This instruction implements Air Force Policy Directive (AFPD) 36-20, *Accession of Air Force Military Personnel*, and complements Air Force Instruction (AFI) 36-2905, *Fitness Program*, and Department of Defense (DoD) Instruction (DoDI) 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*. This instruction applies to all United States Air Force Academy (USAFA) cadets. USAFA cadets must meet the standards outlined in this instruction. This publication does not apply to Air Force Reserve Command (AFRC) units or the Air National Guard (ANG). Refer recommended changes and questions about this publication to the Office of Primary Responsibility (OPR) using Air Force (AF) Form 847, *Recommendation for Change of Publication*. The authorities to waive requirements in this publication are identified with a Tier 3 number following the compliance statement. See AFI 33-360, *Publications and Forms Management*, for a description of the authorities associated with the Tier numbers. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority. The waiver authority for non-tiered requirements in this publication is the (USAFA/AD). Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of in accordance with the Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS).

**SUMMARY OF CHANGES**

There are significant changes to this instruction. This revision updates the mandatory information in the opening paragraph, updates office symbols throughout the publication,
updates all references to AFI 36-2905 throughout the publication, updates OPR (Heading), changes myriad Military Review Committee (MRC) references to USAFAI 36-3504, *Disenrollment of United States Air Force Academy Cadets*, Letter of Notification (LON), changes all references to Body Mass Index (BMI) screening tables and reflects changes to new body fat percentage standard, updates the Commandant of Cadets responsibilities (Paragraph 2.2.), adds the Commander, 10th Medical Group responsibilities (Paragraph 2.5.4.), updates multiple Air Officer Commanding (AOC) responsibilities (Paragraph 4.1.), adds prescriptive measures for AOCs in cases where cadet is below minimum BMI screening level (Paragraph 4.1.1.1.2.), adds Cadet Healthy Eating and Wellness (CHEW) Program (Paragraph 4.1.1.1.2.), adds requirement to conduct an Air Force Fitness Assessment (AF FA) abdominal circumference measurement for purposes of screening for the weight management program (WMP) (Paragraph 4.1.1.2.), adds an additional 3 calendar days to account for female menstrual cycles (Paragraph 4.1.2.3.), updates USAF Commissioning Fitness Assessment (FA) (Paragraph 5), updates AOC requirements (Paragraphs 5.3.), deleted AF Physical Fitness Test (PFT) scores earned in PD112 physical education course (Paragraph 5.2.4.), deleted squadron AOCs are responsible for completing height and weight checks to first class cadets prior to administration of official commissioning fitness assessment (Paragraph 5.3.), deleted squadron AOCs are responsible for uploading official commissioning fitness assessments to the Air Force Fitness Management System (AFMS) (Paragraph 2.4.4. and 5.3.), changes Director of Athletics signature block, updates the Glossary of References and Supporting Information (Attachment 1), significant updates to Attachment 2 to include changes to BMI tables, AF fitness assessment abdominal circumference measurement and chronological remedial actions for cadets failing in WMP, updates Body Fat (BF) Adjustment Enrollment letter to include deleting SSAN requirement (Attachment 3), adds an Attachment 4 - Remedial Weight Management Program Placement, and adds an Attachment 5 - Body Composition Tracker.

1. **Purpose.** By design, the USAFA training program requires unique and rigorous academic, athletic, military, and character graduation standards. In addition to the accession fitness assessment standards outlined in AFI 36-2905, USAFA cadets are required to meet all USAFA weight, body fat, and athletic graduation standards. USAFAI 36-2002 defines and differentiates between the USAFA cadet athletic graduation standards and the USAF accession fitness assessment standards.

2. **Responsibilities.** The Superintendent (USAFA/CC) has overall responsibility for the USAFA cadet weight, body fat, and fitness program. Other key commanders in this program are the Commandant of Cadets (USAFA/CW); Director of Athletics (USAFA/AD); Vice Commandant of Cadets (USAFA/CWV); Group and Squadron Air Officer Commanding (AOC); and Commander, 10th Medical Group (10 MDG/CC). Specific tasks for each of these commanders are as follows:

   2.1. The Superintendent is the approval authority for USAFA cadet graduation weight, body fat, or athletic waivers. The Superintendent is also the approval authority for cadet graduation date delays or administrative separations for deficiencies in meeting USAFA cadet graduation weight, body fat, or athletic standards.

   2.1.1. The Superintendent is the approval authority for USAFA cadet commissioning FA waivers (due to long-term medical restrictions). The Superintendent is also the approval authority for commissioning date delays or administrative separations for cadets with USAF commissioning FA assessment deficiencies.
2.2. The Commandant of Cadets is responsible for reviewing all cadets who:

2.2.1. Require a waiver to USAF commissioning FA standards due to long-term medical restrictions. After review, the Commandant will make waiver recommendations to the Superintendent.

2.2.2. Fail to meet USAF commissioning FA standards (as defined in AFI 36-2905) or make satisfactory progress in meeting cadet body compositions standards. After reviewing the USAFAI 36-3504 Letter of Notification (LON) recommendation, the Commandant will make commissioning date delay or administrative separation recommendations to the Superintendent.

2.3. The Director of Athletics (USAFA/AD) is responsible for:

2.3.1. Administering all aspects of the cadet physical education (PE) and fitness programs.

2.3.2. Administering all aspects of the cadet physical fitness and aerobic fitness tests.

2.3.3. Administering the Air Force commissioning Fitness Assessment (FA) to first-class cadets.

2.3.4. Tracking all cadets for proficiency in meeting USAFA cadet athletic graduation and Air Force commissioning FA standards.

2.3.5. Administering body composition assessments (as defined in AFI 36-2905) in support of the temporary athletic body fat adjustment processes.

2.3.6. Ensuring Department of Athletics Human Performance Lab (USAFA/ADPH) completes body fat measurement initial and refresher training for cadet squadron permanent party (AOC or AMT).

2.3.7. Ensuring Department of Athletics Liaison (USAFA/ADPL) initiates appropriate reminder to intercollegiate coaches to identify any athlete that may require a temporary athletic body fat adjustment and notifies USAFA/CW to complete cadet body composition assessments and fitness assessments as outlined in this instruction.

2.3.8. Providing performance summaries and commissioning recommendations to USAFA/CW for cadets who are deficient in meeting AFI 36-2905 commissioning FA standards.

2.3.9. Providing performance summaries and waiver recommendations to USAFA/CW on cadets who require a waiver to commissioning FA standards due to long-term medical restrictions.

2.3.10. Providing performance summaries and making commissioning date delay or administrative separation recommendations to USAFA/CC on cadets who are deficient in meeting USAFA cadet athletic graduation standards as determined by the Physical Education Review Committee (PERC).

2.3.11. Providing performance summaries and making waiver recommendations to USAFA/CC on cadets who require a waiver to USAFA cadet athletic graduation standards due to long-term medical restrictions.
2.4. The Vice Commandant of Cadets, through the Cadet Group and Squadron Air Officer Commanding (AOC), is responsible for:

2.4.1. Managing all aspects of the cadet body composition programs to include approving temporary body fat adjustments for athletic performance reasons for all four classes.

2.4.2. Tracking all cadets for compliance in maintaining cadet BMI screening, BF standards and USAF FA abdominal circumference requirements throughout the four-year cadet-training program.

2.4.3. Providing BMI, abdominal circumference measurement and BF histories, and retention recommendations to the Commandant of Cadets for cadets who fail to make satisfactory progress while in a remedial weight management program.

2.4.4. Ensuring cadet squadron AOCs and AMTs are certified by USAFA/ADPH prior to completing any Air Force abdominal circumference measurement or BF taping.

2.5. The Commander, 10th Medical Group is responsible for:

2.5.1. Administering initial health assessments for cadets identified for a remedial weight management program.

2.5.2. Conducting medical evaluations for first-class cadets who earn an unsatisfactory score on their official commissioning FA to determine any possible medical indicators that prohibit program success.

2.5.3. Conducting medical evaluations for first-class cadets who are unable to complete their official commissioning FA due to long-term medical issues.

3. USAFA Cadet Athletic Graduation Requirements. The USAFA cadet athletic graduation requirements are to complete the required PE curriculum and earn a cumulative physical education average (PEA) of at least a 2.00 (on a 4.00 scale). Cadet graduation standards are approved by the Academy Board, and the Deputy Director of Athletics (USAFA/ADP) is the OPR for administering and managing cadet athletic graduation standards.

3.1. The required PE curriculum is approved by the USAFA Curriculum Review Committee (CRC). The CRC also approves the implementation plan for curriculum changes.

3.2. PEA is a function of three performance scores – cadet physical fitness test (PFT), cadet aerobic fitness test (AFT) and PE classes. Like grade point average (GPA), PEA is measured on a 4.00 scale with semester PEA of 3.00 and higher being worthy of honors recognition and less than 2.00 cumulative PEA being deficient (reference Deputy Director of Athletics PE Programs for PFT, AFT, and PEA explanations).

3.2.1. PFT and AFT performances are initially scored on 500-point scales and then converted to a traditional 4.00 letter grade (i.e., 250 points = 2.00 or C grade, etc.). Each semester PFT or AFT grade (on a 4.00 scale) then becomes a final and permanent score used in computing PEA.
3.2.2. Cadets will normally take the PFT and AFT in each of their first seven semesters. After seven semesters, as long as a cadet has earned at least a 2.00 cumulative PEA, they are excused from the PFT and AFT in their eighth semester. If after seven semesters, a cadet has a deficient cumulative PEA (< 2.00) or they have not earned a PFT or AFT score in the previous two semesters, their record will be reviewed by the Physical Education Review Committee (PERC). The PERC may recommend administrative separation to USAFA/AD or direct eighth semester PFT and AFT tests.

3.2.2.1. The PERC will review cadets in a nine-semester program at the end of their eighth semester.

3.2.3. Cumulative PEA is computed as 50% cumulative PFT + 15% cumulative AFT + 35% cumulative PE grades.

3.2.3.1. Cumulative PFT and AFT scores are the averages of all the respective semester PFT and AFT grades.

3.2.3.2. Cumulative PE score is the average of all PE course grades earned as a cadet.

3.3. Cadets on temporary athletic body fat adjustments must meet all cadet athletic graduation requirements.

3.4. In accordance with AFI 36-2905; USAFA will align minimum fitness assessment standards with the Air Force Fitness Program. A current FA composite score of ≥ 75 and meeting all component minimums are required for all cadets to graduate from and obtain a commission through USAFA.

4. USAFA Cadet Body Mass Index, Abdominal Circumference Measurement and Body Fat Standards. Unless exempted for temporary athletic body fat adjustments, cadets are expected to maintain USAFA cadet BMI screening, USAF FA abdominal circumference measurement screening or BF standards over their entire cadet career. Cadets are responsible for monitoring caloric intake and personal exercise programs to maintain the required body composition standards. USAFA/CWV is the OPR for administering and monitoring cadet compliance with these standards.

4.1. As Commanders, AOCs are responsible for:

4.1.1. Administering and managing USAFA BMI screening and, where required, assessing AF FA abdominal circumference measurement and BF standards in their respective cadet squadrons. AOCs and AMTs should be trained by Athletic Department Human Performance Lab (ADPH) prior to conducting any taping measurements. Squadron measurements will be administered, and results documented, as specified below and in accordance with Attachment 2 and Attachment 5.

4.1.1.1. By lesson five of each academic year semester, all cadets will be measured for height and weight and screened for BMI. Cadet height and weight data will be tracked according to the spreadsheet in Attachment 5 or maintained in the individuals Cadet Personnel Record (CPR II). The responsibility for administering squadron weigh-ins may be delegated to the squadron Cadet Athletic Officer or Cadet Athletic Non-Commissioned Officer with AOC/AMT oversight, but no further. Cadets will be weighed while wearing the USAFA issued Physical Conditioning (PC) uniform,
without shoes. Two pounds will be deducted from the measured weight as compensation for the weight of the PC uniform.

4.1.1.1. The BMI tables start at 58 inches in height and end at 80 inches in height. For any cadet less than 58 inches or greater than 80 inches in height, their BMI (rounded to the closest pound) will be calculated as \(704.5 \times \frac{\text{weight}}{\text{height}^2}\) where weight is measured in pounds and height in inches.

4.1.1.2. If a cadet BMI is less than the minimum of 19.0 kilograms of body weight per meter of standing height squared (\(\text{kg/m}^2\)), regardless of gender, the AOC is required to take prescriptive measures by directing the cadet to helping agencies outlined in paragraphs 4.1.2.1. and 4.1.2.2. Any follow-up evaluations and treatment procedures for those cadets identified with at-risk eating behaviors may be determined by the Cadet Healthy Eating and Wellness (CHEW) program team. The CHEW is a multidisciplinary forum for ongoing support and treatment and provides recommendations in consultation with the medical provider, cadet dietician and other helping agencies (reference USAFAI 44-101, Cadet Healthy Eating and Wellness Program).

4.1.1.2. AOC/AMT will conduct an AF FA abdominal circumference measurement for any cadet who exceeds the BMI screening max allowable weight of 25.0 kilograms of body weight per meter of standing height squared (25.0 \(\text{kg/m}^2\)). If the cadet has an abdominal circumference measurement of more than two (2) inches from the specified FA body composition max (the 2 inch adjustment equates to <37” for males and <33.5” for females) the AOC will document measurement in the spreadsheet at Attachment 5 or the CPRII, but no other action is required. If a cadet is within two (2) inches of or exceeds the max abdominal circumference (≥ 37” for males or ≥ 33.5” for females), they will then have a Body Fat percentage taping measurement conducted by the AOC or AMT.

4.1.1.3. AOCs will forward names of any cadet who exceeds BF standards outlined herein through the command chain to USAFA/CWV after lesson five and with subsequent updates at mid/end-of semester, as a minimum. AOCs will also notify CWV when the entire squadron has been screened. AOCs may conduct a body composition assessment for any cadet at any time who presents an unprofessional image when in their uniform. Each cadet will be tracked by the AOC (see example in Attachment 5).

4.1.2. Entering cadet into a remedial weight management program (WMP) within two duty days if they tape above their BF limit of 18% for males or 26% for females without a temporary athletic waiver. The Human Performance Laboratory (USAFA/ADPH) may be consulted to verify BF measurements and taping protocols. Once entered into a WMP, the cadet must meet cadet BMI screen, AF abdominal circumference measurement screen or BF percentage standard for three consecutive months to complete the program.

4.1.2.1. Initial counseling will be documented in the CPR II and the remedial program individually tailored to best help the deficient cadet, but at a minimum the cadet must be scheduled through the 10th Aerospace Medicine Squadron Cadet Clinic (10 AMDS/SGP) for a medical evaluation and receive nutrition counseling with a cadet-wing dietician (10 FSS/FSLFN). These two mandatory appointments are to be
scheduled within 10 duty days of entry into a remedial program (see example counseling letter in Attachment 4).

4.1.2.2. The AOC may direct a cadet to the Human Performance Lab for resting metabolic rate testing and exercise prescriptions. To make an appointment, the AOC or cadet can call the Human Performance Lab at 333-4188.

4.1.2.3. Initial counseling must include a performance contract clearly describing expected satisfactory progress in meeting cadet weight management program requirements (see example counseling letter in Attachment 4). Satisfactory progress for males and females is three pounds of weight loss or one half inch (1/2”) abdominal circumference reduction or one percent reduction in body fat composition each month until within standards. Monthly weight and taping measurements will occur no sooner than every 28 calendar days, but no later than every 32 calendar days. An additional 3 calendar days may be granted for females to account for changes in weight during menstrual cycles.

4.1.2.4. Continued failure to show progress in meeting cadet weight management program requirements will result in administrative action, up to and including disenrollment. To ensure clarity to each cadet in the program and ensure consistency in the administration of the WMP throughout the cadet wing, AOCs shall execute sequentially as follows:

4.1.2.4.1. Written counseling for any cadet initially placed into WMP; first monthly failure once in WMP, place cadet on Aptitude Probation; second monthly failure, document that cadet is failing probation; third monthly failure is considered a probationary failure. After a third monthly failure (three total failures after entering the remedial program, not limited to sequential failures), AOCs will initiate Letter of Notification (LON) action through the command chain for disenrollment consideration. If the cadet is not disenrolled after a third monthly failure, the AOC will document and forward progress data and provide retention or disenrollment recommendations after each additional monthly failure.

4.1.2.5. AOCs will forward the names of any first-class cadet who exceeds USAFA BF or USAF FA abdominal circumference measurement standards during their last cadet semester up the command chain to USAFA/CWV. AOCs will notify deficient last-semester first-class cadet that they will be subject to late graduation or disenrollment if they do not meet standards. AOCs should consider documenting this notification in a letter of counseling. Procedures for cadets on temporary athletic body fat adjustments are outlined in Paragraph 4.2.6.

4.1.3. Arranging for and documenting required monthly satisfactory progress measurements over the summer.

4.1.4. Continuing to monitor remedial WMP cadets for 3 months after they meet stated program requirements. If during this 3-month monitoring period the cadet exceeds WMP standards, that will be considered a monthly failure as a part of their original remedial program and the cadet will stay in their original program until they meet WMP standards and successfully complete a 3-month monitoring period.
4.1.4.1. If a cadet completes the 3-month monitoring period without a failure, they are removed from the WMP. A subsequent failure after removal from the WMP will be treated as a first time deficiency and the remedial process will begin anew.

4.2. Cadets may be authorized a temporary adjustment to cadet BF standards for athletic performance reasons. Cadets request this temporary athletic body fat adjustment through the following process:

4.2.1. The intercollegiate coach or competitive club officer-in-charge will validate the need for the temporary athletic body fat adjustment via an email to the Intercollegiate Liaison Branch (USAFA/ADPL) for review. After validating the temporary body fat adjustment requirement, USAFA/ADPL will notify the Human Performance Laboratory to initiate an assessment.

4.2.2. USAFA/ADPH will establish a healthy body fat adjustment that considers the cadet’s current FA abdominal circumference measurement, initiate the body fat adjustment enrollment letter (see Attachment 3) and forward to the AOC.

4.2.3. The AOC will concur or non-concur with the USAFA/ADPH recommendation and forward to the USAFA/CWV.

4.2.4. USAFA/CWV is the approval authority for temporary athletic body fat adjustments. After rendering a judgment (approve or disapprove), USAFA/CWV will return the body fat adjustment enrollment letter to the AOC for filing in the cadet’s CPR II.

4.2.5. Once a cadet is approved for a temporary athletic body fat adjustment, the AOC will have the cadet sign the adjustment letter acknowledging he or she is still required to meet all USAFA cadet athletic graduation standards and pass the USAF commissioning fitness assessment to receive a commission, and if subsequently placed in the WMP is fully aware of his or her responsibility to make satisfactory progress in meeting program requirements.

4.2.5.1. While on an approved temporary athletic body fat adjustment, cadets will be compliant as long as their beginning of semester BF taping is no higher than the approved waiver limit. If a cadet tapes above their waiver limit, USAFA/ADPH will be contacted to reassess the waiver limit. If USAFA/ADPH does not initiate a new waiver limit, the cadet will be considered deficient and placed into a WMP based on exceeding the original waiver limit.

4.2.5.2. Once a cadet no longer has a valid competitive requirement for a temporary body fat adjustment, the AOC will immediately provide initial counseling (see example Attachment 4), place the cadet in a remedial weight management program, and arrange the mandatory appointments with the Cadet Clinic (10 AMDS/SGP) and 10 FSS/FSLFN (Cadet Dietician) (i.e., initiate the process beginning in Paragraph 4.1.2.).

4.2.6. Cadets who require a temporary body fat adjustment for athletic performance reasons during their first-class year may graduate while in the WMP as long as they are making satisfactory progress (as defined in Paragraph 4.1.2.3. above) and receive approval from the Superintendent.
4.2.6.1. Cadets who stop competing prior to their first-class year in the athletic activity that required a temporary body fat adjustment must meet standards as outlined herein prior to graduation.

5. USAF Commissioning Fitness Assessment. AFI 36-2905 defines all fitness assessment policy, standards and grading scales. FAs are deemed either official or unofficial. Unofficial FAs are not reported as official scores in AFFMS II, do not require FAC presence, eliminate the documentation of height and weight at the test site, and are used as a commander’s tool to evaluate fitness/readiness. USAFA/ADP will administer the FA as an unofficial test. As such, USAFA lieutenant accessions will be given 42-days from their DAS at their gaining base to acclimatize, but will test NLT 6 months following DAS.

5.1. USAFA/ADP is the OPR for administering and managing the commissioning fitness assessment to first-class cadets and will ask for augmentation from other mission elements as required.

5.2. USAFA/ADP is responsible for:

5.2.1. Scheduling all first-class cadets to take the commissioning fitness assessment in their last cadet semester. Any cadet who fails to meet the commissioning standard on the initial test date will be placed on the Graduate At Risk List (GARL) and retested no later than 60 days after initial failure. Cadets in the Unsatisfactory fitness category will remain on GARL until they earn at least a Satisfactory score or until other action is taken.

5.2.1.1. In unique situations (i.e., 9th semester cadets, late graduates, surgery scheduled for their last semester, intercollegiate athletes projected to compete during their final semester while on an approved temporary body fat adjustment for athletic performance reasons, etc), first-class cadets may be scheduled to test in their next-to-last semester. Cadets will not be administered an official commissioning fitness assessment prior to their first-class year.

5.2.1.2. Providing fitness assessment data to the respective squadron AOC and AMT.

5.2.2. Forwarding performance summaries and recommendations for first-class cadets who fail to meet athletic graduation and commissioning standards to the Director of Athletics through the PERC Chairman.

5.2.2.1. Athletic performance summaries and graduation and commissioning recommendations for first-class cadets who fail a second retest opportunity, will be forwarded to the first-class cadets’ squadron and group AOCs and USAFA/CWV for disenrollment consideration. The Commandant will make commissioning date delay or administrative separation recommendations to the Superintendent (see paragraph 2.2.).

5.2.3. Forwarding cadet PFT, AFT, and PEA data summaries and recommendations for cadets needing waivers due to long-term medical restrictions for any of the three commissioning fitness assessment events (push-ups, crunches, or 1.5 mile run) to the Director of Athletics.

5.2.3.1. Cadets must accomplish an abdominal circumference measurement, even if medically restricted from completing other FA events.
5.2.3.2. Cadets will complete a partial commission fitness assessment if their medical restriction allows.

5.2.3.3. Recent PFT and AFT data will be used in place of the medically restricted event (pushup, crunch, or 1.5 mile run) to approximate a composite score. No alternate tests, to include cycle ergometry, are authorized.

5.3. Squadron AOCs are responsible for ensuring their first-class cadets understand the significance of the Air Force fitness assessment, to include the Commander’s intent in that “it is every Airman’s responsibility to maintain the standards set forth in the AFI 365 days a year” (reference AFI 36-2905, Chapter 1).

5.3.1. Squadron AOCs will administer an unofficial AF FA practice test to all first-class cadets by lesson 5 of the Spring semester. This is in conjunction with the required body composition measurement check to be administered no later than lesson 5 (see paragraph 4.1.1.1. above). In-season intercollegiate athletes may be exempt from the practice FA provided they are not on the weight management program or exceed the maximum FA abdominal circumference measurement. Testing may be completed during the beginning of the designated squadron intramural period. AOCs shall report Unsatisfactory scores to their respective Group AOCs within 10 days of completing the assessment. AOCs may direct cadets to use the cadet schedule of calls directed development time for reconditioning in preparation for their AF commissioning fitness assessment. AOCs may administer unofficial AF FA practice tests as they deem appropriate to address fitness/readiness, dress and personal appearance, etc. This plan will afford cadets an opportunity to assess their compliance with AF fitness standards and take ownership of a personal get-well plan where necessary.

5.3.2. For any failures of official commissioning fitness assessments, AOCs will immediately provide initial counseling and arrange the mandatory appointments with the cadet clinic (10 AMDS/SGP) and cadet dietician (10 FSS/FSLFN) (i.e. for cases where this action was not previously initiated under paragraph 4.1.2. of this instruction).

MR. JAMES A. KNOWLTON
Director of Athletics
Attachment 1

GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

References
AFI 36-2905, *Fitness Program*, 21 October 2013
DODI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures*, 5 November 2002
USAFAI 44-101, *Cadet Healthy Eating and Wellness Program*, 29 June 2016

Adopted Forms
AF Form 847, *Recommendation for Change of Publication*

Abbreviations and Acronyms
AF—Air Force
AFFMS—Air Force Fitness Management System
AFI—Air Force Instruction
AFMAN—Air Force Manual
AFPD—Air Force Policy Directive
AFT—Aerobic Fitness Test
AMT—Academy Military Trainer
AOC—Air Officer Commanding
BF—Body Fat
BMI—Body Mass Index
CHEW—Cadet Healthy Eating and Wellness
CPR II—Cadet Personnel Record
CRC—Curriculum Review Committee
GPA—Grade Point Average
LON—Letter of Notification
OI—Operating Instruction
OPR—Office of Primary Responsibility
PC—Physical Conditioning
PE—Physical Education
PEA—Physical Education Average
PERC—Physical Education Review Committee
PFT—Physical Fitness Test
RDS—Records Disposition Schedule
RECONDO—Reconditioning
USAF—United States Air Force
USAFA—United States Air Force Academy
USAFAI—United States Air Force Academy Instruction
WMP—Weight Management Program
Attachment 2

BODY COMPOSITION ASSESSMENTS

A2.1. Body mass index (BMI) is the physiological relationship of weight-for-height, measured in kilograms of body weight per meter of standing height squared (kg/m²).

A2.1.1. The Department of Defense height-weight screening guidance establishes an upper limit of 27.5 kg/m² and lower limit of 25.0 kg/m² for maximum allowable weight. USAFA cadets will be screened with the 25.0 kg/m² standard. This is the same standard assimilated in the AFA.

A2.2. Height and Weight Measurements:

A2.2.1. Height.

A2.2.1.1. Measurement will be taken with the cadet in PC uniform, no shoes worn.

A2.2.1.2. Cadets 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.

A2.2.1.3. Measurements will be recorded to the nearest inch with the following guidelines:

A2.2.1.3.1. If the height fraction is less than ½ inch, round down to the nearest inch.

A2.2.1.3.2. If the height fraction is ½ inch or greater, round up to the nearest inch.

A2.2.2. Weight.

A2.2.2.1. Measurement will be taken with the cadet in PC uniform, no shoes worn. Two pounds will be subtracted from the measured weight to compensate for clothing weight.

A2.2.2.2. The measurement will be made on calibrated scales and recorded to the nearest pound with the following guidelines:

A2.2.2.2.1. If the weight fraction is less than ½ pound, round down to the nearest pound.

A2.2.2.2.2. If the weight fraction is ½ pound or greater, round up to the nearest pound.

A2.3. BMI Screening Tables.

A2.3.1. Tables present the cadet maximum (25.0 kg/m²) and the minimum (19.0 kg/m²) USAFA cadet BMI screening weights.

A2.3.1.1. Cadets above the 25.0 kg/m² maximum, or any cadet below the 19.0 kg/m² minimum BMI screening weight will be taped to determine body composition.

A2.3.1.2. The BMI tables start at 58 inches in height and end at 80 inches in height. For any cadet less than 58 inches or greater than 80 inches in height, their BMI (rounded to the closest pound) will be calculated as 704.5 x [weight / (height squared)] where weight is measured in pounds and height in inches.
Represents Maximum Allowable Weights for USAFA Cadet BMI of 25.0 kg/m² (regardless of age or gender)

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Represents Minimum Weights for USAFA Cadet BMI of 19.0 kg/m² (regardless of age or gender)

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A2.4. Air Force Fitness Assessment Abdominal Circumference Tape Measurement

A2.4.1. If a cadet exceeds the max allowable weight using the BMI screening table they will have an abdominal circumference tape measurement completed in accordance with AF FA procedures (reference AFI 36-2905). If male cadet tapes <37 inches or females cadet tapes <33.5 inches, they are in good standing and will be treated as if they passed their initial BMI screen. AOC’s will document result in CPRII and are required to counsel the cadet that they are perilously close to failing the AF FA body composition measurement.

A2.4.1.1. If a cadet exceeds their BMI and abdominal circumference as specified above, they are taped for BF IAW AFI 36-2905. If a cadet tapes above their BF limit of 18% for males or 26% for females, they are entered into a remedial weight management program (WMP). The only exception to this policy is for cadets who are authorized a temporary adjustment to cadet BF standards for athletic performance reasons.

A2.4.1.1.1. For cadets below the 19.0 kg/m² minimum BMI, the AOC will provide their body composition measurements to the Cadet Clinic for a health assessment review and direct the cadet to the cadet-wing dietician for nutrition counseling. See paragraph 4.1.1.1.2.
MEMORANDUM FOR USAFA/CS-___ (Squadron AOC Name)

FROM: USAFA/ADPH (ADPH Employee Name)

SUBJECT: Request for Temporary Body Fat Adjustment

1. Cadet ________________________, CS- _____ is a member of the __________________________ intercollegiate team/club. Cadet «LastN» has a weight/percent body fat of «WT» pounds & «BF»% body fat. Based on this body fat assessment performed by USAFA/ADPH on ________________ (date), we are requesting Cadet __________________________’s USAFAI 36-2002 maximum percent body fat be temporarily adjusted to ________ percent for him/her to compete for the above listed USAFA team. This BF adjustment takes into account his/her current AF FA abdominal circumference tape measurement of ________ inches.

2. Cadet ________________________ realizes that once this athletic requirement terminates, he/she must make satisfactory progress in a remedial weight management program (as defined in USAFAI 36-2002, Paragraph 4.2.6.) in order to graduate.

3. Cadet ________________________ has been briefed that once he/she is no longer participating on the above listed team/club, the temporary adjustment is no longer valid and he/she will enter a remedial program with their AOC (see USAFAI 36-2002, Paragraph 4.2.5.1.).

4. Cadet ________________________ understands that while approved for a temporary body fat adjustment he/she must still meet all cadet athletic graduation requirements and as a first-class cadet must pass the USAF commissioning fitness assessment (see USAFAI 36-2002, Paragraph 5.).

(Insert Name and Rank)

USAFA/ADPH
Attachment:
USAFA/ADPH Test Results
1st Ind, USAFA/CS-___(Date)
MEMORANDUM FOR USAFA/CWV (Vice Commandant’s Name)

I do / do not recommend approval.

(Insert Name and Rank)

Commander, Cadet Squadron ____

2nd Ind, USAFA/CWV (Date)

MEMORANDUM FOR USAFA/CS- ___ (Squadron AOCs name)

The temporary body fat adjustment is / is not approved.

(Insert Name and Rank)

Vice Commandant of Cadets

3rd Ind, C__C ________________________________

MEMORANDUM FOR USAFA/CS-____

I understand that I have been granted a temporary body fat adjustment to participate in ___________________________. Should I no longer participate in ___________________________.

I will immediately notify my AOC for enrollment in a remedial weight management program and begin weight/abdominal circumference/body fat loss under USAFI 36-2002 criteria.

Should I fail to make satisfactory progress by losing stated body composition at the recommended rate, I understand I am subject to administrative action up to and including disenrollment.

I also understand that I must meet all cadet athletic graduation requirements and as a first-class cadet must pass the USAF commissioning fitness assessment IAW USAFI 36-2002, Para 5.

(Cadet’s Name, C__C)

Cadet Squadron _____
Attachment 4

REMEDIAL WEIGHT MANAGEMENT PROGRAM PLACEMENT

MEMORANDUM FOR CADET XYZ

FROM: CSXX/AOC

SUBJECT: Remedial Weight Management Program Placement

1. This letter is official notification that you have been placed in the remedial Weight Management Program (WMP) in accordance with USAFAI 36-2002. On (date) your height was (xx inches) and weight was (xx lbs). You exceeded the BMI max allowable weight; your AF FA abdominal circumference measurement was _____inches; and your body fat (BF) was _____%. Your max allowab

 Your max allowable weight is ___lbs; you must be at or below your max allowable weight; or your abdominal circumference must be <37 inches (male)/<33.5 inches (female); or your body fat cannot exceed 18% BF (male)/26% BF (female).

2. You are required to make appointments with the Cadet Clinic, 526-2273 and the Cadet Wing Dietician, 333-3663 within 10 duty days of receiving this letter. These two appointments will ensure you receive proper weight and diet counseling as well as ensuring there are no underlying medical issues.

3. You will be required to weigh in monthly on or around the xx day of each month. Your next scheduled body composition check will be on xxxxx. You will be required to lose 3 pounds, ½ inch abdominal circumference or 1 percent BF during each monthly weigh in and taping until such time you meet standards. You will be removed from the WMP after you meet said standards and sustain them for 3 consecutive months. If you fail to meet the standards listed above you will receive further administrative actions as outlined in paragraph 4.1.2.4. of USAFAI 36-2002. To be clear, this is a serious situation and could result in disenrollment if you do not meet aforementioned standards.

4. Please take this program seriously and make a positive lifestyle change. You will acknowledge receipt of this memorandum. Any comments or documents you wish to be considered concerning this action may be included with your response and filed in your CPRII.

Signature Block

1st Ind, Cadet (name)

To: CSXX/AOC

I acknowledge receipt of this memorandum, dated ______________.
## Attachment 5

**CADET SQUADRON BODY COMPOSITION TRACKER**

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<th>Measured Lbs</th>
<th>Actual Lbs</th>
<th>AF/FA Ab Circumference</th>
<th>Neck</th>
<th>Waist</th>
<th>Hip</th>
<th>BF%</th>
<th>Waiver</th>
<th>Min</th>
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