



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS SECOND AIR FORCE (AETC)

DAFMAN36-2905_2AFGM2026-01
24 MARCH 2026

MEMORANDUM FOR SECOND AIR FORCE COMMANDERS

FROM: 2 AF/CC

721 Hangar Road, Suite 102
Keesler AFB MS 39534-2327

SUBJECT: Second Air Force (2 AF) Guidance Memorandum (GM) to the Department of the Air Force Manual (DAFMAN) 36-2905, *Department of the Air Force Physical Fitness Program*

By Order of the Commander of Second Air Force, this guidance memorandum immediately supplements DAFMAN 36-2905 and complies with emerging standards from Secretary of War policy memorandum, *Military Fitness Standards*, and Assistant Secretary of the Air Force, Manpower and Reserve Affairs, policy memorandum, *Changes to Air Force Physical Fitness Assessment Program*. Compliance with this guidance memorandum is mandatory. To the extent its directions are inconsistent with other Department of the Air Force (DAF) publications, the information herein prevails, in accordance with Department of the Air Force Instruction (DAFI) 90-160, *Publications and Forms Management*.

DAFMAN 36-2905 incorporates DAF fitness standards. Specific United States Air Force (USAF) fitness guidance for the Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program is included in Attachment 1 of this guidance memorandum. Guardians follow United States Space Force (USSF) specific PT program guidance. Civilian and international students may participate in physical fitness training sessions.

Per DAFMAN 90-161, *Publishing Processes and Procedures*, this GM becomes void after one year has elapsed from the date of this publication, or upon incorporation by interim change to, or rewrite of DAFMAN 36-2905, whichever is earlier.

MATTHEW W. DAVIDSON
Major General, USAF
Commander

Attachment:

Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program

Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program

The authorities to waive wing/unit level requirements in this GM are identified with a Tier (“T-0, T-1, T-2, T-3”) number following each compliance statement. See DAFMAN 90-161, *Publishing Processes and Procedures*, for a description of the authorities associated with the Tier designators. Submit requests for waivers through the chain of command to the appropriate Tier waiver approval authority, or alternatively, to the GM’s OPR for non-tiered compliance items, as applicable.

The following is supplemental guidance to DAFMAN 36-2905, dated 21 April 2022:

6.1.2.1. (Added-2 AF) Commanders at all levels will develop and execute an integrated physical fitness training plan that ensures PT is conducted every duty day for 2 AF permanent party, students, and trainees that promotes a culture of physical fitness and warfighter readiness.

6.1.2.2. (Added-2 AF) Commanders will ensure all BMT trainees and TT students adhere to physical fitness requirements and ensure accountability for those not achieving/maintaining fitness standards.

6.1.2.3. (Added-2 AF) Military Training Instructors, Military Training Leaders, and PTLs will be present during BMT, TT NPS, and EAOC/TT PS PT sessions, respectively, to ensure compliance with the commander’s integrated physical fitness training plan and to facilitate medical responses as needed.

6.1.2.4. (Added-2 AF) Basic Military Training.

6.1.2.4.1. (Added-2 AF) Trainees must successfully complete the last physical fitness assessment (PFA) prior to BMT graduation. PFAs do not apply to prior (sister) service students attending the Enlisted Airman Orientation Course (EAOC). **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.4.2. (Added-2 AF) Trainees must meet or exceed the SAF/MR forthcoming minimum values for standard push-ups, standard sit-ups, and standard run, Waist-to-Height Ratio (WHR), and meet or exceed the SAF/MR emerging minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the 23 Sep 25 fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate components is prohibited.

6.1.2.4.3. (Added-2 AF) BMT PFA results will be documented in unit developed devices until the eBMT update with the new PT standards is complete. **Note:** The results will not be documented in myFitness.

6.1.2.4.4. (Added-2 AF) PT at BMT will be conducted at least six (6) days per week. PT for EAOC students will be conducted each duty day.

6.1.2.4.5. (Added-2 AF) PT will be implemented as integrated physical activities and curriculum.

6.1.2.4.6. (Added-2 AF) 37 TRW will establish a human performance cell. The cell will:

6.1.2.4.6.1. (Added-2 AF) Ensure warfighter training and readiness.

6.1.2.4.6.2. (Added-2 AF) Develop a BMT-integrated physical training program that seamlessly incorporates progressive, applied fitness within the existing curriculum. This program must enhance training physical readiness for military service demands. Additionally, it will include performance training and injury prevention.

6.1.2.4.6.3. (Added-2 AF) Capture and analyze data related to trainee physical performance.

6.1.2.5. (Added-2 AF) Technical Training.

6.1.2.5.1. (Added-2 AF) Non-Prior Service (NPS) Students.

6.1.2.5.1.1. (Added-2 AF) NPS students will complete a passing PFA immediately prior to TT graduation of AFSC awarding course. Military Training Leaders will administer NPS student PFAs. **(T-2) Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.1.1.1 (Added-2 AF) Air Reserve Component (ARC) NPS students must achieve a passing PFA at the end of the AFSC awarding course to successfully complete training. Students who successfully complete academic requirements but fail to achieve a passing PFA at the end of training will not have orders extended and will return to their home unit. The training group will place student in Ineffective: Administrative (IA) status in TTMS LMS, with comments.

6.1.2.5.1.1.2 (Added-2 AF) If an ARC NPS student does not pass a PFA immediately prior to graduation of the AFSC awarding course, and the PFA requirement is not waived, successful completion of a PFA at their home unit is required for graduation credit and award 3-skill level. The training group (TRG) will update student status to GE upon receipt of a passing PFA from the home unit, granting graduation credit for an award of the 3-skill level.

6.1.2.5.1.2. (Added-2 AF) NPS students must meet or exceed the SAF/MR forthcoming minimum values for standard push-ups, standard sit-ups, standard run, WHtR, and meet or exceed the SAF/MR emerging minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the most recent fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited.

6.1.2.5.1.3. (Added-2 AF) Conduct NPS student PT sessions every duty day in accordance with the commander's integrated physical fitness training plan.

6.1.2.5.1.4. (Added-2 AF) NPS students struggling to meet fitness standards will be directed to attend MTL/PTL-led, small-group physical fitness improvement sessions until assessed with a passing score.

6.1.2.5.1.4.1 (Added-2 AF) The training squadron (TRS) representative will notify the ARC liaison within 2 duty days when an ARC NPS TT student is not meeting fitness standards in accordance with this GM.

6.1.2.5.1.4.2. (Added-2 AF) The ARC liaison will notify the student's home unit POC and unit commander of any issues that may impact the student's successful completion of the course. The ARC liaison will recommend communication between the home unit commander and the TRS commander to discuss a plan for the student upon return to their home unit, if applicable.

6.1.2.5.1.5. (Added-2 AF) NPS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.1.6. (Added-2 AF) NPS students with a valid and current physical profile will undergo PFAs according to their profile limitations. If the profile exempts all PFA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.5.2. (Added-2 AF) Prior Service (PS) Students.

6.1.2.5.2.1. (Added-2 AF) PS students include all officer and enlisted (other than NPS) students attending initial skills, advanced, or supplemental training courses. **Exemption:** The requirements of this guidance memorandum do not apply to Faculty Development courses.

6.1.2.5.2.2. (Added-2 AF) PS students must possess a current and passing/exempt official DAF PFA score based on the standards in DAFMAN 36-2905 upon reporting for TT (unless the home unit has documented myFitness with an extended TDY exemption per **DAFMAN 36-2905, par 4.1.2.4**). **Note: DAFMAN 36-2905, paragraph 5.4.7** applies to members enrolled in a Fitness Improvement Program (FIP). Note: The requirement to possess a current and passing/exempt official DAF PFA score is paused until implementation of updated PFA program IAW SA/MR memorandum *Changes to Air Force Physical Fitness Assessment Program*, dated 22 Sep 25. The Air Force Physical Fitness Assessment program will be implemented on 1 Jul 2026 as referenced in SA/MR memorandum *Documenting Fitness on Department of the Air Force (DAF) Military Evaluations*, dated 15 Jan 26.

6.1.2.5.2.3. (Added-2 AF) PS students attending AFSC awarding or advanced and supplemental courses over 21 calendar days will complete a passing PFA prior to TT graduation. PFAs are not required for PS students in courses lasting 21 calendar days or less. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.5.2.3.1 (Added-2 AF) ARC PS students must achieve a passing PFA at the end of the AFSC awarding or advanced or supplemental course to successfully complete training. Students who successfully complete academic requirements but fail to achieve a passing PFA at the end of training will not have orders extended and will return to their home unit. The training group will place student in Ineffective: Administrative (IA) status in TTMS LMS, with comments.

6.1.2.5.2.3.2 (Added-2 AF) If an ARC PS student does not pass a PFA immediately prior to graduation from an AFSC awarding or advanced or supplemental course, and the PFA requirement is not waived, successful completion of a PFA at their home unit is required for graduation credit and award 3-skill level. The Training Group (TRG) will update student status to GE upon receipt of a passing PFA from the home unit granting graduation credit for an award of the 3-skill level.

6.1.2.5.2.3.3. (Added-2 AF) PS students must meet or exceed the SAF/MR emerging minimum values for standard push-ups, standard sit-ups, and standard run, WHtR, and meet or exceed the SAF/MR emerging minimum composite point total. Retests will include reassessment of all components with the same minimum requirements for passing. Points will be tabulated through the use of the most recent fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited.

6.1.2.5.2.3.4. (Added-2 AF) PS students with a valid and current physical profile will undergo PFAs according to their profile limitations. If the profile exempts all PFA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.5.2.3.5. (Added-2 AF) PS students struggling to meet fitness standards will be directed to attend PTL-led, small-group physical fitness improvement sessions until assessed with a passing score.

6.1.2.5.2.3.5.1 (Added-2 AF) TRS representative will notify the ARC liaison within 2 duty days when an ARC PS TT student is not meeting fitness standards in accordance with this GM.

6.1.2.5.2.3.5.2 (Added-2 AF) The ARC liaison will notify the student's home unit POC and unit commander of any issues that may impact the student's successful completion of the course. The ARC liaison will recommend communication between the home unit commander and the TRS commander to discuss a plan for the student upon return to their home unit, if applicable.

6.1.2.5.2.3.6. (Added-2 AF) PS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **Note:** The results will not be documented in myFitness.

6.1.2.5.2.4. (Added-2 AF) Conduct PS student PT sessions every duty day in accordance with the commander's integrated physical fitness training plan.

6.1.2.5.2.5. (Added-2 AF) PS students are authorized and may volunteer to complete an official USAF PFA while at the TT location per **DAFMAN 36-2905, paragraphs 3.2.5 and 4.1.2.4.**

6.1.2.6. (Added-2 AF) Failure to Meet Physical Fitness Standards and Graduation Requirements – BMT and TT.

6.1.2.6.1. (Added-2 AF) Waiver Authority. The TRG/CC or TRG/CD (on G-series orders) is the waiver authority for trainees/students not meeting minimum physical training standards at BMT and TT. This waiver should only be considered under extraordinary circumstances. Examples of such circumstances may include, but not limited to, a documented injury temporarily preventing the student from achieving a passing score before graduation or other unforeseen and significant event beyond the student's control and fully documented. However, waiver approval is not guaranteed. Each case must be evaluated individually by the waiver authority.

6.1.2.6.2. (Added-2 AF) BMT Failure Notification. The 737 TRG/CC will notify 2 AF/A3 and the gaining TT TRG commander/gaining operational unit when a trainee/student fails to meet physical fitness standards, and the graduation requirement is waived allowing the trainee/student to proceed to technical training.

6.1.2.6.3. (Added-2 AF) TT NPS/PS Failure Notification. The TT TRG commanders will notify 2 AF/A3 and the gaining operational unit when a member fails to meet physical fitness standards, and the graduation requirement is waived, allowing the member to proceed to the operational unit.

6.1.2.7. (Added-2 AF) The physical fitness standards for AFSCs/courses requiring higher standards take precedence over the minimum physical fitness standards stated in this Guidance Memorandum. Air Force students attending sister service or joint courses follow the guidance provided by the sister service or joint training personnel. Sister service students attending TT provided by 2 AF will follow their respective sister service guidance. Civilian and international student participation in physical fitness training sessions and PFAs is optional, unless it is a course requirement, in which case they will participate as required.

6.1.2.8. (Added-2 AF) Coordinate with the local Air Reserve Component liaison, as applicable, for guidance pertaining to Air Reserve Component BMT trainees and/or TT students with PFA failures or other physical fitness concerns.

6.1.2.9. (Added-2 AF) Commanders will capture PFA metrics, and 2 AF Commander will be briefed on BMT and TT PFA metrics on a quarterly basis. A slide deck template is provided in the quarterly tasker.