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SUPERINTENDENT**



**HQ UNITED STATES AIR FORCE
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Personnel

**CADET BODY COMPOSITION AND
FITNESS PROGRAMS**

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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This instruction implements Department of the Air Force Policy Directive (DAFPD) 36-29, *Military Standards*, and complements Department of the Air Force Manual (DAFMAN) 36-2905, *Department of the Air Force Physical Fitness Program*, Department of Air Force Instruction (DAFI) 36-3501, *United States Air Force Academy Operations*, and Department of Defense (DoD) Instruction (DoDI) 1308.03, *DoD Physical Fitness/Body Composition Program*. 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 Department of the Air Force (DAF) Form 847, *Recommendation for Change of Publication*. This publication may not be supplemented or further implemented/extended. The authorities to waive requirements in this publication are identified with a Tier 3 (T-3) number following the compliance statement. 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/ADV. Ensure all records generated as a result of processes prescribed in this publication adhere to Air Force Instruction 33-322, *Records Management and Information Governance Program*, and are disposed in accordance with the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System.

SUMMARY OF CHANGES

This interim change revises USAFAI 36-2002 by removing paragraphs **2.2.3** and **7.1.5**. This interim change completely removes the word “gender” from the USAFAI and is in compliance with Executive Order 14168, *Defending Women from Fender Ideology Extremism and Restoring Biological Truth to the Federal Government*, 20 January 2025.

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

2. Responsibilities. The Superintendent (USAFA/CC) has overall responsibility for the USAFA cadet body composition assessment and fitness programs. Other key commanders in this program are the Commandant of Cadets (USAFA/CW); Executive Director of Athletic Programs (USAFA/AD); Vice Commandant of Cadets (USAFA/CWV); Group Commander (GP/CC) 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 responsible for:

2.1.1. Approval authority for cadet graduation physical fitness assessment and body composition waivers, as well as graduation date delays or administrative separations for deficiencies in meeting USAFA cadet graduation body composition or athletic standards.

2.1.2. Approval authority for USAFA cadet graduation Physical Fitness Assessment (PFA) 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 graduation PFA deficiencies.

2.2. The Commandant of Cadets is responsible for reviewing all cadets who:

2.2.1. Require a waiver to USAF graduation PFA 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 graduation PFA standards (as defined in DAFMAN 36-2905) or make satisfactory progress in meeting cadet body compositions standards. After reviewing the USAFAI 36-3504, *Disenrollment of United States Air Force Academy Cadets*, Letter of Notification (LON) recommendation, the Commandant will make graduation date delay or administrative separation recommendations to the Superintendent.

2.2.3. Deleted.

2.3. The Executive Director of Athletic Programs (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 Adjusted Athletic Assessment (AAA) Physical Fitness Test (APFT) and Aerobic Fitness Test (AAFT) (as reviewed and recommended by the Physical Education Review Committee (PERC) Chairperson and approved by USAFA/CWV).

2.3.4. Administering the Air Force graduation PFA to first-class cadets.

2.3.5. Tracking all cadets for proficiency in meeting USAFA cadet athletic and Air Force PFA graduation standards.

2.3.6. Administering body composition assessments in support of the temporary athletic body composition adjustment processes.

2.3.7. Ensuring Directorate of Athletics Human Performance Lab (USAFA/ADML) completes body composition measurement initial and refresher training for cadet squadron permanent party (AOC or Academy Military Trainer (AMT)).

2.3.8. Ensuring the Chief, Intercollegiate Liaison Division/ Student Athlete Affairs (USAFA/ADVL) initiates appropriate reminder to intercollegiate coaches to identify any athlete that may require a temporary athletic body composition adjustment and/or AAA; as well as notify USAFA/CW to complete cadet body composition assessments as outlined in this instruction.

2.3.9. Providing performance summaries and graduation recommendations to USAFA/CW for cadets who are deficient in meeting DAFMAN 36-2905 PFA standards.

2.3.10. Providing performance summaries and waiver recommendations to USAFA/CW on cadets who require a waiver to graduation PFA standards due to long-term medical restrictions.

2.3.11. Providing performance summaries and making graduation 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).

2.3.12. 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 (USAFA/CWV), through the Cadet Group Commander (GP/CC) 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 composition adjustments for athletic performance reasons for all four classes.

2.4.2. Tracking all cadets for compliance in maintaining cadet body composition standards throughout the four-year cadet-training program.

2.4.3. Providing body composition summary and retention recommendations to the Commandant of Cadets for cadets who fail to make satisfactory progress while in a remedial body composition improvement program (BCIP).

2.4.4. Ensuring cadet squadron AOCs and AMTs are certified by USAFA/ADML prior to completing any body composition assessment measurements.

2.4.5. Conducting AAA review and approval after consulting with PERC representative.

2.5. The Commander, 10th Medical Group (10 MDG/CC) is responsible for:

2.5.1. Administering initial health assessments for cadets identified for remedial BCIP.

2.5.1.1. Evaluate and provide feedback to cadets with regard to BCA measurements. Guide cadets to support services, connect with resources or referrals, advise about risks, and follow-up, as needed.

2.5.2. Conducting medical evaluations for first-class cadets who earn an unsatisfactory score on their graduation AF PFA to determine any possible medical indicators that prohibit program success, when appropriate.

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

3. USAFA Cadet Athletic Graduation Requirements. To fulfill the athletic graduation requirements, a cadet must satisfactorily complete the Physical Education (PE) curriculum (5.0 semester hours), earn a cumulative physical education average (PEA) of at least 2.00, pass the USAF PFA, and participate in approved competitive athletics (intramural, club or intercollegiate) in each semester of residency. Cadet graduation requirements and standards are approved by the Academy Board. The Department Head of Physical Education (USAFA/ADP) is the OPR for administering and managing cadet athletic graduation requirements and standards.

3.1. The required PE curriculum is approved by the USAFA Curriculum Review Committee (CRC) and Academy Board. The CRC and Academy Board 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. Adjusted PFT (APFT) and Adjusted AFT (AAFT) assessments may be used in place of PFT/AFT scores for specified cadet-athletes when approved by CWV. 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 ADOI 36-3504, *Department of PE Standard Operating Procedures and Instruction*, for PFT/APFT, AFT/AAFT, and PEA explanations).

3.2.1. PFT and AFT performances are initially scored on 500-point scales and then converted to a 4.00 letter grade (i.e., 250 points = 2.00 or C grade, etc.). Each semester PFT or AFT grades are used in computing PEA. APFT and AAFT assessments will be scored on comparable scales to the cadet fitness tests and then similarly converted to letter grades.

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 PERC. The PERC may recommend administrative separation to USAFA/AD or direct eighth semester PFT and AFT tests. Identified cadet-athletes will take an APFT and AAFT only when approved to do so by CWV.

3.2.2.1. The PERC will review cadets in late graduation at the end of their eighth semester to ensure they are on track to meet athletic graduation and commissioning requirements.

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. The PEA computation will factor APFT and AAFT scores when test(s) are approved by CWV.

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

3.3. Cadets approved for temporary athletic body composition adjustments and AAAs (APFT/AAFT) must meet all cadet athletic graduation requirements.

3.4. In accordance with DAFMAN 36-2905, new accessions must complete fitness programs and standards of the USAFA course of instruction. Further, commissioning sources are directed to align fitness assessment standards to meet or exceed USAF PFA requirements.

4. USAFA Cadet Body Composition Assessment (BCA) Measurements and Standards. The Air Force and Space Force implemented new body composition program (BCP) policy to comply with the DoD body composition assessment programs which mandate military services establish body composition requirements to ensure physical readiness of all service members. USAFA

implemented DAF BCP with additive BCA measurements and standards to ensure USAFA cadets meet or exceed minimum USAF/USSF program standards. Unless exempted for temporary athletic body composition adjustments, cadets are expected to maintain USAFA cadet Body Mass Index (BMI) screening, USAF Waist-to-Height Ratio (WHtR) screening or Body Fat (BF) standards over their entire cadet career. Cadets are responsible to take action and seek out resources, guidance and support to improve nutrition and fitness habits to maintain the required body composition standards. The BCA implemented at USAFA provides a cadet standard for body composition and an associated health risk to meet service requirements. USAFA/CWV is the OPR for administering and monitoring cadet compliance with these standards.

4.1. Commanders, AOCs and AMTs responsibilities:

4.1.1. Serve as squadron Body Composition Managers (BCM) to execute, enforce, and ensure fair and consistent administration of BCA across the squadron while providing the support, encouragement, and motivation for cadets physical and emotional wellness. BCMs should be trained annually by the Directorate of Athletics Human Performance Lab (ADML) prior to administering USAFA BMI screening and, where required, assessing WHtR measurement and BF standards in their respective cadet squadrons. ADML will establish a training schedule and share resources for reference purposes. Squadron measurements will be administered, and results documented, as specified below and in accordance with [Attachment 2](#), [Attachment 5](#), and [Attachment 6](#).

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 example in [Attachment 5](#) or maintained in the individuals Cadet Personnel Record (CPR II) or Student Information System (SIS) application (when developed). The responsibility for administering squadron height checks and weigh-ins may be delegated to the squadron Cadet Athletic Officer or Cadet Athletic Non-Commissioned Officer with AOC/AMT oversight, but no further. Height and weight will be conducted with cadets wearing the USAFA issued Physical Training Uniform (PTU), without shoes. Two pounds will be deducted from the measured weight as compensation for the weight of the PTU.

4.1.1.1.1. The BMI tables start at 58 inches in height and end at 80 inches in height. Weight is measured in pounds and height in inches. Reference [Attachment 2](#).

4.1.1.1.2. If a cadet BMI is less than the minimum of 19.0 kilograms of body weight per meter of standing height squared (kg/m^2), regardless of sex, 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 dietitian and other helping agencies (reference USAFAI 44-101, *Cadet Healthy Eating and Wellness Program*).

4.1.1.2. AOC/AMT will conduct a sex neutral Waist-to-Height Ratio (WHtR) 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 ($25.0 \text{ kg}/\text{m}^2$).

WHtR = waist circumference ÷ height. The AOC will document WHtR measurement to CPR II or SIS application. If WHtR is < 0.55 the cadet is considered meeting USAF standards (Low-Moderate Risk) and no further measurements are required. If the WHtR is ≥ 0.55 (High Risk – not meeting AF standard) the cadet will then have a body fat percentage taping measurement conducted by the AOC or AMT. Reference [Attachment 6](#).

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

4.1.2. Entering cadets into a remedial body composition improvement program (BCIP) within two duty days if they tape above their BF limit of 20% for males or 28% for females without a temporary athletic body composition adjustment. The AOC may consult the Human Performance Laboratory (USAFA/ADML) to verify body composition measurements and taping protocols. Any ADML supplemental measurements are not to be considered official for purposes of remedial BCIP status. Once entered into BCIP, the cadet must meet cadet BMI screen, USAF WHtR or cadet BF percentage standard for three consecutive months to complete the program.

4.1.2.1. Initial counseling will be documented in the CPR II or SIS and the remedial program individually tailored to best help the deficient cadet, but at a minimum the cadet must be scheduled through the 10th Operational Medical Readiness Squadron Cadet Clinic (10 OMRS/SGP) for a medical evaluation and receive nutrition counseling with a cadet-wing dietitian (10 FSS/FSVM). These two mandatory appointments are to be scheduled within 10 duty days of entry into remedial BCIP (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 or send an email to USAFA.ADHPL@afacademy.af.edu.

4.1.2.3. Initial counseling must include a performance contract clearly describing expected satisfactory progress in meeting cadet BCIP 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") waist 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 three calendar days, or other reasonable period of time as determined by medical provider or AOC, may be granted for females to account for changes in body composition during menstrual cycles.

4.1.2.4. Continued failure to show progress in meeting cadet BCIP 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 BCIP throughout the cadet wing, AOCs shall execute sequentially as follows:

4.1.2.4.1. Written counseling for any cadet initially placed into BCIP; first monthly failure once in BCIP, place cadet on Aptitude Probation; second monthly failure, document that cadet is failing probation; third monthly failure is considered a probationary failure.

4.1.2.4.2. After a third monthly failure (three total failures after entering remedial BCIP, not limited to sequential failures), AOCs will initiate Letter of Notification (LON) action through the command chain for disenrollment consideration.

4.1.2.4.3. If the LON is dismissed and the cadet is not disenrolled, the AOC will document and forward progress data and provide retention or disenrollment recommendations after each additional monthly BCA.

4.1.2.5. AOCs will forward the names of any first-class cadet who fails to meet USAFA BF or USAF WHtR 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 may be subject to late graduation or disenrollment if they do not meet standards. It is possible for a cadet to graduate while in BCIP provided they are making satisfactory progress in the program and they meet USAF graduation PFA requirements. AOCs should consider documenting this notification in a letter of counseling. Procedures for cadets on temporary athletic body composition adjustments are outlined in [Paragraph 5](#).

4.1.3. Arranging for and documenting required monthly satisfactory progress measurements over the summer and ensuring cadet BCA/BCIP information is passed to cadets new chain of command, when applicable.

4.1.4. Continuing to monitor remedial BCIP cadets for 3 months after they meet stated program requirements. If during this 3-month monitoring period the cadet exceeds BCIP 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 BCIP 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 BCIP. A subsequent failure after removal from BCIP will be treated as a first-time deficiency and the remedial process will begin anew.

4.1.5. AOCs will fully engage in the process for cadets considered and approved for temporary body composition adjustment and/or Adjusted Athletic Assessment(s) for athletic performance reasons (reference [paragraph 5](#) in its entirety).

4.1.6. AOCs/AMTs must maintain cadet body composition assessment data records for all cadets in the squadron. As a minimum, AOC/AMT leaders are required to enter their respective cadet BCA data into the CPR II or SIS each fall and spring semester (after SIS functionality is developed). This includes documenting and tracking cadets in BCIP program. Note, the USAF myBodyComp application will not be used for USAFA cadets.

5. Temporary Adjustment to Cadet Body Composition (BC) Standards and Cadet Adjusted Athletic Assessment (AAA). USAFA/CWV may approve cadet-athletes for a temporary

adjustment to USAFA body composition standards and/or AAA for athletic performance reasons. The program fundamentals will help ensure cadets are postured to meet USAFA and Air/Space Force graduation and commissioning requirements.

5.1. The BCA is based on a temporary change to the USAFA maximum BF percentage and the Air Force WHtR BCA measurements.

5.2. The AAA is an approved provision to alter fitness testing requirements for a select group of cadet-athletes whose sport requires them to maintain body composition outside USAFA standards for athletic performance reasons. AAA aligns cadet fitness test requirements with USAFA body composition standards and incorporates Air Force Physical Fitness Assessment and AF/SF WHtR requirements. An approved AAA may include an Adjusted Physical Fitness Test (APFT) and/or an Adjusted Aerobic Fitness Test (AAFT).

5.2.1. A cadet may receive an approval for temporary body composition adjustment only or a combination of BC and AAA. These two adjustments may often be approved in conjunction.

5.2.2. The AAA can include any combination of Adjusted PFT (APFT) and/or Adjusted AFT (AAFT).

5.2.3. Cadets with an approved temporary BC adjustment who do not also receive approval for AAA (APFT and/or AAFT) must take the standard cadet PFT and/or AFT, unless otherwise exempt.

5.3. The PERC has oversight of the adjusted BC/AAA review process and provides recommendations to USAFA/CWV for approval. Cadet-athletes may request these temporary adjustment(s) through the following process:

5.3.1. The intercollegiate coach or competitive club officer-in-charge will validate the need for the temporary athletic BC adjustment and/or AAA via an email to the Student Athlete Affairs Branch (USAFA/ADVL) for review. After validating the request, USAFA/ADVL will notify USAFA/ADML to initiate an assessment.

5.3.2. USAFA/ADML will establish a healthy body composition adjustment that considers the cadet's current body fat percentage and USAF WHtR measurement. Concurrently, the Cadet Fitness and Testing Division (USAFA/ADPT) will complete a review that considers the cadet's overall athletic performance in conjunction with body composition assessment. These assessments will be reviewed by the cadet's AOC and PERC Chairperson with the purpose of identifying cadets who may be candidates for BC adjustments and/or AAA for athletic performance reasons.

5.3.3. The PERC Chairperson will present USAFA/CWV with a recommended list of cadets who fit the criteria for temporary BC and AAA adjustment(s) at least once each academic year, and more frequently as necessary.

5.3.4. USAFA/CWV is the approval authority for temporary athletic BC and AAA adjustments. USAFA/CWV may elect to consult with the cadet's AOC prior to rendering a judgment (approve or disapprove). Following a decision, USAFA/ADML will draft the appropriate adjustment enrollment letter (reference example at [Attachment 3](#)) and forward to the AOC for presentation to cadet and filing in the cadet's CPR II or SIS.

5.3.4.1. 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 graduation PFA, as outlined herein. The letter also states that if a cadet is subsequently placed in BCIP they are fully aware of their responsibility to make satisfactory progress in meeting program requirements.

5.3.5. While on an approved temporary athletic body composition adjustment, cadets will be compliant as long as their beginning of semester BC assessment is no higher than the approved waiver limit. If a cadet exceeds their waiver limit, USAFA/ADML will be contacted to reassess the waiver limit. If USAFA/ADML does not initiate a new waiver limit, the cadet will be considered deficient and placed into BCIP based on exceeding the original waiver limit.

5.3.6. Once a cadet-athlete no longer has a valid competitive requirement for a temporary body composition adjustment, the AOC will immediately provide initial counseling (see example [Attachment 4](#)), place the cadet in a remedial BCIP, and arrange the mandatory appointments with the Cadet Clinic (10 OMRS/SGP) and 10 FSS/FSVM (Cadet Dietitian) (i.e., initiate the process beginning in [Paragraph 4.1.2.](#)).

5.3.7. Cadets who require a temporary body composition adjustment for athletic performance reasons may graduate while in BCIP as long as they are making satisfactory progress (as defined in [Paragraph 4.1.2.3](#) above) and they satisfy the USAF PFA graduation requirement.

5.3.7.1. Cadets who stop competing prior to their first-class year in the athletic activity that required a temporary body composition adjustment are removed from the approved BC adjustment status, placed on BCIP, and will be placed in the Remediation Transition Program (as outlined in [paragraph 6.](#)). Cadets are expected to make satisfactory progress toward meeting USAFA body composition standards. Cadets must meet standards as outlined herein prior to graduation.

5.4. The Physical Education Review Committee (PERC) Chairperson is responsible for:

5.4.1. Directing the ADML and ADPT to maintain a comprehensive list of cadets considered for BC adjustments and AAA tests.

5.4.2. Ensuring all cadets considered for temporary BC/AAA adjustments for athletic performance reasons are identified by respective coaching staff through USAFA/ADVL, USAFA/ADML completes body composition evaluation (reference [paragraph 5.3.2](#)) and USAFA/ADPT assesses overall athletic performance, as required. Collectively, these offices will generate a list of cadets who should be considered for BC/AAA adjustments and outline recommendations to PERC Chairperson.

5.4.3. Providing USAFA/CWV with recommendations of cadets to be considered for temporary BC adjustments and AAA.

5.4.4. Ensuring USAFA/ADML updates and maintains BC/AAA master list as approved by USAFA/CWV and coordinates with respective squadron AOC.

5.4.5. Ensuring USAFA/ADPT conducts required fitness testing to cadets with approved AAA (APFT/AAFT).

5.4.6. Reviewing cadets AAA performance and overall athletic standing during normal PERC records review cycle, or as required.

5.4.7. Ensuring cadets who no longer require an adjusted BC or AAA for athletic performance reasons are considered for placement in the Remediation Transition Program (as outlined in [paragraph 6.](#)).

6. Remediation Transition Program. The transition program is intended to provide the necessary tools and support to ensure cadets are prepared to meet graduation and commissioning standards. It provides resources for cadets who were approved for a temporary adjustment to BC standards and/or AAA (APFT/AAFT) to ensure they are afforded every opportunity to meet academy athletic graduation and Air Force physical fitness assessment graduation requirements after the cadet is no longer participating on an athletic club or intercollegiate sport. Cadets directed to the transition program no longer require an adjusted BC or AAA for athletic performance reasons.

6.1. USAFA/ADML and USAFA/ADPT will identify cadets requiring placement in the Remediation Transition Program, as applicable. The following are the primary elements of this transitory program:

6.1.1. Squadron AOCs are responsible for activation and management of remedial BCIP. Reference paragraph 4.1.2..

6.1.2. Nutrition education, resting metabolic rate testing and exercise prescriptions, as appropriate and in coordination with ADML.

6.1.3. ADPT considers enrollment in an athletic rehabilitation program, as applicable.

6.1.4. Per USAFA policy, all cadets, including those who may have earned AAA scores, are required to meet the Air Force Physical Fitness Assessment requirements to graduate and commission from the Academy (reference [paragraph 7](#) below). Deficient AF PFA cases will be reviewed by PERC and status tracked via USAFA Graduate At Risk List (GARL) process.

7. USAF Graduation Physical Fitness Assessment. DAFMAN 36-2905 defines AF physical fitness assessment policy, standards and grading scales. PFAs are deemed either official or diagnostic. USAFA/ADP will administer the PFA as a diagnostic assessment to first-class cadets. PFA diagnostic results are not reported as official scores in myFitness, but are used as a commander's tool to evaluate fitness/readiness to graduate from USAFA or obtain a commission into the USAF/USSF. All Airmen will have their first official AF PFA due the 6th month after arrival at first duty station.

7.1. USAFA/ADP is responsible for:

7.1.1. Administering and managing the graduation physical fitness assessment to first-class cadets.

7.1.2. Scheduling all first-class cadets to take the AF graduation physical fitness assessment in their last cadet semester. Any cadet who fails to meet the graduation standard will be placed on the 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.

- 7.1.2.1. In unique situations (i.e., 9th semester cadets, late graduates, medical reasons, , intercollegiate athletes projected to compete during their final semester while on an approved temporary body composition/AAA adjustments, etc.), first-class cadets may be scheduled to test in their next-to-last semester. Cadets will not be administered an official graduation physical fitness assessment prior to their first-class year.
- 7.1.3. Providing fitness assessment data to the respective squadron AOC and AMT.
- 7.1.4. Forwarding performance summaries and recommendations for first-class cadets who fail to meet athletic graduation and commissioning standards to the USAFA/AD through the PERC Chairperson.
- 7.1.4.1. 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 AOC, GP/CC and USAFA/CWV for disenrollment consideration. The Commandant will make commissioning date delay or administrative separation recommendations to the Superintendent (see [paragraph 2.2.](#)).
- 7.1.5. Preparing cadet PFT, AFT, and PEA data summaries and recommendations for cadets needing waivers due to long-term medical restrictions for any of the three AF physical fitness assessment events (push-ups, crunches, or 1.5 mile run).
- 7.1.5.1. If medically restricted from completing the USAF PFA, the cadet's BCA, consisting of WHtR, will be considered by the AOC. In cases of pregnancy, a cadet PFA exemption will be determined by a medical care provider and cadet may be exempt from BCA measurements until 13 months after delivery for a pregnancy lasting 20 weeks or more pending medical approval. Medical providers will make a determination recommendation for pregnancies fewer than 20 weeks.
- 7.1.5.1.1. Consistent with DoD policy for all military service academies, all physical fitness requirements are temporarily waived throughout pregnancy until the cadet is medically cleared to resume physical fitness activities. With approval from medical providers, a cadet may volunteer to complete a physical fitness requirement without ending the exemption early. The cadet will have to meet physical fitness requirements as specified herein, prior to being allowed to graduate and commission from USAFA.
- 7.1.5.2. Cadets will complete a partial graduation PFA if their medical restriction allows. Eligible cadets may be approved for alternate PFA components as described in DAFMAN 36-2905, such as aerobic fitness assessment (2.0 kilometer walk test). Medical exemption is based on either musculoskeletal or clinical (e.g., cardiac, pulmonary, etc.) conditions that preclude running.
- 7.1.5.2.1. Recent PFT/APFT and AFT/AAFT data will be used in place of the medically restricted event (pushup, crunch, or 1.5 mile run/2.0 kilometer walk) to approximate a composite score.
- 7.1.5.3. Deleted.
- 7.1.5.4. A cadet who receives a fitness exemption will be expected to maintain a healthy lifestyle, participate in physical fitness activities, and work with their AOC to

ensure they are maintaining an active fitness regimen. Cadets are ultimately responsible for maintaining a healthy lifestyle which incorporates fitness and meet athletic graduation requirements.

7.2. Squadron AOCs are responsible for ensuring their cadets understand the goal of the AF PFA is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness and healthy eating habits. An active lifestyle increases productivity, optimizes health, and decreases absenteeism while maintaining a higher level of readiness. Commanders at every level must incorporate physical fitness into their culture and establish an environment to maintain physical fitness, health, and performance to meet mission requirements (Reference DAFMAN 36-2905, Chapter 1).

7.2.1. Squadron AOCs are encouraged to administer a diagnostic AF PFA to their cadets in conjunction with the required BCA measurements. Diagnostic testing may be completed during the beginning of the designated squadron intramural period. AOCs may direct cadets to use the cadet schedule of calls directed development time for reconditioning in preparation for their cadet and AF physical fitness assessments, as applicable. AOCs may administer diagnostic 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/body composition standards and take ownership of a personal get-well plan where necessary.

7.2.2. For any failures of official graduation PFAs, AOCs will immediately provide initial counseling and arrange the mandatory appointments with the cadet clinic (10 OMRS/SGP) and cadet dietitian (10 FSS/FSVM) (i.e., for cases where this action was not previously initiated under **paragraph 4.1.2** of this instruction).

JENNIFER A. BLOCK, AD-26, USAF
Executive Director of Athletic Programs

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

USAFAI 36-3504, *Disenrollment of United States Air Force Academy Cadets*, 14 Aug 2022

DAFMAN 36-2905, *Physical Fitness Program*, 21 April 2022

DAFI 36-3501, *United States Air Force Academy Operations*, 8 May 2022

AFI 33-322, *Records Management and Information Governance Program*, 22 March 2020

DAFMAN 90-161, *Publishing Processes and Procedures*, 14 April 2022

DAFPD 36-29, *Military Standards*, 23 January 2023

DODI 1308.03, *DoD Physical Fitness and Body Composition Program*, 10 March 2022

USAFAI 44-101, *Cadet Healthy Eating and Wellness Program*, 8 November 2020

Adopted Forms

DAF Form 847, *Recommendation for Change of Publication*

Abbreviations and Acronyms

AAA—Adjusted Athletic Assessment

AAFT—Adjusted Aerobic Fitness Test

APFT—Adjusted Physical Fitness Test

AF—Air Force

AF PFA—Air Force Physical Fitness Assessment

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

BC—Body Composition

BCA—Body Composition Assessment

BCIP—Body Composition Improvement Program

BCM—Body Composition Manager

BF—Body Fat

BMI—Body Mass Index

CHEW—Cadet Healthy Eating and Wellness
CPR II—Cadet Personnel Record
CRC—Curriculum Review Committee
DAF—Department of the Air Force
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
SF—Space Force
SIS—Student Information System
USAF—United States Air Force
USAFA—United States Air Force Academy
USAFAI—United States Air Force Academy Instruction
USSF—United States Space Force
WHtR—Waist to Height Ratio

Attachment 2

BODY COMPOSITION ASSESSMENTS

A2.1. Per DoD, body composition may be assessed using either height-weight BMI screening, waist-to-height (WHtR), body fat (BF) calculations, abdominal circumference, or any combination thereof. 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/m^2).

A2.1.1. The Department of Defense height-weight screening guidance establishes an upper limit of $27.5 \text{ kg}/\text{m}^2$ and lower limit of $25.0 \text{ kg}/\text{m}^2$ for maximum allowable weight. USAFA cadets will be screened for BMI with the $25.0 \text{ kg}/\text{m}^2$ standard.

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 $\frac{1}{2}$ inch, round down to the nearest inch.

A2.2.1.3.2. If the height fraction is $\frac{1}{2}$ 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 $\frac{1}{2}$ pound, round down to the nearest pound.

A2.2.2.2.2. If the weight fraction is $\frac{1}{2}$ pound or greater, round up to the nearest pound.

A2.3. BMI Screening Tables.

A2.3.1. Tables present the cadet maximum ($25.0 \text{ kg}/\text{m}^2$) and the minimum ($19.0 \text{ kg}/\text{m}^2$) USAFA cadet BMI screening weights.

A2.3.1.1. Cadets above the $25.0 \text{ kg}/\text{m}^2$ maximum, or any cadet below the $19.0 \text{ kg}/\text{m}^2$ 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 $704.5 \times [\text{weight} / (\text{height squared})]$ where weight is measured in pounds and height in inches.

Represents Maximum Allowable Weights for USAFA Cadets BMI of $25.0 \text{ kg}/\text{m}^2$ (regardless of age or sex)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
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Weight (pounds) 119 124 128 132 136 141 145 150 155 159 164 169 174 179 184 189 194 200 205 210 216 221 227

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

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173

A2.4. Air Force Waist-to-Height Ratio (WHtR) body composition Assessment.

A2.4.1. If a cadet exceeds the max allowable weight using the BMI screening table, then screen for WHtR body composition measurement (reference DAF guidance). Factor WHtR = waist circumference ÷ height. Measure down to ½ inch at umbilical level and then divide circumference by height annotated in BMI screening (reference [Attachment 6](#)). If WHtR is < 0.55 the cadet is considered meeting AF standard (Low-Moderate Risk) and no further BC measurements are required. If the WHtR is ≥ 0.55 (High Risk – not meeting AF standard) the cadet will be taped for body fat. The AOC will document WHtR measurement to cadet record and may opt to assist cadet in developing an action plan to improve body composition, where warranted. Command team should strive to support, encourage, and motivate.

A2.4.1.1. If a cadet exceeds their BMI and WHtR as specified above, they are taped for BF in accordance with DoDI 1308.03. DoD specifies BF standards as not being more stringent than 18 percent for men and 26 percent for women, and will not be more liberal than 26% BF for men and 36% for women. If a cadet tapes above USAFA BF limit of 20% for males or 28% for females, they are entered into a remedial body composition improvement program (BCIP). Respective AOC is required to counsel and formally place cadet in BCIP, reference [paragraph 4.1.2.1](#) and [Attachment 4](#). The only exception to this policy is for cadet-athletes who are authorized a temporary adjustment to cadet BC standards for athletic performance reasons, reference [paragraph 5](#) and [Attachment 3](#).

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 dietitian for nutrition counseling. See [paragraph 4.1.1.1.2](#).

Attachment 3**BODY COMPOSITION ADJUSTMENT ENROLLMENT LETTER****For Official Use Only****DEPARTMENT OF THE AIR FORCE
UNITED STATES AIR FORCE ACADEMY
USAF ACADEMY, COLORADO 80840***(Date)*

MEMORANDUM FOR USAFA/CS-«SQ» («AOC_Rank» «AOC»)

FROM: USAFA/ADML (Ms. Dyana Bullinger)

SUBJECT: Temporary Body Composition/Athletic Assessment Adjustment(s)

1. In accordance with USAFAI 36-2002 (*Cadet Body Composition and Fitness Programs*) and in coordination with the PERC Chairperson, USAFA/CWV has approved «Cadet_Rank» «Firstname» «LastName», CS-«SQ» for a Temporary Body Composition adjustment and Adjusted Athletic Assessment (AAA) for athletic performance reasons. Cadet «LastName», is a member of the USAFA «Team» intercollegiate team/club.
2. Based on body composition assessments performed by USAFA/ADML on «M_Date», Cadet «LastName»'s maximum body fat has been temporarily adjusted to «Waived_BF»%. In addition, Cadet «LastName» has been approved for an AAA AFT (AAFT) <and AAA PFT (APFT)>. The AAA testing will be conducted by the AD Fitness and Testing Division (ADPT). These adjustments take into account the academy body composition standards and AF graduation Physical Fitness Assessment requirements.
3. As Cadet «LastName»'s AOC it is your responsibility to outline the aforementioned adjustments as approved by CWV. Specifically, Cadet «LastName» must fully understand he must not exceed the body composition adjustment and he must be prepared to take the AAA AFT (AAFT) <and AAA PFT (APFT)> during normal team fitness test cycle. If no longer participating in above listed team/club, the AAA option will no longer be available and cadet must prepare for normal cadet fitness test requirements, i.e., cadet PFT/AFT or AF FA, as applicable. Additionally, once this athletic requirement terminates (or cadet exceeds body composition parameter), he will be placed in a remediation transition program that may include: squadron remedial body composition improvement program, AD human performance lab nutrition education/Resting Metabolic Rate testing, and enrollment in an appropriate Athletic Rehabilitation Program (PERC oversight).
4. Cadet «LastName» must understand that while approved for a temporary body composition adjustment and AAA he must still meet all cadet athletic graduation requirements; and as a first-class cadet must pass the USAF graduation physical fitness assessment.

DYANA BULLINGER
 Assistant Director, Human Performance Lab

USAFA/ADML

1st Ind, USAFA/CS-«SQ» «Date»

MEMORANDUM FOR USAFA/CS-«SQ» («AOC__Rank» «AOC»)

I confirm receipt and acknowledge understanding of the approved adjustments as outlined herein for athletic performance reasons. Cadet «LastName»’s body composition will be tracked in accordance with USAFAI 36-2002. I will notify ADML if Cadet «LastName» is no longer a participant of the team or exceeds adjustment parameters.

«AOC», «AOC__Short_Rank», USAF
 Commander, Cadet Squadron «SQ»

2nd Ind, «Cadet_Rank» «Firstname» «LastName» «Date»

MEMORANDUM FOR CS-«SQ»/AOC and USAFA/ADML

I understand that I have been granted a temporary body composition adjustment and <AAFT/APFT> for athletic performance reasons. Should I no longer participate in «Team», I will immediately notify my AOC and enter a remediation transition program. I acknowledge understanding the remediation program includes placement in the weight management program by my AOC; nutrition education and Resting Metabolic Rate (RMR) testing provided by the Human Performance Lab; and potential enrollment in an appropriate Athletic Rehabilitation Program (Physical Education Review Committee oversight). I understand that I must meet all cadet athletic graduation requirements and as a first-class cadet must pass the USAF graduation physical fitness assessment. I also understand I am subject to administrative action up to and including disenrollment should I fail to meet graduation/commissioning requirements as outlined in USAFAI 36-2002.

I acknowledge receipt of this memorandum, dated _____.

«Cadet_Rank» «FIRSTNAME» «LASTNAME» «SQ»

Attachment 4**REMEDIAL BODY COMPOSITION IMPROVEMENT PROGRAM PLACEMENT****For Official Use Only**

MEMORANDUM FOR CADET XYZ

FROM: CSXX/AOC

SUBJECT: Remedial Body Composition Improvement Program (BCIP) Placement

1. This letter is official notification that you have been placed in the remedial BCIP 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 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 20% BF (male)/28% BF (female).
2. You are required to make appointments with the Cadet Clinic, 526-2273 and the Cadet Wing Dietitian, 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 underlining medical issues.
3. You will be required to complete monthly body composition assessments 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 waist circumference or 1 percent BF during each monthly weigh in and taping until such time you meet standards. You will be removed from the BCIP 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 6

FOR OFFICIAL USE ONLY

BODY COMPOSITION PROGRAM OVERVIEW

Measurement Screening Process

Step 1 BMI (if pass: document in cadet record; if fail: document, go to Step 2)

Step 2 WHtR (if pass: document; if fail: document, go to Step 3)

Step 3 BF% (if pass: document; if fail: document, enroll cadet in BCIP)

Step 4 BCIP Enrollment

Step 1**BMI (Body Mass Index)**

Measure Height and Weight for BMI (use BMI tables)

<19 kg/m² – Meet w/CW Dietitian & Med Group

If >25 kg/m² is a failure, measure WHtR

Represents Maximum Allowable Weights for USAFA Cadets BMI of 25.0 kg/m² (regardless of age or sex)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205	210	216	221	227

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

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	173

Step 2

Waist-to-Height Ratio (WHtR)

Verbal
Instructions
Video
[\(click here\)](#)



Waist to Height Ratio Verbal Instructions

The Test Administrator must read the following instructions to all Airmen prior to accomplishing the waist circumference portion of the waist to height ratio body composition assessment.

A measurement will be taken on bare skin, from the right side of your waist, at the midpoint between your lowest rib and the top of your hip bone (iliac crest). The tape measure must be flat on the bare skin and should not compress the skin.

Before the waist measurement, adjust your clothing so it does not fall over your waist during the measurement. The member may assist the administrator by holding the tape in place when the midpoint has been identified and the tape is around the waist. The member must let go of the tape and relax the arms to the side, standing at the position of attention before a measurement is recorded. The member is not allowed to hold their breath or suck in their waist during the assessment. The administrator will record the measurement at the end of a normal exhale.

Three measurements will be taken rounding down to the nearest 1/8 inch. If any of the measurements differ by more than one inch from the other two, an additional measurement will be taken. The three closest measurements will be added together, divided by three, and rounded down to the nearest 1/8 inch. This value will be recorded as the waist measurement.

Meets Standard

Low Risk	Moderate Risk
≤.49	.50-.54
No Action	Prevention Focus

Does NOT Meet Standard

High Risk
≥0.55
Actions Required

Step 3

Body Fat Percentage (BF%)

Body Fat Measurement Instructions

Take the waist minus the neck (male) or waist plus hip minus neck (female) and get a number.

Then use Google app to calculate BF or reference charts as per DAF guidance

Males cannot exceed **20%** and females cannot exceed **28%**

Table A19.1. Instructions (Male).

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx (Adams Apple). Because of the shape of the neck, the tape will usually be angled down slightly toward the front similar to the shirt collar line. This angle will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
ABDOMEN:	With the member standing with arms at his sides and at the end of a normal relaxed exhalation, measure the abdominal circumference at the navel while keeping the tape level (horizontal) to the floor. Ensure the tape measure is horizontal all the way around the abdomen. Round the abdomen measurement down to the nearest quarter inch.
BODY FAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by: Subtracting the neck measurement from the abdominal measurement to determine the circumference value. Use the Body Fat Percent Tables for Men at Attachment 20 and compare this value to the individual's height measurement.

Table A19.2. Instructions (Female).

NECK:	With the member looking straight ahead and shoulders down (not hunched), measure the neck circumference at a point just below the larynx. Because of the shape of the neck, the tape will usually be angled down slightly toward the front similar to the shirt collar line. This angle will vary depending on where the larynx is located. Round the neck measurement up to the nearest quarter inch.
WAIST:	With the member standing with arms at her sides and at the end of a normal relaxed exhalation, measure the natural waist circumference. The natural waist circumference is the narrowest point, usually located about half way between the navel and the lower end of the sternum (breastbone). Ensure the tape measure is horizontal all the way around the waist. When it is not easy to distinguish the narrowest point, take several measurements and use the smallest measurement. Round the waist measurement down to the nearest quarter inch.
BUTTOCKS:	While facing the member's right side, and with the tape measure level (horizontal) to the floor, measure the buttocks circumference by placing the tape (ensure the tape measure is horizontal all the way around) so it passes over the buttocks at the point that protrudes the farthest. EXCEPTION: Ensure no part of the leg or thigh is a part of the measurement. If so, raise the tape measure up (still keeping it horizontal) to the point in which no part of the leg or thigh is a part of the measurement. Round the buttock measurement down to the nearest quarter inch.
BODY FAT PERCENTAGE DETERMINATION:	Determine the individual's body fat percentage by: Adding the waist and buttocks measurements then subtracting the neck measurement from the sum to determine the circumference value. Use the Body Fat Percent Tables for Women and compare this value to the individual's height measurement. Refer to Attachment 20.

Step 4

Body Composition Improvement Program (BCIP)

If a cadet fails ALL three measurements, they are placed in BCIP. This is a CW Commanders program as outlined in *USAFAI 36-2002*

Measurement Process:

- Must schedule a meeting with CW Dietitian & 10th Operational Medical Readiness Squadron Cadet Clinic w/in 10 days
- Measured every month (28-32 days)
 - Three additional days are authorized for females based on menstrual cycle
- All three measurements: BMI, WHtR, and % Body Fat
- Passing = cadet must lose:
 - 3lbs.
 - 1/2" waist circumference
 - 1% body fat
- Must lose in at least ONE of the three categories to pass that month

Failures:

- **Do not** have to be consecutive
- 1st Failure = Probation
- 2nd Failure = Failure to meet probation
- 3rd Failure = Letter of Disenrollment
- Any failures after three = Letter of Notification (Disenrollment Process)

Meeting BCIP Standards:

- Must meet USAFA standards in at least ONE of the three measurements
 - BMI: ≤ 25
 - WHtR: < 0.55 ratio
 - % Body Fat: $\leq 20\%$ (males); $\leq 28\%$ (females)
- Must meet USAFA standards for THREE consecutive months to be removed from BCIP