govern members attending initial officer accession training at Air Force Officer Accession and Training Schools (AFOATS), to include Officer Training School and Reserve Officer Training Corps.

10.6. NGB 108, Physical Fitness Education and Intervention Processing.

10.6.1. The unit commander or equivalent uses the NGB 108 to document mandatory education and intervention requirements.

10.6.1.1. The Vice Commandant of the College of Enlisted PME and Non Commissioned Officers assigned duty as Detachment Chief or Academy Commandant have signature authority for the NGB 108 and the AF 108.

10.6.2. The UFPM will initiate and annotate mandatory appointments on NGB 108 to include date/time and location. The commander and member will sign the NGB 108 to confirm all appointments.

10.6.3. The HPM and UFPM signs the NGB 108 upon completion of the FIP class/instruction.

10.6.4. Fitness panel (CC/MLO/1SGT/UFPM/FPM) recommendations are annotated on the NGB 108 and are signed by the commander (if appropriate).

10.6.5. When a member fails to show for any assigned appointments, the HPM will notify the member's UFPM who, in turn, will notify the commander for appropriate action.

10.6.6. The UFPM creates a FP case file when a member scores <75 and maintains an active file for at least 24 months.

10.6.6.1. Maintains and files the NGB 108, records of administrative action, and any other pertinent documents in the FP case file.

10.6.7. Dispose of the FP case file IAW AFMAN 37-139, *Records Disposition*.

10.7. Forms Prescribed. AF 108, *Physical Fitness Education and Intervention Processing* for Title 10 (Stat Tour) members; NGB 108, *Fitness Improvement Program Processing* for Active Guard Reserves (AGRs)/Traditionals; NGB 107, *Fitness Improvement Program Progress Chart*; AF 1975, *Fitness Improvement Activity Log-Aerobic Training*; NGB 106, *Fitness Assessment Questionnaire*, for AGRs/Traditionals; NGB 109, *Fitness Assessment Questionnaire*, for Title 10 Stat Tour.

10.8. Forms Adopted. AF 422, *Physical Profile Serial Report*; AF 418, *Selective Reenlistment Program Consideration*.

Daniel James, III, Lieutenant General, USAF
Director, Air National Guard

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

DoD Directive 1308.1, DoD Physical Fitness and Body Fat Program
DoD Instruction 1308.3, DoD Physical Fitness and Body Fat Program Procedures
AETCI 36-2205, Flying Training Student Administration and Management
AFPD 10-2, Readiness
AFPD 37-1, Air Force Information Management
AFI 34-266, Air Force Fitness and Sports Program
AFI 36-2501, Officer Promotions and Selective Continuation
AFI 36-3209, Separation Procedures for Air National Guard and Air Force Reserve Members
AFI 40-502, The Weight and Body Fat Management Program
AFI 48-123, Medical Examination and Standards
AFMAN 34-137, Air Force Fitness and Sports Operations
AFMAN 36-2108, Enlisted Classification
AFMAN 37-123, Management of Records
AFMAN 37-139, Records Disposition Schedule
AFMAN 44-132, Dietary Information for Weight Loss
AFMAN 44-144, Nutritional Medicine Service
AFVA 40-503, United States Air Force Maximum Allowable Weight (MAW) Table
ANGI 36-2502, Promotion of Airmen
ANGI 36-2503, Administrative Demotion of Airmen

Abbreviations and Acronyms

ACSM—American College of Sports Medicine
AED—Automated External Defibrillator
AFI—Air Force Instruction
AFMSA—Air Force Medical Support Agency
ANG—Air National Guard
ANGFP—Air National Guard Fitness Program
ANGI—Air National Guard Instruction
AGR—Active Guard Reserve

BMI—Body Mass Index
CD—Compact Disc
CPR—Cardiopulmonary Resuscitation
FAM—Fitness Assessment Monitor
FAQ—Assessment Questionnaire
FIP—Fitness Improvement Program
FP—Fitness Program
FPM—Fitness Program Manager
GSU—Geographically Separated Unit
HAWC—Health and Wellness Center
HLW—Healthy Living Workshop
HP—Health Promotion
HPM—Health Promotion Manager
MEB—Medical Evaluation Board
MPF—Military Personnel Flight
MLO—Medical Liaison Officer
PCM—Primary Care Manager
PME—Professional Military Education
PT—Physical Training
RCPHA—Reserve Component Periodic Health Assessment
TDY—Temporary Duty
UFPM—Unit Fitness Program Manager
USAF—United States Air Force
UTA—Unit Training Assemblies

Equipment Required for Assessments

Fitnessage Compact Disc (CD) for timing purposes

Additional amplification and speakers may be required if testing a large number of participants at one time

Exercise Steps

Exercise Mat

Tape Measure (for Waist and Flexibility measurement)

Weight Scales (for weight measurement performed at unit/squadron immediately prior to fitness assessment)

Pens (to record assessment results)

Erasable Marker (to mark "X" for location of pulse)

Stop Watch

Clipboards (optional)

Water for participants

Attachment 2

SAMPLE MEMORANDUM FOR MEDICAL CLEARANCE

(Appropriate Letterhead)

Date

MEMORANDUM FOR MEDICAL LIAISON OFFICER

FROM: (Unit Commander, UFPM, FPM or Provider)

SUBJECT: Medical Evaluation Appointment

Evaluate (grade, name, SSAN) in accordance with ANGI 10-248, *Air National Guard Fitness Program*, for medical clearance to undergo fitness assessment and for possible enrollment in an exercise program. Upon completion of medical evaluation, complete the endorsement below.

(Signature, originating official or designated representative)

(Date)

1st Ind, (MLO)

MEMORANDUM FOR (Unit Commander)

I medically evaluated (grade, name, SSAN), on (date).

Medical findings are as follows: (circle all that apply)

Member is/is not medically cleared for the 1.5 mile timed run.

Member is/is not medically cleared for the step assessment.

Member is/is not medically cleared for the crunch assessment.

Member is/is not medically cleared for the push up assessment.

Member is/is not medically cleared for the flexibility assessment.

Member is/is not medically cleared for exercise.

Members who are not cleared for fitness assessment or exercise will have an AF 422, *Physical Serial Report*, attached. Member should be scheduled for medical re-evaluation in approximately _____.

This waiver is good for _____ months. (Not to exceed 12 months.)

(Signature of medical provider)

(Grade and phone number of provider)

Attachment 3

**SAMPLE LETTER FOR COMMANDER EXEMPTION FROM MEETING
ANG FITNESS STANDARDS**

(Appropriate Letterhead)

(Date)

MEMORANDUM FOR (Members Name)

FROM: (Unit Commander)

SUBJECT: Exemption from Fitness Assessment

In consultation with the Medical Liaison Officer, it has been determined that you should be exempted from the Air National Guard Fitness Program. You will be exempted from meeting fitness standards until the next annual testing cycle, not to exceed one year. The Unit Fitness Program Manager will reevaluate you at that time.

Although you are exempted from meeting the ANG fitness standard, it is your responsibility to continue participating in a fitness program. If you have any questions concerning the fitness program you can contact the UFPM (name, duty extension), FPM (name, duty extension), HPM (name, duty extension), First Sergeant or me.

(Signature, unit commander)

cc:

UFPM

Expiration Date _____

Attachment 4

PHYSICAL FITNESS GUIDELINES

A4.1. Aerobic Fitness. The American College of Sports Medicine (ACSM) has recommended the following guidelines for aerobic fitness enhancement.

A4.1.1. Mode of activity: Any activity that uses large muscle groups for a prolonged period and is rhythmic in nature. Examples are: running, swimming, bicycling, skating, rowing, cross-country skiing, structured aerobic class, etc.

A4.1.2. 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.

A4.1.3. Duration of exercise: 20 - 60 minutes of continuous exercise in the target heart rate zone.

A4.1.4. Frequency of exercise: minimum of three days per week to maintain current fitness level and four to five days per week is recommended to improve current fitness levels.

A4.1.5. Rate of progression: The conditioning effect will reduce the heart rate response to a given workload over time and require increase in total work done. This effect is the most pronounced during the first six to eight 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.

A4.2. Muscular Fitness. The ACSM has recommended the following guidelines for muscular fitness enhancement.

A4.2.1. Mode of activity: Activities should be rhythmic, performed at a moderate speed, involve a full range of motion, not interfere with normal breathing, and include all major muscle groups. Examples include circuit training, free weights, calisthenics, and machine weights.

A4.2.2. Intensity of exercise: Perform at least one set of each exercise to muscular fatigue. To elicit improvement in both muscular strength and endurance, recommend eight to 12 repetitions if less than 50 years of age and ten to 15 repetitions at lower intensity/weight for individuals over 50 years of age. Weight should be increased as training adaptations occur.

A4.2.3. Duration of exercise: Sessions lasting less than one hour are recommended.

A4.2.4. Frequency of exercise: two to three days per week, same muscle groups should not be worked on consecutive days.

A4.3. Flexibility. Although flexibility is not assessed for the AF standard it is assessed for the *Fitnessage*, during the member's fitness assessment, it is an important part of a well-balanced fitness routine. The ACSM has recommended the following guidelines for musculoskeletal flexibility.

A4.3.1. Mode of activity: A general stretching routine that exercises the major muscle and/or tendon groups using static (stretching to the point of mild discomfort and holding that position for an extended period of time) or partner assisted stretching (combines alternating relaxation and contraction of muscles).

A4.3.2. Intensity: To a position of mild

A4.3.3. Duration of stretch: ten to 30 seconds per stretch.

A4.3.4. Frequency of stretch: a minimum of two to three days per week.

A4.3.5. Repetitions: Three to four for each stretch.

A4.4. Body Composition. Excess abdominal fat is an independent risk factor for disease; therefore, the evaluation of abdominal circumference is used to assess health risks associated with being overweight. There is an increased risk of chronic diseases (cardiovascular disease, high blood pressure, cancer, and non-insulin dependent diabetes) for men who have an abdominal circumference > 40 inches and for women who have an abdominal circumference > 35 inches regardless of age or height. Extremely low body weights have also been associated with diseases and disorders related to malnutrition.

NOTE: The above guidelines describe minimum recommendations for a member to increase or maintain their fitness level.

Attachment 5

SAMPLE UNIT PHYSICAL FITNESS PROGRAMS

A5.1. Ability-based training/fitness screening.

A5.1.1. Commanders should establish unit programs that allow members to participate at their current fitness level and progress gradually. A safe conditioning program encourages and supports members training at their own pace.

A5.1.1.1. Consult with the Fitness Program Manager (FPM) to determine capabilities to assist with development of ability-based training programs.

A5.1.2. Commanders opting to implement maximal exertion activities (e.g., practice timed assessments) should require personnel to complete a Fitness Assessment Questionnaire.

A5.2. Considerations to be made prior to beginning the unit physical fitness event.

A5.2.1. Safety environmental conditions: See [Attachment 10](#), Paragraph [A10.3](#).

A5.2.2. Acclimatization: Individuals who recently have had a permanent changed of station may require a six week period of acclimatization to local environmental conditions.

A5.2.3. Fluids/hydration must be available during the exercise event/activity.

A5.2.4. Emergencies/injuries: establish emergency procedures to include availability of a cell phone, CPR-trained members, and first aid kit.

A5.2.5. Safety: Reflective vests, appointment of safety monitors/cross guards, cones/signs on course.

A5.2.6. Unit Physical Fitness Programs must follow guidelines as specified in Paragraph 3.0.

A5.2.6.1. Individual abilities must be considered in all activities so that all members are provided a workout that is within their training range.

A5.2.7. Warm-up and cool-down periods (including stretches) must be accomplished with each unit physical fitness event.

A5.3. Ability-based Unit PT Programs

A5.3.1. Ability runs. Prior to the unit exercise session, the unit is divided into groups based upon the individual member's running pace.

A5.3.2. Ability Runs. Prior to the unit exercise session, the unit is divided into groups based upon the individual member's running pace.

A5.3.2.1. Utilize a flat, smooth course or possibly a track.

A5.3.2.2. A leader (capable of maintaining the assigned pace for the group) will be assigned to each group to monitor for safety/injuries of group members.

A5.3.2.3. For safety purposes, prior to the exercise session, the distance/course to be covered and/or the time in which to run will be determined and the course will be marked to alert others of group PT.

A5.3.2.4. As a variation, the unit may run together for a specified period of time (at a pace that can be achieved by all participants) and then divide into the assigned ability groups for the duration of the event.

A5.3.2.5. As members' fitness level increase, they are placed in groups of faster running pace.

A5.3.3. Last Person Running Formation.

A5.3.3.1. Utilize a flat, smooth course or possibly a track.

A5.3.3.2. Members are divided into groups based on their running pace.

A5.3.3.3. Members of the group are in an evenly spaced single file.

A5.3.3.4. During the distance of the run, the last individual sprints to the beginning of the group/line and then resumes a moderate running pace. As that individual reaches the beginning of the line, the member at the end sprints to the head of the line.

A5.3.3.5. The members in the group adjust to the running pace of the individual at the head of the line.

A5.3.4. Group Walks:

A5.3.4.1. Pre-determined course/time/distance is set prior to the unit exercise.

A5.3.4.2. To increase exercise intensity, each individual will carry a weighted backpack. All individuals begin with lighter weighted packs and weight is increased as individual's fitness level increases.

A5.3.4.3. Course/distance must be determined prior to the event. Although safety is always to be considered, course may be both on and off road/flat and hilly.

A5.3.5. Par courses and circuit training

A5.3.5.1. Prior to utilizing existing par courses, discuss safety and fitness concepts of course with the FPM/Services.

A5.3.5.2. Individual abilities must be considered by permitting members to progress through course at own speed. Those members who complete course in faster times will be encouraged to complete additional components of course a second time until all members are through the course at least once.

A5.3.5.3. Circuit training may be accomplished at base fitness facilities utilizing exercise/fitness equipment and/or at a designated outdoor area (if available) or civilian health club performing activities of both cardiovascular and muscular fitness.

A5.3.5.3.1. Coordinate with fitness facilities in order to conduct circuit-training sessions at time conducive to unit as well as fitness facility, if available.

A5.3.5.4. Coordinate with FPM to obtain circuit-training programs appropriate to be conducted at the fitness facility or outdoor location.

A5.3.6. Utilize Fitness Facilities/Existing Fitness Programs/Classes

A5.3.6.1. Coordinate with fitness facilities for group PT exercise sessions and fitness classes.

A5.3.6.2. Individual members will complete 30-45 minutes of aerobic exercise of their choice (ex. Treadmill, rower, stair-climber, cross trainers, bicycles, swimming and spinning classes).

A5.3.7. Fitness Room Design Standards

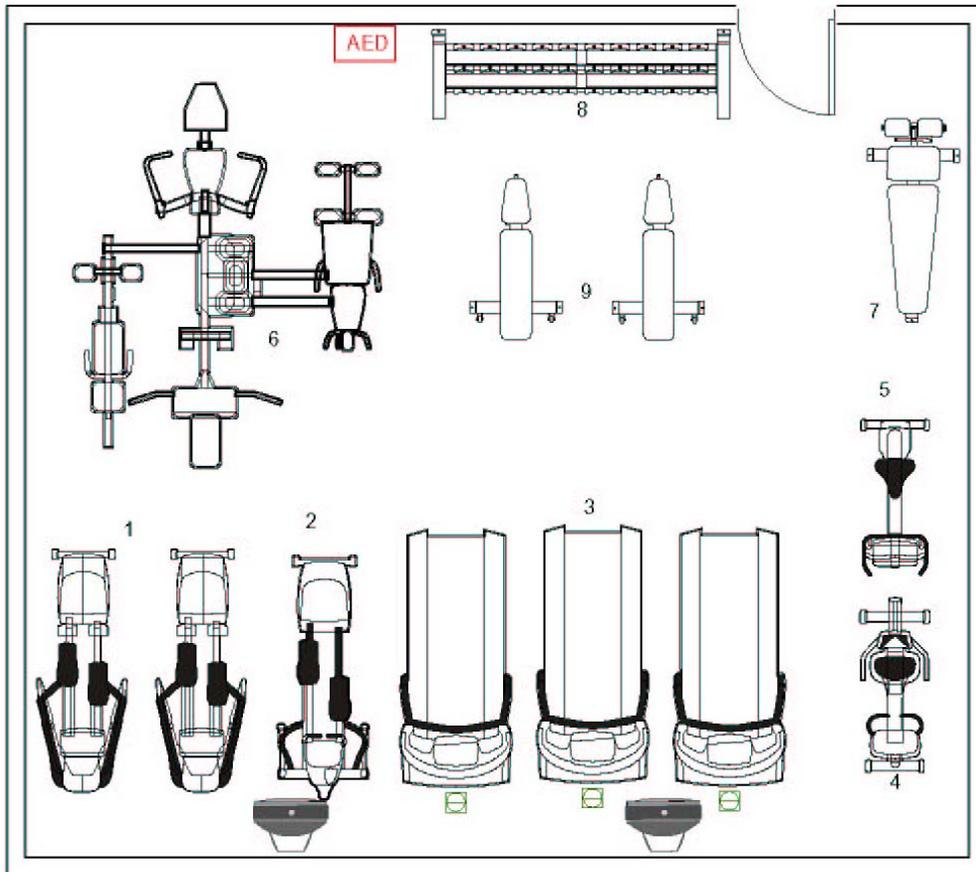
A5.3.7.1. The ANG Fitness Room design standards is to provide an installation with professional guidance in floor space, cardio, strength and cardio theater equipment to assist the individual's fitness training.

A5.3.7.2. The Air National Guard Handbook 32-1084, Paragraph 12.1.1 Category Code 740-674 establishes the fitness room square footage authorization in three templates of 2,600 SF, 2,000 SF and 600 SF.

A5.3.7.3. The Headquarters Air Force Service Agency and ANG Services web sites have approved General Services Administration vendors to provide each fitness manager with a source to establish the correct equipment required.

A5.3.7.4. Provided in this attachment are the three suggested designs to meet the unit fitness standards. ANG Services is the Office of Primary Responsibility for the fitness room equipment standards.

Figure A5.1. Fitness Room Equipment - 600 Square Feet



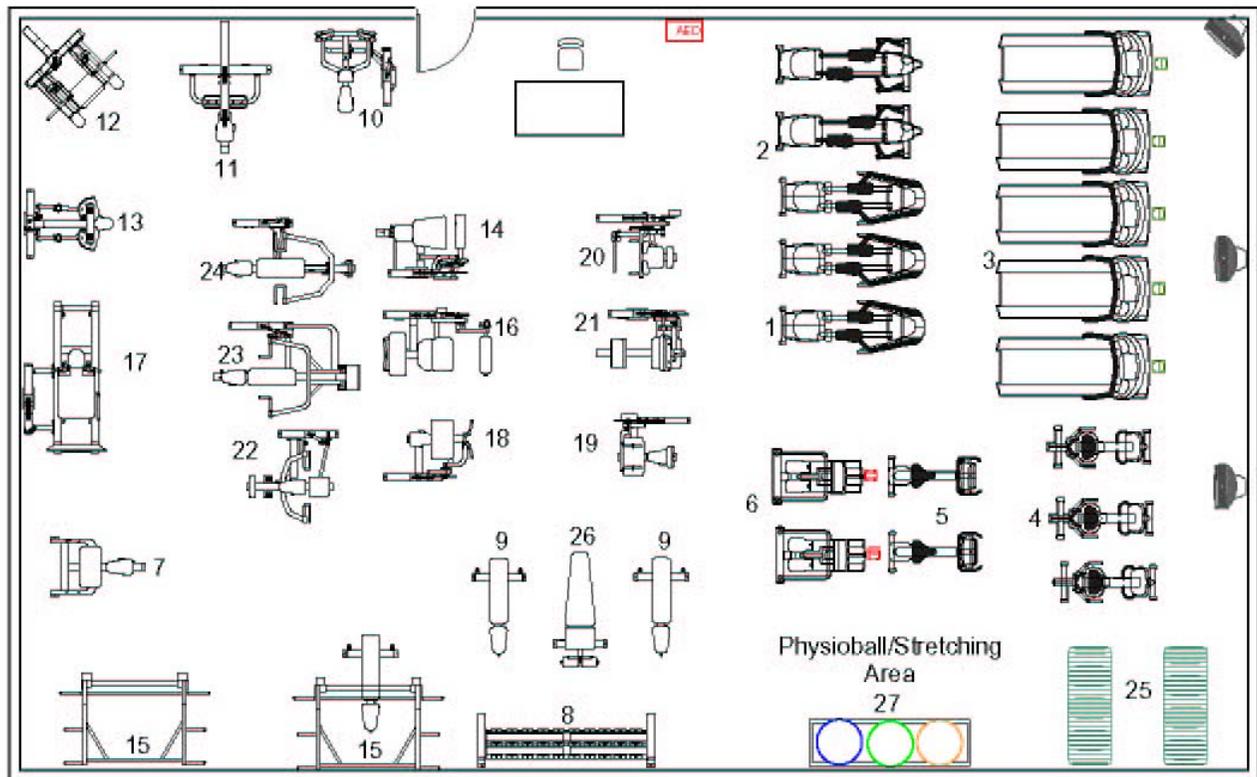
600 Square Feet

Equipment Legend

- 01. Lower Body Elliptical
- 02. Elliptical
- 03. Treadmill
- 04. Recumbent Bike
- 05. Upright Bike
- 06. Multi-Gym
- 07. Ab Crunch
- 08. Dumbbell Rack
- 09. Super Bench

 Treadmill Electrical Outlet
 Floor Electrical Outlet
 Treadmill Electrical - 110volt,
 20amp dedicated circuit - NEMA5-20R

Figure A5.2. Fitness Room Equipment - 2000 Square Feet



2000 Square Feet

Equipment Legend

- | | |
|--------------------|-------------------------|
| 01. Elliptical | 15. Smith Machine |
| 02. Elliptical | 16. Prone Leg Curl |
| 03. Treadmill | 17. Leg Sled |
| 04. Bike | 18. Bicep Curl |
| 05. Bike | 19. Tricep Extension |
| 06. Climber | 20. Ab Isolator |
| 07. Preacher Curl | 21. Low Back |
| 08. Dumbbell Rack | 22. Vertical Press |
| 09. Super Bench | 23. Incline Press |
| 10. Seated Row | 24. Shoulder Press |
| 11. Pulldown | 25. Stretch Mats |
| 12. Dip/Chin Assis | 26. Decline Bench |
| 13. Rear Delt/Pec | 27. Stability Ball Rack |
| 14. Leg Extension | |

 Treadmill Electrical Outlet
 Floor Electrical Outlet
 Treadmill Electrical - 110volt,
 20amp dedicated circuit - NEMA5-20R

Attachment 6

NGB 109, FITNESS ASSESSMENT QUESTIONNAIRE FOR STAT TOUR MEMBERS

Figure A6.1. Sample NGB 109.

FITNESS ASSESSMENT QUESTIONNAIRE																																																																																												
Title 10 STAT TOUR Only																																																																																												
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<p>AUTHORITY: 10 USC 8013 & EO 9397</p> <p>PRINCIPLE PURPOSE To process members into and through the Air National Guard Fitness Program. SSN is collected to identify the ANG Member in the ANG Fitness Program database.</p> <p>ROUTINE USE: None.</p> <p>DISCLOSURE: Voluntary. Failure to furnish information will not change your requirement to participate in the Air National Guard Fitness Program.</p>																																																																																												
<p>Today's Date: _____</p> <p>Name: _____ Rank: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female</p> <p>SSN: _____ Date of Birth: _____ <input type="checkbox"/> Title 10 - STAT TOUR</p> <p>Assigned Unit: _____ Wing (or equivalent): _____ AFSC: _____</p> <p>Email Address: _____</p> <p style="text-align: center;">Please use an address that you check frequently. Can be non-military.</p>																																																																																												
<p>FITNESS SCREENING QUESTIONS</p> <p>IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, PLEASE NOTIFY YOUR UNIT FITNESS PROGRAM MANAGER (UFPM) AND CONTACT YOUR PRIMARY CARE MANAGER FOR EVALUATION</p> <table style="width:100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="width: 10%; text-align: center;">YES</th> <th style="width: 10%; text-align: center;">NO</th> </tr> </thead> <tbody> <tr> <td>Do you have a health condition not addressed in a physical profile (AF Form 422) that could be aggravated by participating in your unit's physical training program/fitness testing or that would preclude your safe participation?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Do you experience chest discomfort with exertion?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Do you experience unusual shortness of breath?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Do you experience dizziness, fainting or blackouts?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Are you over 35 years old and are 2 or more of the following statements true?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td colspan="3">- I am physically inactive, that is, have not participated in physical activities of at least a moderate level (i.e., that caused light sweating and slight-to-moderate increases in breathing or heart rate) for at least 30 minutes per session and for a minimum of 3 days per week for at least 3 months.</td> </tr> <tr> <td colspan="3">- I have smoked cigarettes in the last 30 days.</td> </tr> <tr> <td colspan="3">- I have high blood pressure that is not controlled.</td> </tr> <tr> <td colspan="3">- I have high cholesterol that is not controlled.</td> </tr> <tr> <td colspan="3">- I have a family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)</td> </tr> <tr> <td colspan="3">- I am a male with an abdominal circumference >40" or female with an abdominal circumference >35".</td> </tr> <tr> <td colspan="3">- I am a male 45 years or older or female 55 years or older.</td> </tr> </tbody> </table>		YES	NO	Do you have a health condition not addressed in a physical profile (AF Form 422) that could be aggravated by participating in your unit's physical training program/fitness testing or that would preclude your safe participation?	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience chest discomfort with exertion?	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience unusual shortness of breath?	<input type="checkbox"/>	<input type="checkbox"/>	Do you experience dizziness, fainting or blackouts?	<input type="checkbox"/>	<input type="checkbox"/>	Are you over 35 years old and are 2 or more of the following statements true?	<input type="checkbox"/>	<input type="checkbox"/>	- I am physically inactive, that is, have not participated in physical activities of at least a moderate level (i.e., that caused light sweating and slight-to-moderate increases in breathing or heart rate) for at least 30 minutes per session and for a minimum of 3 days per week for at least 3 months.			- I have smoked cigarettes in the last 30 days.			- I have high blood pressure that is not controlled.			- I have high cholesterol that is not controlled.			- I have a family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)			- I am a male with an abdominal circumference >40" or female with an abdominal circumference >35".			- I am a male 45 years or older or female 55 years or older.			<p>ASSESSMENT SCORES</p> <p>Height: <input type="text"/> feet <input type="text"/> inches</p> <p>Waist: <input type="text"/> <input type="checkbox"/> 1/4 <input type="checkbox"/> 1/2 <input type="checkbox"/> 3/4 inches</p> <p>Weight: <input type="text"/> pounds</p> <p>Run Time: <input type="text"/> minute <input type="text"/> seconds (only if run completed)</p> <p>Resting Pulse: <input type="text"/> 15 second count</p> <p>Recovery Pulse: <input type="text"/> 1 minute count</p> <p>Sit & Reach:</p> <table style="width:100%; 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Attachment 7

NGB 106, FITNESS ASSESSMENT QUESTIONNAIRE FOR ANG MEMBERS

Figure A7.1. NGB 106 Sample.

FITNESS ASSESSMENT QUESTIONNAIRE																																																																																																																	
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<p>Today's Date: _____</p> <p>Name: _____ Rank: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female</p> <p>SSN: _____ Date of Birth: _____ <input type="checkbox"/> Traditional <input type="checkbox"/> Title 32-AGR</p> <p>Assigned Unit: _____ Wing (or equivalent): _____ AFSC: _____</p> <p>Email Address: _____</p> <p style="text-align: center;">Please use an address that you check frequently. Can be non-military.</p>																																																																																																																	
<p>DO I QUALIFY FOR THE 1.5 MILE RUN?</p> <p>IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, YOU WILL PERFORM THE STEP TEST TO MEASURE YOUR CARDIO FITNESS AND NOT PERFORM THE 1.5 MILE RUN.</p> <table style="width:100%;"> <thead> <tr> <th></th> <th style="text-align: center;">YES</th> <th style="text-align: center;">NO</th> </tr> </thead> <tbody> <tr> <td>Do you have a family history of heart disease?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Do you have high blood pressure?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Do you have cholesterol over 200 (documented within the last 12 months) or do you not know your cholesterol?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Are you a male with a waist measurement over 40"?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Are you a female with a waist measurement over 35"?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>Have you smoked cigarettes in the last 30 days?</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>I have not run frequently during the past 3 months. 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Attachment 8

FITNESS ASSESSMENT PREPARATION HANDOUT

A8.1. Goal of the ANGFP.

A8.1.1. The goal is to motivate all members to participate in a year round physical conditioning program emphasizing total fitness to meet military and civilian requirements. The fitness assessment will calculate your Fitnessage, which makes understanding your fitness level easy plus acquiring the AF/ANG score to determine whether you meet the required ANG standard.

A8.2. Overall Program.

A8.2.1. Your level of aerobic fitness will be evaluated by a 1.5-mile timed run or the three minute step test. Your muscular fitness will be assessed through push-ups and crunches. Lower body flexibility will be assessed by a sit and reach assessment.

A8.3. Aerobic Assessment.

A8.3.1. The run will be performed on an approved 1.5-mile distance course. Your timed results will be used to estimate your aerobic capacity. A recovery pulse obtained immediately after three minutes of stepping on the 11.25-inch high step will be used for the cardiac result.

A8.4. Muscular Assessment.

A8.4.1. To evaluate muscular fitness, you will perform one minute each of pushups and crunches. You will complete the muscular fitness and flexibility components prior to the 1.5-mile timed run. Due to the heart rate component used in the three minute step test, the muscular fitness and flexibility component is completed following the three minute step test.

A8.5. Abdominal Circumference Assessment.

A8.5.1. Abdominal measurement can be done prior to the aerobic component. Obtain height and weight IAW DoDI 1308.3, for Body Mass Index (BMI). These measures are not part of the member's composite score.

A8.6. General Fitness Guidelines.

A8.6.1. Wear normal fitness attire. The shirt must not be so loose that the bend at your arm cannot be discerned during the pushup. Boots are not allowed; athletic shoes must be worn.

A8.6.2. Avoid alcohol and heavy physical activity the night before and the day of your assessment.

A8.6.3. Get a good night's sleep prior to the assessment.

A8.6.4. Warm-up at least five minutes prior to scheduled 1.5-mile timed run; warm-up time is not included in the assessment.

A8.6.5. Please bring your own water to the assessment and keep fully hydrated during the assessment.

A8.7. Testing Guidelines.

A8.7.1. Maintain or moderate your normal lifestyle up to two hours prior to testing. At that time, cease all caffeine, tobacco, food intake and any type of exercise. Maintain adequate fluid intake.

A8.7.2. Do not change your normal habits to such an extent that you experience withdrawal symptoms from caffeine or tobacco. However, do not overindulge in caffeine, tobacco or heavy/spicy meals.

Attachment 9

BODY COMPOSITION ASSESSMENT PROCEDURES

A9.1. Height Assessment.

A9.1.1. Measurement will be taken in conjunction with weight assessment and abdominal circumference measurements.

A9.1.2. Measurement will be taken with member in any uniform or standard physical training uniform or gym clothing. Shoes will not be worn.

A9.1.3. Member will stand on a flat surface with the head held horizontal looking directly forward, with the line of vision horizontal, and the chin parallel to the floor. The body should be straight, but not rigid, similar to the body position when at attention.

A9.1.4. Measurement will be rounded up and recorded to the nearest $\frac{1}{2}$ inch.

A9.2. Weight Assessment.

A9.2.1. The measurement will be made on a calibrated scale in the unit and recorded to the nearest pound with the following guidelines.

A9.2.2. Measurement will be taken with member in any uniform or standard physical training uniform or gym clothing. Shoes will not be worn.

A9.2.3. If the weight fraction is less than $\frac{1}{2}$ pound, round down to the nearest pound.

A9.2.4. If the weight fraction is $\frac{1}{2}$ pound or greater, round up to the nearest pound.

A9.2.5. Two pounds will be subtracted for clothing worn during official fitness assessment.

A9.3. Abdominal Circumference Assessment.

A9.3.1. The abdominal circumference will be taken in a private room or in a partitioned area.

A9.3.2. Individuals conducting circumferential measurements are of the same gender as the member being taped and are certified by the FPM as an official taper.

A9.3.3. A seamstress tape measure will be used for the abdominal circumference.

A9.3.4. Member stands looking straight ahead, arms down to sides.

A9.3.5. Examiner is of same gender as the member being taped and is positioned at right side of the member.

A9.3.6. Measurement is taken on bare skin; examiner feels to locate the upper hipbone and top of the right iliac crest.

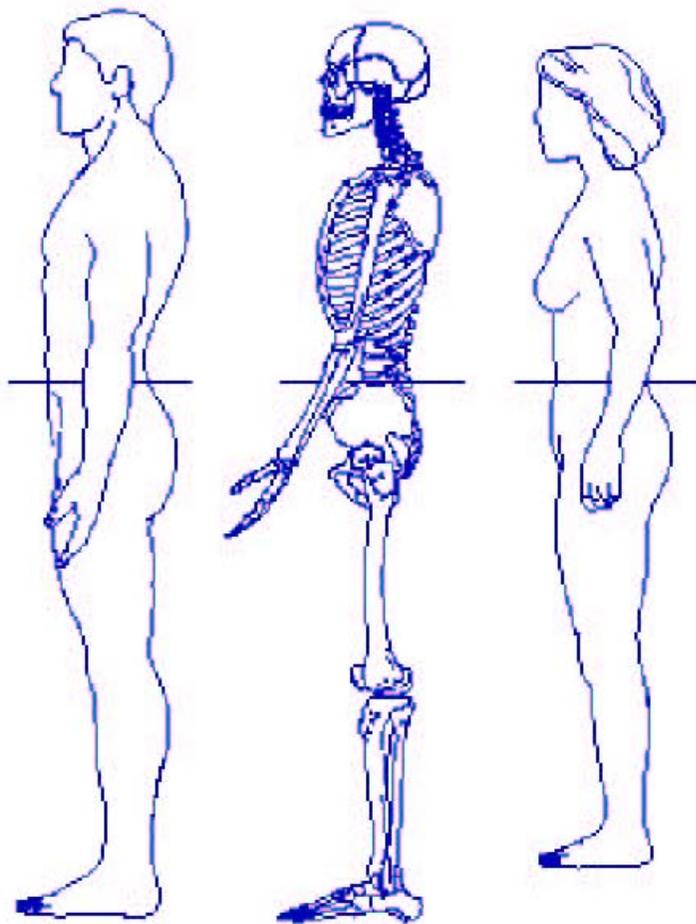
A9.3.7. A horizontal landmark is located just above the uppermost border of the right iliac crest.

A9.3.8. The tape is placed in a horizontal plane around the abdomen at the level of this landmark. Examiner ensures that the plane of the tape is parallel to the floor and that the tape is snug, but does not compress the skin. Measurement is taken at the end of a normal respiration. (Figure A9.1.)

A9.3.9. Round the measurement down to the nearest $\frac{1}{4}$ inch.

A9.3.10. Take the circumference measure three times and record the measurement to the nearest $\frac{1}{4}$ inch. If any of the measures differ by more than one inch from the other two, take an additional measurement. Add the three closest measurements, divide by three, and round down to the nearest $\frac{1}{4}$ inch. Record this value as the abdominal circumference measure.

Figure A9.1. Measuring Tape Position for Abdominal Circumference.



A9.4. Body Mass Index (BMI) Calculation.

A9.4.1. BMI can be calculated using pounds and inches with this equation

$$\text{BMI (kg/m}^2\text{)} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

A9.4.2. For example: A person who weighs 220 pounds and is six feet three inches tall has a BMI of 27.5.

$$\text{BMI (kg/m}^2\text{)} = \left(\frac{220}{(75) \times 75} \right) \times 703 = 27.5 \text{ kg/m}^2$$

Attachment 10

1.5-MILE RUN TESTING PROCEDURES

A10.1. Prior to the 1.5-mile timed run test:

A10.1.1. Member must complete the Fitness Assessment Questionnaire prior to their scheduled fitness test.

A10.1.2. UFPMs/FAMs ensure availability of fitness test equipment (e.g., stopwatch, pen/pencil, notepad, optional exercise mat that is no more than one inch thick, standard template scorecards, and bibs).

A10.1.3. UFPMs/PT Leaders ensure a scorecard is available for each member (if needed).

A10.1.4. Members must wear proper fitness attire/shoes for testing and must warm-up/stretch prior to completing the test.

A10.1.5. Members are instructed to stop at any time if feeling chest pain, shortness of breath, or dizzy.

A10.1.6. If testing a large number of members, the UFPMs/PT Leaders may consider using identifying numbers (e.g., running bibs).

A10.1.7. UFPMs/FAMs/PT Leaders will provide directions for and monitoring of the muscular fitness testing components IAW [Attachment 13](#).

A10.2. Course Requirements for 1.5-mile timed run (2640 yards).

A10.2.1. Establish a standardized course of accurate distance that is as level and even as possible.

A10.2.1.1. Large oval track of determined distance such as 440 yards times six laps; or six laps on a 400-meter track plus an additional 46 feet. Indoor track may be utilized during inclement weather; treadmill testing is not authorized.

A10.2.1.2. Course should have limited exposure to traffic, should not have a continuous incline/decline or rolling hills; slopes exceeding three degrees should be avoided.

A10.2.1.3. Clearly mark the start and finish lines (and half-way point for road courses).

A10.2.2. Consult with Services or if collocated with Active Duty Health and Wellness Center (HAWC) staff, to determine maximum number of individuals that should be tested at one time for safety of runners and to obtain accurate score.

A10.2.3. Trained personnel will be present to monitor participants (keeping all members in constant view), to count laps if required, and to record run times.

A10.2.4. The Wing Commander must approve the 1.5-mile run-testing course with input from the FPM and Services.

A10.3. Course Safety/Environmental Conditions. To be evaluated prior to testing to determine if testing can be completed.

A10.3.1. Heat: Wet Bulb Globe Temperature < 85° F.

A10.3.2. Sun: UV index < 10 (very high risk).

A10.3.3. Cold: Temperature > 20° F.

A10.3.4. Wind: Wind speed < 20 mph.

A10.3.5. Lightening: No lightening within 25 miles and wait at least 30 minutes after the last observed lightening.

A10.3.6. Rain: No significant rain (accumulation < .5 inch/hour). If testing on a wet day (rain, mist or heavy dew) the temperature must be > 50° F.

A10.3.7. Hail: No hail forecast or reported within 25 miles.

A10.3.8. Snow: No snow accumulation on the running surface.

A10.3.9. Ice: No ice on running surface that cannot be easily avoided.

A10.3.10. Water: No standing water on running surface that cannot be easily avoided.

A10.3.11. Mud: No mud on running surface that cannot be easily avoided.

A10.3.12. Insects: Insect repellent required if biting insects are prominent.

A10.3.13. Intersections: Crossing guards with reflective safety vests/lights, must be positioned at all active intersections.

A10.3.14. Visibility: Visibility must be greater than ¾ mile if crossing or running beside vehicular traffic.

A10.3.15. Light: Reflective belts/vests are required if running near traffic from one hour before sunset to 1 hour after sunrise.

A10.3.16. Wild animals: Consider ways to prevent contact with wild animals (rattlesnake, dog, bear, moose) in your area.

A10.3.17. Shelter: Establish a safe shelter procedure if there is any storm threat.

A10.3.18. Medical: Establish a method of communication/access for emergency medical services (e.g., cell phone to call 911).

A10.4. Verbal Instructions for the Timed 1.5-Mile Run. **Figure A10.1.** is the script to be read to member prior to beginning the 1.5-mile run.

Figure A10.1. Verbal Instructions for Timed 1.5-Mile Run.

The 1.5-mile timed run is an aerobic fitness test.

You will be directed to line up behind the starting line and instructed to begin running as the monitor starts the stopwatch.

No physical assistance from anyone or anything is permitted, however pacing is permitted if there is no physical contact and is not a hindrance to other runners.

You are required to stay on the course and complete the entire marked course. Leaving the course is disqualifying.

If at any time you are feeling of poor health, you are to stop running immediately and you will be given assistance.

Your completion time will be recorded when you cross the finish line.

At completion of the timed run, you must complete a cool down for approximately five minutes.

Results of your timed run will be entered into the fitness database.

Attachment 11

THREE MINUTE STEP TEST

A11.1. Three Minute Step Assessment Procedures.

A11.1.1. Members must complete the Fitness Assessment/Screening Questionnaire.

A11.1.2. FPM/UFPM ensure availability of fitness assessment equipment (e.g., CD timer or stop-watch, pen, 11.25 inch step, erasable markers).

A11.1.3. Members must wear proper fitness attire/shoes for testing.

A11.1.4. Members instructed to stop at any time if feeling chest pain, shortness of breath, or dizzy.

A11.1.5. Have participants practice finding their own pulse. Participants then find their buddies pulse and mark the spot with an "X".

A11.2. Verbal Instructions for the Three Minute Step Test. The following are the scripts to be read to members prior to beginning the three minute step test.

Figure A11.1. Verbal Instruction for Resting Pulse.

Have the first group being assessed sit down on the step.

Instruct Buddy 2 that when they hear the "Start" command to begin counting Buddy 1's pulse for 15 seconds.

Press play on Track One of Timer CD to start the 15 second timer which includes five second countdown.

Buddy 2 will count the pulse for 15 seconds until they hear the command to "Stop".

Buddy 2 will advise Buddy 1 what the 15 second count was and Buddy 1 will write that on their Questionnaire. If pulse is greater than 25 for 15 seconds, the individual needs to be evaluated by the MLO.

Repeat assessment for Buddy 2.

Figure A11.2. Three Minute Step Test Script.

Buddy 1 you will stand behind your step. You will step up onto the step (up, up) and back down (down, down) in time with the commands and the beat of the metronome. You can alternate which foot goes up onto to the step first.

Press play on Track Two of the Timer CD to start the Step Test timer, which includes a ten beat countdown.

Buddy 1 will step up and down in time with the beat for three minutes until they hear the command to “Stop” at which time they are to sit down on the step immediately and allow Buddy 2 to find their pulse.

Buddy 2 will then hear the command to “Start Counting Now” at which point they are to count every pulse of Buddy 1 for a full minute when they will hear the command to stop.

Buddy 2 will advise Buddy 1 what the 60 second count was and Buddy 1 will write that on their Questionnaire.

Ask the persons being assessed every minute if they feel okay and advise them to stop and sit down if they feel light headed, dizzy or experience pain.

Repeat assessment for Buddy 2.

Attachment 12

FLEXIBILITY TESTING PROCEDURE

A12.1. Flexibility (Sit and Reach).

A12.1.1. **Purpose:** Flexibility assessment to test your mid section (including hips, hamstrings, lower back and groin) for extended motion.

A12.1.2. **Assessment Duration:** The member will essentially “touch your toes” while sitting on an exercise mat with legs extended in front of you.

A12.1.3. **Flexibility Verbal Instructions:** [Figure A12.1](#) is the script to be read to member prior to assessment.

Figure A12.1. Flexibility Verbal Instruction.

Sit down on the exercise mat with your legs fully extended in front of you.

Sit fully upright and extend your arms forward with one hand placed over the other and finger tips together.

Take a deep breath and exhale as you lean forward from the waist with your chin on your chest and reach for your toes.

When there is slight tightness in the hamstring or groin, hold that position for 20-30 seconds and relax.

Repeat these two or three times as a warm up procedure.

On the fourth attempt, take a deep breath, and as you exhale, slowly reach forward as far as possible and hold that position while your buddy measures to nearest half-inch, the distance between your fingertips and your toes.

Record the measurement on the assessment form.

Repeat assessment for the second buddy.

Attachment 13

STRENGTH ASSESSMENT PROCEDURES

A13.1. Push-up Assessment Procedures.

A13.1.1. **Purpose:** The push-up is one assessment used to assess the member's upper body muscular fitness.

A13.1.2. **Assessment Duration:** The member will have one minute to complete as many push-ups as possible.

A13.1.3. **Assessment Explanation:** The UFPM will read the push-up script to the members. It is recommended that the UFPM remind the members to stretch out the triceps, deltoids (shoulders), and pectorals (chest) muscles during the rest period.

A13.1.4. **Starting Position:** The member will begin in the starting position, with arms fully extended and the body in a straight line from head to heel. The feet may be no more than 12 inches apart. The member's hands and toes must remain on the floor/mat during the entire assessment. The body should maintain a rigid form from head to heel (the body may not bow unless resting in the up position). The member **may rest in the up position only**. The feet may not be supported or braced.

A13.1.5. **Complete Push-up:** From the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90 degrees) before pushing back up to the starting position (the chest may touch the floor). If the member does not come down far enough, the push-up does not count. The member completes one full push-up after returning to the starting position. It is important to monitor the member's form and make sure the body does not bow at the waist as the member tires. The body must remain rigid during the assessment (the back must remain straight unless resting).

A13.1.6. **Stopwatch or timer:** The unit UFPM/FAM is responsible for operating the stopwatch or the CD timer. The UFPM/FAM will start the stopwatch when the member(s) is/are instructed to begin, observe the test and notify the member how much time is remaining at 30 seconds and 15 seconds. Prior to beginning the assessment the UFPM/FPM will inform the members to continue to perform push-ups until directed to stop or until the member is no longer able to continue. Buddy system is used.

A13.1.7. **Counting/Monitoring:** Buddy will count the correct number of push-ups out loud, monitor the member for correct form and repeat the number of the last correct push-up if the member breaks correct form (e.g., one, two, three, three, four, etc.). In addition to repeating the last correct number, give the member instruction on what is wrong. Monitor the member from a position that allows observation of the member's form and the elbow joint.

A13.1.8. **Push-Up Verbal Instructions:** [Figure A13.1](#) is the script to be read prior to the push-up assessment.

Figure A13.1. Verbal Instructions for Push-Up.

The push-up is one assessment of muscular fitness for the upper body (shoulder, chest, and triceps).

Your hands will be placed on the floor, slightly wider than shoulder width apart, with your fingers pointing forward. You must lower your upper body until your upper arm is at least parallel to the floor (elbows bent at 90 degrees) before pushing back up to the starting position. If you do not come down that far the push-up will not count.

Start in the up position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported by your arms and toes. You must keep your back straight at all times and lower your upper body until your upper arm is at least parallel to the floor, then return to the up position (arms fully extended). This is one repetition.

Keep your hands and feet on the floor if you need to rest. Any resting must be done in the UP position.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you press up and inhale when you come down.

You have one minute to perform as many push-ups as you are able. The correct number of push-ups will be counted out loud. Incorrect push-ups will not be counted, and the number of the last correct push-up will be repeated. You will be told what you're doing wrong until you correct the error. The total number of correct push-ups in one minute is recorded as your score.

Record the number on the assessment form.

Repeat assessment for the second buddy.

A13.2. Crunch Assessment Procedures.

A13.2.1. **Purpose:** The crunch test is one assessment used to assess a member's abdominal muscular fitness

A13.2.2. **Assessment Duration:** The member will have one minute to complete as many crunches as possible.

A13.2.3. **Assessment Explanation:** The crunch instructions (as found below) will be read to the member during the rest period, which follows the push-up assessment. It is recommended that the member stretch out the hip flexors and abdominals prior to beginning the assessment.

A13.2.4. **Starting Position:** The use of a mat is optional. The member will be instructed to lie face up on the floor/mat. In the starting position, the member's feet may partially extend off the mat, but the buttocks, shoulders, and head must remain on the mat. The member's knees will be bent at a 90° angle, with the feet/heels in contact with the floor at all times. The heels and buttocks must remain on the floor/mat during the entire assessment. The member's arms will be crossed over the chest with the hands at the shoulders or resting on the upper chest.

A13.2.5. **Foot Hold:** **The member's heels must remain anchored to the floor throughout the assessment.** The member may request to have their feet held down with the hands or by putting knees on feet but the buddy may not anchor the member's legs by holding onto the calves during the assessment. Enough force must be applied to keep the feet/ankles from rising while the crunches are being

accomplished. In place of a buddy holding the feet, an anchored toe hold bar may be used to anchor the feet so long as the member's heels remain in contact with the ground at all times and the bar cannot move.

A13.2.6. **Complete Crunch:** A complete crunch is accomplished when the upper torso of the member is raised off the floor/mat, the elbows touch the knees or thighs, and the upper torso is lowered back to the floor/mat until the shoulder blades touch the floor/mat. **Elbows must touch the knees or thighs at the top of the crunch, and the shoulder blades must touch the floor/mat at the bottom of the crunch.** The hands must stay in contact with the shoulders/upper chest at all times. The member **may only rest in the up position.** If the member rests in the down position, the test will be terminated.

A13.2.7. **Stopwatch or timers:** The UFPM/FAM is responsible for operating the stopwatch. The UFPM/FAM will start the stopwatch or timer when the member(s) is/are instructed to begin, observe the test and notify the member how much time is remaining at 30 seconds and 15 seconds. Prior to beginning the assessment the UFPM/FAM will inform the members to continue to perform crunches until directed to stop or until the member is no longer able to continue.

A13.2.8. **Counting/Monitoring:** Count the correct number of crunches out loud, monitor the member for correct form and repeat the number of the last correct crunch if the member breaks correct form (e.g., one, two, three, three, four, etc.). In addition to repeating the last correct number, give the member instruction on what is wrong (e.g., you're not going down far enough, keep your back straight, etc.). Monitor the member from a position that allows observance to ensure the shoulder blades touch the floor and the elbows touch the knees.

A13.2.9. **Crunch Verbal Instructions:** [Figure A13.2.](#) is to be read to the member during the rest period.

Figure A13.2. Verbal Instruction for the Crunch.

This test measures your abdominal muscular endurance (stomach muscles).

Please lie on your back with your heels flat on the floor, knees bent at 90° angles, and your arms *crossed* in front of the chest such that your hands/fingers remain in contact with your shoulders or chest. **If a toe hold bar is used:** Anchor your feet to the ground by hooking your feet/toes under the bar. Your heels may not rise off the ground while you perform the assessment.

If a toe hold bar is NOT used: Your feet will be held down with your buddy's hands. Your legs cannot be held behind your calves. Let your buddy know if you need your feet held differently prior to beginning the assessment (i.e., You're holding my ankles/feet too tight or not enough).

Read these instructions when the members are ready to test.

Your hips **must** remain on the floor at all times (do not lift your hips off the floor to gain momentum). Your shoulder blades must touch the floor between each repetition. In the up position, you will touch your elbows to your knees or upper thigh and then return down until your shoulder blades touch the floor (your hands may not lose contact with your shoulders/chest at any time). This will count as one crunch.

Your breathing should be as normal as possible. Make sure you do not hold your breath. It is recommended that you exhale every time you come up and inhale when you come down.

You have **one minute** to perform as many **correct** crunches as possible. **Any resting must be done in the UP position.** The **correct** number of crunches will be counted out loud. **Incorrect** crunches will not be counted and the number of last correct crunch will be repeated and you will be told what you're doing wrong until you correct the error. Your score will be the total number of correct crunches completed in one minute.

Record the number of crunches.

Repeat assessment for the second buddy.

Record input into the database.

Provide individuals with a copy of their fitness assessment results.

A13.3. Results

A13.3.1. The results collected from the five components of the ANGF assessment are then entered into the fitness assessment software at the ANG Fitness web site (<http://angfitness.com>) under the direction of the UFPM. Based on the data entered, the fitness assessment software computes a physiological or "fitness" age for each component (e.g., Body Age based on body composition, Cardio Age based on recovery heart rate) and a total fitness age which is a weighted average of the five individual component ages.

A13.3.2. The results from the cardio, abdominal circumference, pushups and crunches will also be calculated to determine your AF/ANG score dependent upon age/gender. You will obtain two results at the finish of your fitness assessment—a *Fitnessage* and an AF/ANG score. The AF/ANG score will determine whether you meet the required standard.

Attachment 14

FITNESS ASSESSMENT SCORE CHARTS

Figure A14.1. Fitness Assessment Score Chart for Males Under 25.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:36	<55	50.00
9:37-9:48	55-61	47.50
9:49-10:12	62-69	45.00
10:13-10:36	70-74	43.50
10:37-11:06	75-78	42.00
11:07-11:36	79-83	40.50
11:37-12:12	84-88	39.00
12:13-12:54	89-92	37.50
12:55-13:36	93-97	36.00
13:37-14:24	98-103	34.00
14:25-14:54	104-109	32.00
14:55-15:18	110-115	30.00
15:19-15:48	116-124	27.00
15:49-16:24	125-128	24.00
16:25-16:54	129-131	21.00
16:55-17:36	132-135	18.00
17:37-18:12	137-138	15.00
18:13-18:54	139-142	12.00
18:55-19:42	143-146	9.00
19:43-20:36	147-149	6.00
20:37-21:30	150-153	3.00
>21:30	>153	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.5	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥62	10.00	≥55	10.00
61	9.75	53-54	9.50
60	9.50	52	9.00
59	9.25	50-51	8.75
57-58	9.00	48-49	8.50
52-56	8.75	46-47	8.25
49-51	8.50	44-45	8.00
45-48	8.25	42-43	7.75
41-44	8.00	40-41	7.50
37-40	7.75	38-39	7.40
33-36	7.50	36-37	7.30
30-32	7.40	35	7.20
27-29	7.30	33-34	7.10
24-26	7.20	32	7.00
21-23	7.10	30-31	6.00
19-20	7.00	28-29	4.00
17-18	6.00	27	2.00
15-16	5.00	<27	0.00
14	4.00		
12-13	3.00		
10-11	2.00		
8-9	1.00		
<8	0.00		

Figure A14.2. Fitness Assessment Score Chart for Males 25-29.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:36	<56	50.00
9:37-9:48	56-62	47.50
9:49-10:12	63-71	45.00
10:13-10:36	72-75	43.50
10:37-11:06	76-80	42.00
11:07-11:36	81-84	40.50
11:37-12:12	85-89	39.00
12:13-12:54	90-93	37.50
12:55-13:36	94-98	36.00
13:37-14:24	99-105	34.00
14:25-14:54	106-111	32.00
14:55-15:18	112-117	30.00
15:19-15:48	118-126	27.00
15:49-16:24	127-130	24.00
16:25-16:54	131-134	21.00
16:55-17:36	135-137	18.00
17:37-18:12	138-141	15.00
18:13-18:54	142-145	12.00
18:55-19:42	146-149	9.00
19:43-20:36	150-152	6.00
20:37-21:30	153-156	3.00
>21:30	>156	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.50	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥57	10.00	≥53	10.00
56	9.75	51-52	9.50
55	9.50	50	9.00
54	9.25	48-49	8.75
52-53	9.00	46-47	8.50
48-51	8.75	44-45	8.25
45-47	8.50	42-43	8.00
41-44	8.25	40-41	7.75
37-40	8.00	38-39	7.50
34-36	7.75	36-37	7.40
30-33	7.50	34-35	7.30
27-29	7.40	33	7.20
25-26	7.30	31-32	7.10
23-24	7.20	30	7.00
20-22	7.10	28-29	6.00
17-19	7.00	27	4.00
15-16	6.00	25-26	2.00
13-14	5.00	<25	0.00
11-12	4.00		
10	3.00		
9	2.00		
7-8	1.00		
<7	0.00		

Figure A14.3. Fitness Assessment Score Chart for Males 30-34.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:48	<56	50.00
9:49-10:12	56-62	47.50
10:13-10:24	63-71	45.00
10:25-10:54	72-75	43.50
10:55-11:24	76-80	42.00
11:25-11:54	81-84	40.50
11:55-12:30	85-89	39.00
12:31-12:54	90-93	37.50
12:55-13:36	94-98	36.00
13:37-14:24	99-105	34.00
14:25-14:54	106-111	32.00
14:55-15:18	112-117	30.00
15:19-15:48	118-126	27.00
15:49-16:24	127-130	24.00
16:25-16:54	131-134	21.00
16:55-17:36	135-137	18.00
17:37-18:12	138-141	15.00
18:13-18:54	142-145	12.00
18:55-19:42	146-149	9.00
19:43-20:36	150-152	6.00
20:37-21:30	153-156	3.00
>21:30	>156	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥52	10.00	≥51	10.00
50-51	9.75	49-50	9.50
49	9.50	48	9.00
48	9.25	46-47	8.75
46-47	9.00	44-45	8.50
43-45	8.75	42-43	8.25
40-42	8.50	40-41	8.00
36-39	8.25	38-39	7.75
33-35	8.00	36-37	7.50
30-32	7.75	34-35	7.40
27-29	7.50	33	7.30
24-26	7.40	31-32	7.20
22-23	7.30	30	7.10
20-21	7.20	28-29	7.00
17-19	7.10	26-27	6.00
15-16	7.00	25	4.00
13-14	6.00	23-24	2.00
12	5.00	<23	0.00
10-11	4.00		
8-9	3.00		
7	2.00		
5-6	1.00		
<5	0.00		

Figure A14.4. Fitness Assessment Score Chart for Males 35-39.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:48	<57	50.00
9:49-10:12	57-63	47.50
10:13-10:24	64-72	45.00
10:25-10:54	73-76	43.50
10:55-11:24	77-82	42.00
11:25-11:54	83-86	40.50
11:55-12:30	87-91	39.00
12:31-12:54	92-96	37.50
12:55-13:36	97-101	36.00
13:37-14:24	102-107	34.00
14:25-14:54	108-114	32.00
14:55-15:18	115-120	30.00
15:19-15:48	121-130	27.00
15:49-16:24	131-134	24.00
16:25-16:54	135-137	21.00
16:55-17:36	138-141	18.00
17:37-18:12	142-144	15.00
18:13-18:54	145-148	12.00
18:55-19:42	149-152	9.00
19:43-20:36	153-155	6.00
20:37-21:30	156-159	3.00
>21:30	>159	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥46	10.00	≥49	10.00
45	9.75	47-48	9.50
44	9.50	46	9.00
42-43	9.25	44-45	8.75
41	9.00	42-43	8.50
38-40	8.75	40-41	8.25
35-37	8.50	38-39	8.00
32-34	8.25	36-37	7.75
30-31	8.00	34-35	7.50
27-29	7.75	32-33	7.40
24-26	7.50	30-31	7.30
21-23	7.40	29	7.20
19-20	7.30	27-28	7.10
17-18	7.20	25-26	7.00
15-16	7.10	23-24	6.00
13-14	7.00	22	4.00
11-12	6.00	20-21	2.00
9-10	5.00	<20	0.00
8	4.00		
6-7	3.00		
5	2.00		
3-4	1.00		
<3	0.00		

Figure A14.5. Fitness Assessment Score Chart for Males 40-44.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<10:24	<57	50.00
10:25-10:36	57-63	47.50
10:37-10:54	64-72	45.00
10:55-11:24	73-76	43.50
11:25-11:54	77-82	42.00
11:55-12:30	83-86	40.50
12:31-13:12	87-91	39.00
13:13-13:36	92-96	37.50
13:37-14:24	97-101	36.00
14:25-15:18	102-107	34.00
15:19-15:48	108-114	32.00
15:49-16:24	115-120	30.00
16:25-16:54	121-130	27.00
16:55-17:36	131-134	24.00
17:37-18:12	135-137	21.00
18:13-18:54	138-141	18.00
18:55-19:42	142-144	15.00
19:43-20:36	145-148	12.00
20:37-21:30	149-152	9.00
21:31-22:30	153-155	6.00
22:31-23:36	156-159	3.00
>23:36	>159	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥47	10.00
39	9.75	45-46	9.50
38	9.50	43-44	9.00
37	9.25	41-42	8.75
36	9.00	39-40	8.50
33-35	8.75	37-38	8.25
31-32	8.50	35-36	8.00
28-30	8.25	33-34	7.75
26-27	8.00	31-32	7.50
23-25	7.75	29-30	7.40
21-22	7.50	27-28	7.30
18-20	7.40	26	7.20
16-17	7.30	24-25	7.10
14-15	7.20	22-23	7.00
12-13	7.10	20-21	6.00
10-11	7.00	19	4.00
8-9	6.00	17-18	2.00
7	5.00	<17	0.00
6	4.00		
4-5	3.00		
3	2.00		
1-2	1.00		
<1	0.00		

Figure A14.6. Fitness Assessment Score Chart for Males 45-49.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<10:24	<61	50.00
10:25-10:36	61-67	47.50
10:37-10:54	68-76	45.00
10:55-11:24	77-80	43.50
11:25-11:54	81-85	42.00
11:55-12:30	86-89	40.50
12:31-13:12	90-94	39.00
13:13-13:36	95-98	37.50
13:37-14:24	99-103	36.00
14:25-15:18	104-110	34.00
15:19-15:48	111-116	32.00
15:49-16:24	117-122	30.00
16:25-16:54	123-131	27.00
16:55-17:36	132-135	24.00
17:37-18:12	136-138	21.00
18:13-18:54	139-142	18.00
18:55-19:42	143-145	15.00
19:43-20:36	146-149	12.00
20:37-21:30	150-153	9.00
21:31-22:30	154-156	6.00
22:31-23:36	157-160	3.00
>23:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥45	10.00
39	9.75	43-44	9.50
37-38	9.50	41-42	9.00
35-36	9.25	39-40	8.75
33-34	9.00	37-38	8.50
30-32	8.75	35-36	8.25
27-29	8.50	33-34	8.00
25-26	8.25	31-32	7.75
22-24	8.00	29-30	7.50
20-21	7.75	27-28	7.40
18-19	7.50	25-26	7.30
16-17	7.40	24	7.20
14-15	7.30	22-23	7.10
12-13	7.20	20-21	7.00
10-11	7.10	18-19	6.00
9	7.00	17	4.00
7-8	6.00	15-16	2.00
6	5.00	<15	0.00
5	4.00		
4	3.00		
2-3	2.00		
1	1.00		
0	0.00		

Figure A14.7. Fitness Assessment Score Chart for Males 50-54.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:06	<61	50.00
11:07-11:24	61-67	47.50
11:25-11:36	68-76	45.00
11:37-12:12	77-80	43.50
12:13-12:54	81-85	42.00
12:55-13:36	86-89	40.50
13:37-14:24	90-94	39.00
14:25-15:18	95-98	37.50
15:19-15:48	99-103	36.00
15:49-16:54	104-110	34.00
16:55-17:36	111-116	32.00
17:37-18:12	117-122	30.00
18:13-18:54	123-131	27.00
18:55-19:42	132-135	24.00
19:43-20:36	136-138	21.00
20:37-21:30	139-142	18.00
21:31-22:30	143-145	15.00
22:31-23:36	146-149	12.00
23:37-24:48	150-153	9.00
24:49-26:06	154-156	6.00
26:07-27:36	157-160	3.00
>27:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥39	10.00	≥43	10.00
37-38	9.75	41-42	9.50
35-36	9.50	39-40	9.00
32-34	9.25	37-38	8.75
30-31	9.00	35-36	8.50
27-29	8.75	32-34	8.25
25-26	8.50	30-31	8.00
22-24	8.25	28-29	7.75
20-21	8.00	26-27	7.50
17-19	7.75	24-25	7.40
15-16	7.50	22-23	7.30
13-14	7.40	21	7.20
12	7.30	19-20	7.10
10-11	7.20	17-18	7.00
9	7.10	15-16	6.00
7-8	7.00	14	4.00
6	6.00	12-13	2.00
5	5.00	<12	0.00
4	4.00		
3	3.00		
2	2.00		
1	1.00		
0	0.00		

Figure A14.8. Fitness Assessment Score Chart for Males 55+.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:06	<63	50.00
11:07-11:24	63-69	47.50
11:25-11:36	70-77	45.00
11:37-12:12	78-81	43.50
12:13-12:54	82-86	42.00
12:55-13:36	87-90	40.50
13:37-14:24	91-95	39.00
14:25-15:18	96-99	37.50
15:19-15:48	100-104	36.00
15:49-16:54	105-110	34.00
16:55-17:36	111-116	32.00
17:37-18:12	117-122	30.00
18:13-18:54	123-131	27.00
18:55-19:42	132-135	24.00
19:43-20:36	136-138	21.00
20:37-21:30	139-142	18.00
21:31-22:30	143-145	15.00
22:31-23:36	146-149	12.00
23:37-24:48	150-153	9.00
24:49-26:06	154-156	6.00
26:07-27:36	157-160	3.00
>27:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥35	10.00	≥41	10.00
33-34	9.75	39-40	9.50
31-32	9.50	37-38	9.00
29-30	9.25	34-36	8.75
28	9.00	32-33	8.50
26-27	8.75	30-31	8.25
24-25	8.50	27-29	8.00
21-23	8.25	25-26	7.75
19-20	8.00	23-24	7.50
17-18	7.75	21-22	7.40
15-16	7.50	20	7.30
13-14	7.40	18-19	7.20
11-12	7.30	16-17	7.10
10	7.20	15	7.00
8-9	7.10	13-14	6.00
6-7	7.00	12	4.00
5	6.00	10-11	2.00
4	5.00	<10	0.00
3	4.00		
2	3.00		
1	2.00		
0	0.00		

Figure A14.9. Fitness Assessment Score Chart for Females Under 25.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11.07	<58	50.00
11:07-11:36	58-65	47.50
11:37-11:54	66-74	45.00
11:55-12:30	75-79	43.50
12:31-13:12	80-84	42.00
13:13-14:00	85-89	40.50
14:01-14:54	90-94	39.00
14:55-15:18	95-99	37.50
15:19-15:48	100-105	36.00
15:49-16:24	106-111	34.00
16:25-16:54	112-118	32.00
16:55-17:36	119-125	30.00
17:37-18:12	126-134	27.00
18:13-18:54	135-138	24.00
18:55-19:42	139-141	21.00
19:43-20:36	142-145	18.00
20:37-21:30	146-148	15.00
21:31-22:30	149-152	12.00
22:31-23:36	153-156	9.00
23:37-24:48	157-159	6.00
24:49-26:06	160-163	3.00
>26:06	>163	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥42	10.00	≥51	10.00
41	9.75	50	9.50
40	9.50	49	9.00
38-39	9.25	46-48	8.75
37	9.00	44-45	8.50
34-36	8.75	42-43	8.25
31-33	8.50	40-41	8.00
27-30	8.25	37-39	7.75
24-26	8.00	35-36	7.50
21-23	7.75	33-34	7.40
18-20	7.50	30-32	7.30
16-17	7.40	28-29	7.20
14-15	7.30	26-27	7.10
12-13	7.20	24-25	7.00
10-11	7.10	22-23	6.00
9	7.00	20-21	4.00
8	6.00	18-19	2.00
7	5.00	<18	0.00
6	4.00		
5	3.00		
4	2.00		
3	1.00		
<3	0.00		

Figure A14.10. Fitness Assessment Score Chart for Females 25-20.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:25	<59	50.00
11:25-11:36	59-67	47.50
11:37-11:54	68-75	45.00
11:55-12:30	76-80	43.50
12:31-13:12	81-85	42.00
13:13-14:00	86-90	40.50
14:01-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-106	36.00
15:49-16:24	107-112	34.00
16:25-16:54	113-119	32.00
16:55-17:36	120-126	30.00
17:37-18:12	127-135	27.00
18:13-18:54	136-139	24.00
18:55-19:42	140-142	21.00
19:43-20:36	134-146	18.00
20:37-21:30	147-149	15.00
21:31-22:30	150-153	12.00
22:31-23:36	154-157	9.00
23:37-24:48	158-160	6.00
24:49-26:06	161-164	3.00
>26:06	>164	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥41	10.00	≥47	10.00
40	9.75	46	9.50
38-39	9.50	45	9.00
36-37	9.25	42-44	8.75
35	9.00	40-41	8.50
31-34	8.75	38-39	8.25
28-30	8.50	36-37	8.00
25-27	8.25	34-35	7.75
22-24	8.00	31-33	7.50
19-21	7.75	29-30	7.40
16-18	7.50	27-28	7.30
14-15	7.40	25-26	7.20
13	7.30	23-24	7.10
11-12	7.20	21-22	7.00
10	7.10	19-20	6.00
8-9	7.00	17-18	4.00
7	6.00	15-16	2.00
6	5.00	<15	0.00
5	4.00		
4	3.00		
3	2.00		
2	1.00		
<2	0.00		

Figure A14.11. Fitness Assessment Score Chart for Females 30-34.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:55	<59	50.00
11:55-12:30	59-67	47.50
12:31-12:54	68-75	45.00
12:55-13:12	76-80	43.50
13:13-13:36	81-85	42.00
13:37-14:24	86-90	40.50
14:25-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-106	36.00
15:49-16:24	107-112	34.00
16:25-16:54	113-119	32.00
16:55-17:36	120-126	30.00
17:37-18:12	127-135	27.00
18:13-18:54	136-139	24.00
18:55-19:42	140-142	21.00
19:43-20:36	134-146	18.00
20:37-21:30	147-149	15.00
21:31-22:30	150-153	12.00
22:31-23:36	154-157	9.00
23:37-24:48	158-160	6.00
24:49-26:06	161-164	3.00
>26:06	>164	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥42	10.00
39	9.75	41	9.50
37-38	9.50	40	9.00
35-36	9.25	37-39	8.75
33-34	9.00	35-36	8.50
29-32	8.75	33-34	8.25
26-28	8.50	31-32	8.00
23-25	8.25	29-30	7.75
20-22	8.00	27-28	7.50
17-19	7.75	25-26	7.40
14-16	7.50	23-24	7.30
12-13	7.40	22	7.20
11	7.30	20-21	7.10
10	7.20	18-19	7.00
9	7.10	16-17	6.00
7-8	7.00	13-15	4.00
6	6.00	11-12	2.00
5	5.00	<11	0.00
4	4.00		
3	3.00		
2	2.00		
1	1.00		
0	0.00		

Figure A14.12. Fitness Assessment Score Chart for Females 35-39.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:55	<60	50.00
11:55-12:30	60-67	47.50
12:31-12:54	68-76	45.00
12:55-13:12	77-80	43.50
13:13-13:36	81-85	42.00
13:37-14:24	86-90	40.50
14:25-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-105	36.00
15:49-16:24	106-112	34.00
16:25-16:54	113-118	32.00
16:55-17:36	119-125	30.00
17:37-18:12	126-136	27.00
18:13-18:54	137-140	24.00
18:55-19:42	141-143	21.00
19:43-20:36	144-147	18.00
20:37-21:30	148-150	15.00
21:31-22:30	151-154	12.00
22:31-23:36	155-158	9.00
23:37-24:48	159-161	6.00
24:49-26:06	162-165	3.00
>26:06	>165	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥30	10.00	≥40	10.00
29	9.75	38-39	9.50
28	9.50	37	9.00
27	9.25	35-36	8.75
26	9.00	33-34	8.50
23-25	8.75	31-32	8.25
21-22	8.50	29-30	8.00
19-20	8.25	27-28	7.75
17-18	8.00	25-26	7.50
15-16	7.75	23-24	7.40
13-14	7.50	21-22	7.30
11-12	7.40	20	7.20
10	7.30	18-19	7.10
9	7.20	16-17	7.00
8	7.10	14-15	6.00
6-7	7.00	12-13	4.00
4-5	6.00	9-11	2.00
3	4.00	<9	0.00
1-2	2.00		
<1	0.00		

Figure A14.13. Fitness Assessment Score Chart for Females 40-44.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<12:31	<60	50.00
12:31-12:54	60-67	47.50
12:55-13:12	68-76	45.00
13:13-14:00	77-80	43.50
14:01-14:54	81-85	42.00
14:55-15:48	86-90	40.50
15:49-16:24	91-95	39.00
16:25-16:54	96-100	37.50
16:55-17:36	101-105	36.00
17:37-18:12	106-112	34.00
18:13-18:54	113-118	32.00
18:55-19:42	119-125	30.00
19:43-20:36	126-136	27.00
20:37-21:30	137-140	24.00
21:31-22:30	141-143	21.00
22:31-23:36	144-147	18.00
23:37-24:48	148-150	15.00
24:49-26:06	151-154	12.00
26:07-27:36	155-158	9.00
27:27-29:18	159-161	6.00
29:19-31:12	162-165	3.00
>31:12	>165	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥20	10.00	≥38	10.00
19	9.50	36-37	9.50
18	9.00	34-35	9.00
16-17	8.75	32-33	8.75
15	8.50	30-31	8.50
14	8.25	28-29	8.25
13	8.00	26-27	8.00
12	7.75	24-25	7.75
11	7.50	22-23	7.50
9-10	7.40	20-21	7.40
8	7.30	18-19	7.30
7	7.20	17	7.20
6	7.10	15-16	7.10
5	7.00	13-14	7.00
3-4	6.00	11-12	6.00
2	4.00	9-10	4.00
1	2.00	7-8	2.00
0	0.00	<7	0.00

Figure A14.14. Fitness Assessment Score Chart for Females 45-49.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<12:31	<63	50.00
12:31-12:54	63-70	47.50
12:55-13:12	71-78	45.00
13:13-14:00	79-83	43.50
14:01-14:54	84-88	42.00
14:55-15:48	89-93	40.50
15:49-16:24	94-98	39.00
16:25-16:54	99-102	37.50
16:55-17:36	103-108	36.00
17:37-18:12	109-114	34.00
18:13-18:54	115-121	32.00
18:55-19:42	122-127	30.00
19:43-20:36	128-137	27.00
20:37-21:30	138-141	24.00
21:31-22:30	142-145	21.00
22:31-23:36	146-148	18.00
23:37-24:48	149-152	15.00
24:49-26:06	153-156	12.00
26:07-27:36	157-160	9.00
27:27-29:18	161-163	6.00
29:19-31:12	164-167	3.00
>31:12	>167	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥18	10.00	≥34	10.00
17	9.50	33	9.50
16	9.00	32	9.00
14-15	8.75	30-31	8.75
13	8.50	28-29	8.50
12	8.25	26-27	8.25
11	8.00	24-25	8.00
10	7.75	22-23	7.75
9	7.50	20-21	7.50
8	7.40	18-19	7.40
7	7.30	16-17	7.30
6	7.20	14-15	7.20
5	7.10	12-13	7.10
4	7.00	10-11	7.00
3	6.00	8-9	6.00
2	4.00	7	4.00
1	2.00	6	2.00
0	0.00	<6	0.00

Figure A14.15. Fitness Assessment Score Chart for Females 50-54.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<14:25	<63	50.00
14:25-14:54	63-70	47.50
14:55-15:18	71-78	45.00
15:19-16:24	79-83	43.50
16:25-16:54	84-88	42.00
16:55-17:36	89-93	40.50
17:37-18:12	94-98	39.00
18:13-18:54	99-102	37.50
18:55-19:42	103-108	36.00
19:43-20:36	109-114	34.00
20:37-21:30	115-121	32.00
21:31-22:30	122-127	30.00
22:31-23:36	128-137	27.00
23:37-24:48	138-141	24.00
24:49-26:06	142-145	21.00
26:07-27:36	146-148	18.00
27:27-29:18	149-152	15.00
29:19-31:12	153-156	12.00
31:13-33:18	157-160	9.00
33:19-35:48	161-163	6.00
35:49-38:36	164-167	3.00
>38:36	>167	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥16	10	≥30	10
15	9.50	29	9.00
14	9.00	27-28	8.75
13	8.75	25-26	8.50
12	8.50	23-24	8.25
11	8.25	21-22	8.00
10	8.00	19-20	7.75
9	7.75	17-18	7.50
8	7.50	15-16	7.40
7	7.40	13-14	7.30
6	7.30	11-12	7.20
5	7.20	9-10	7.10
4	7.10	7-8	7.00
3	7.00	5-6	6.00
2	6.00	3-4	4.00
1	3.00	1-2	2.00
<1	0.00	<1	0.00

Figure A14.16. Fitness Assessment Score Chart for Females 55+.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<14:25	<66	50.00
14:25-14:54	66-73	47.50
14:55-15:18	74-81	45.00
15:19-16:24	82-86	43.50
16:25-16:54	87-91	42.00
16:55-17:36	92-96	40.50
17:37-18:12	97-101	39.00
18:13-18:54	102-106	37.50
18:55-19:42	107-111	36.00
19:43-20:36	112-117	34.00
20:37-21:30	118-124	32.00
21:31-22:30	125-130	30.00
22:31-23:36	131-140	27.00
23:37-24:48	141-144	24.00
24:49-26:06	145-147	21.00
26:07-27:36	148-151	18.00
27:27-29:18	152-154	15.00
29:19-31:12	155-158	12.00
31:13-33:18	159-162	9.00
33:19-35:48	163-165	6.00
35:49-38:36	166-169	3.00
>38:36	>169	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥14	10.00	≥27	10.00
13	9.50	26	9.50
12	9.00	25	9.00
10-11	8.50	23-24	8.75
9	8.00	21-22	8.50
7-8	7.50	19-20	8.25
6	7.40	18	8.00
5	7.30	16-17	7.75
4	7.20	14-15	7.50
3	7.10	12-13	7.40
2	7.00	10-11	7.30
1	6.00	8-9	7.20
<1	0.00	6-7	7.10
		4-5	7.00
		3	6.00
		2	4.00
		1	2.00
		<1	0.00

Attachment 15

ADMINISTRATIVE AND PERSONNEL ACTIONS FOR THE FP

A15.1. References : Refer to the following AFIs/ANGIs for promotion, reenlistment and extension, formal training, retraining, or assignment procedures: *AFI 36-2501 Officer Promotions and Selective Continuation*; *AFI 36-2626, Airman Retraining Program*; *AETCI 36-2205, Flying Training Student Administration and Management*; and *737 TRG Instruction 36-3, Basic Military Training*; *ANGI 36-2002, Enlistment and Reenlistment in the Air National Guard and as a Reserve of the Air Force*; and *ANGI 36-2052, Promotion of Airmen*.

Figure A15.1. Administrative and Personnel Actions for the FP. (See Notes 1. and 2.)

Actions if member fails to participate in FP	1 st	2 nd	3 rd	4 or >
OR				
Actions for Poor Fitness Score.	>6 mo	>12mo	>18mo	>24mo
	Options			
Verbal Counseling/Letter of Counseling	X			
Letter of Admonition	X			
Verbal Reprimand	X	X		
Letter of Reprimand	X	X	X	
Deny Reenlistment (Note 3)	X	X	X	
Deny Voluntary Retraining	X	X	X	
Deny Formal Training	X	X	X	
Limit Supervisory Responsibilities	X	X	X	
Remove Supervisory Responsibilities	X	X	X	
Performance Report Comments on Poor Fitness Score/Progress (Note 4)	X	X	X	
Prepare “Directed by Commander” Report for Poor Fitness Score (Note 4)	X	X	X	
Promotion Propriety Action (Note 5 and 6)	X	X	X	
Administrative Demotion (Note 7)				X
Administrative Separation (Note 8)				X
Retention with continuation in FIP and appropriate administrative actions from column three				X

NOTES:

1. This figure provides the normal sequence and timing of administrative and personnel actions for poor fit ratings after enrollment into FIP. Unit commanders exercise their discretion when select-

ing an action for members earning a poor fitness assessment score or failing to participate. However, unit commander discretion is limited by the options listed in this attachment. Failure to report for a scheduled fitness appointment may, depending on the circumstances, be deemed a failure to report to an appointed place of duty. Unit commanders should consider the level of effort an individual is making toward their fitness and health conditions as a significant factor when determining the severity of the administrative or personnel action.

2. Unit commanders should take progressively more severe administrative actions, based on the number of poor fitness scores an individual has received or appointments they have missed, and so on. Commanders may use one or more of the actions from the appropriate columns at each step. Don't use the same action for more than two consecutive times (except for Officer and Enlisted Performance Reports comments or for members with a composite fitness score <70 for >12 months). Failing to maintain standards or meeting a mandatory appointment doesn't need to be consecutive for administrative or personnel actions.
3. Members will not be permitted to reenlist. However, the unit commander may submit a waiver to extend the member based on their demonstrated performance and sincere desire to achieve an "Excellent or Good Score" under the FIP. The waiver request must be routed through command echelons to the Air Division in the Office of the Adjutant General for approval or disapproval. Waivers may be granted for a minimum period of six months or a period not to exceed 12 months.
4. Applicable to enlisted (AGR) personnel and all officers.
5. Enlisted personnel who have received a poor fit score are not eligible for promotion.
6. Officers Only. Commanders may delay an officer's mandatory promotion up to six (6) months in accordance with AFI 36-2504, *Officer Promotion, Continuation and Selective Early Removal in the Reserve of the Air Force*, chapter 7.
7. The unit commander will follow procedures in ANGI 36-2503, Administrative Demotion of Airmen, to demote enlisted personnel. (Officers cannot be administratively demoted).
8. The unit commander will make an administrative separation or retention recommendation to the Wing Commander, when an individual receives four poor fitness scores in a 24-month period following enrollment into the FIP. Commanders follow procedures in AFI 36-3209, *Separation Procedures for Air National Guard and Air Force Reserve Members*.

Attachment 16

SAMPLE MEMO FOR TDY/PME/STATE TO STATE TRANSFER
(Appropriate Letterhead)

(Date)

MEMORANDUM FOR COMMANDANT/TDY COMMANDER

FROM: UNIT COMMANDER

SUBJECT: Fitness Intervention, Follow-up, and Testing Requirements

1. (Rank, Name)_____received a poor / marginal (circle one) fitness score on (date). He/she is enrolled in the following improvement program:

Fitness Improvement Program (FIP)

2. This member must continue on the FIP while TDY. Please ensure enrollment in local programs.

3. The member must retest NLT (date)

4. The member out processed this unit on _____ (State-to-State Transfer only).

(Signature, Unit Commander)

Attachment:
Individual Fitness Assessment Report

1st Ind, COMMANDANT/COMMANDER

(Date)

MEMORANDUM FOR UNIT COMMANDER

1. (Rank, Name)_____ did / did not enroll and participate in the required improvement programs.

2. A fitness assessment was accomplished on (test date)_____ with a score of _____ (composite fitness score)

(Commandant)

Attachment:
Individual Fitness Assessment Report