



DEPARTMENT OF THE AIR FORCE
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OFFICE OF THE ASSISTANT SECRETARY

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MEMORANDUM FOR DISTRIBUTION C
FLDCOMs-MAJCOMs/FOAs/DRUs

FROM: SAF/MR
1660 Air Force Pentagon
Washington, DC 20330-1660

SUBJECT: Space Force Guidance Memorandum (SPFGM) Establishing the Continuous Fitness Assessment within the Holistic Health Approach

By Order of the Secretary of the Air Force, this Space Force Guidance Memorandum (SPFGM) immediately establishes guidance for the Holistic Health Approach (HHA) Continuous Fitness Assessment (CFA) for Guardians. Compliance with this Memorandum is mandatory for all uniformed members of the United States Space Force (USSF). To the extent its directions are inconsistent with other Department of the Air Force (DAF) publications, the information herein prevails. Items not covered in this Memorandum fall under USSF guidance publications related to Human Performance and Readiness, in accordance with (IAW) DAFI 90-160, *Publications and Forms Management*.

The authorities to waive wing, unit, or delta level requirements in this publication are identified with a tier ("T-0, T-1, T-2, T-3") number following the compliance statement. See DAF Manual (DAFMAN) 90-161, *Publishing Processes and Procedures*, for a description of the authorities associated with each Tier. Requests for waivers must be submitted through a member's chain of command to the appropriate Tier waiver approval authority.

Ensure all records generated as a result of processes prescribed in this publication adhere to Air Force Instruction (AFI) 33-322, *Records Management and Information Governance Program*, and are disposed IAW the Air Force Records Disposition Schedule, which is located in the Air Force Records Information Management System.

This memorandum becomes void after one year, or upon publication of a new or revised guidance permanently establishing this policy, whichever occurs earlier.

RICHARD L. ANDERSON, SES, DAF
Assistant Secretary of the Air Force
for Manpower and Reserve Affairs

Attachments:
1. SPFGM2026-36-02

HOLISTIC HEALTH APPROACH (HHA)

1.1. Roles and Responsibilities.

1.1.1. Assistant Secretary of the Air Force for Manpower and Reserve Affairs (SAF/MR). Provides DAF-wide policy oversight of health and fitness, advocacy of Human Performance and Readiness (HPR). Reviews and coordinates on all HPR policies and recommends policies for approval.

1.1.2. Deputy Chief of Space Operations for Personnel (SF/S1). Develops, reviews and recommends HPR policy for approval. Approves programs and guidance to implement HPR policies. Advocates for the HPR effort and supervises implementation of HPR throughout the USSF.

1.1.3. Space Force Military Policy and Management Directorate (SF/S1P). Develops policy and guidance for the effective implementation and administration of HPR.

1.1.4. Space Force Quality of Life and Resilience Directorate. (SF/S1Q). Provides subject-matter expertise on all matters relating to HPR and supervises execution of the Holistic Health Approach (HHA).

1.1.5. Air Force Research Laboratory (AFRL). Executes and oversees the Continuous Fitness Assessment study.

2.1. The Holistic Health Approach.

2.1.1. Overview. USSF Holistic Health Approach (HHA) promotes readiness, quality of life, resilience, and retention of Space Force personnel. At its core, HHA is a science-based, data-driven methodology to optimize health, ensure a fit and ready force, and enable Guardians to be mission ready. It is operationalized by USSF's embedded Guardian Resilience Teams (GRT).

2.1.2. HHA Structure. One of HHA's elements is Human Performance and Readiness and it includes Continuous Fitness Assessment (CFA); both are designed to promote regular and purposeful physical activity and a day-to-day, year-round evaluation of fitness.

2.1.3. Guardians must be fit to meet USSF warfighting and readiness requirements, as assessed through compliance with HPR. USSF fitness standards are developed to meet operational mission requirements and mandates set forth in Department of Defense (DoD) Instruction 1308.03, *DoD Physical Fitness/Body Composition Program* and Department of War (DOW) Guidance Memorandum, *Military Fitness Standards*, dated 30 September 2025.

2.1.4. CFA Study. The USSF partnered with the Air Force Research Laboratory (AFRL)/ 711th Human Performance Wing (711 HPW) to conduct a voluntary yearlong research study examining whether Portable Wearable Fitness Devices (PWFD) as an effective means to assess

and promote USSF physical fitness – henceforth known as CFA. The study seeks to determine whether PWFs provide a valid, reliable assessment of select fitness measures, as established by DoDI 1308.03, and whether they promote consistent physical activity and optimize fitness and health.

2.1.4.1. The Space Force CFA testing requirements are intended to serve as a Combat Readiness Test upon completion. The CFA study began on 1 October 2025 and incorporates data-driven modifications, including vigorous monthly exercise requirements to safely achieve faster and improved fitness outcomes. This study is called CFA Personalized Readiness Integrated Through Monitoring and Engagement (PRIME).

2.1.4.2. Participation in the CFA PRIME study is voluntary (via Informed Consent Document (ICD)) for each Guardian. Space Force military and civilian supervisors, officers and others in the chain of command are prohibited from influencing their subordinates to participate in this or any human subjects research IAW DoDI3216.02_DAFI40-402, *Protection of Human Subjects and Adherence to Ethical Standards in DAF-Conducted and Supported Research*. Military and civilian supervisors, officers and others in the chain of command must not be present at any research participant recruitment sessions or during the consent process. Guardians who voluntarily enroll in the CFA study are not guaranteed admittance as they must meet eligibility criteria as defined in the ICD.

2.1.5. Human Performance Assessment (HPA). Guardians who are enrolled in the CFA study must take the HPA twice annually IAW SPFMAN 36-2905 *Human Performance and Readiness*.

2.1.5.1. Guardians who score below 75-points on HPA are considered Health Concern and enter the Fitness Improvement Program (FIP) in accordance with SPFMAN 36-2905 regardless of study participation.

2.1.5.2. Guardians at locations determined ineligible for participation in the CFA study, including previously enrolled Guardians who transfer to such locations, will take the HPA IAW SPFMAN 36-2905.

2.1.6. Body Composition Assessment (BCA).

2.1.6.1. All Guardians assess for body composition via waist-to-height ratio twice annually regardless of CFA PRIME study participation.

2.1.6.2. Guardians who score 0.55 or above on a BCA are considered Health Concern and enter the Body Composition Improvement Program (BCIP) in accordance with SPFMAN 36-2905 regardless of study participation.

2.1.7. CFA PRIME Study Eligibility.

2.1.7.1. Enrollment Window: For the August 2025 enrollment window, Guardians must take their initial HPA no earlier than 1 January 2026 and no later than 30 June 2026. For the February 2026 enrollment window, Guardians without a current HPA on file documented in MyFitness must take a HPA no earlier than 1 March 2026 and no later than 30 June 2026.

2.1.7.2. Guardians who arrive at their first duty station following basic military training or officer training, or upon initial entry to active duty, inter-service transfer, or inter-component transfer (e.g. Air Force Reserve into Space Force Active Status – Non-Sustained Duty) must take a HPA within six months after CFA study enrollment.

2.1.7.3. Guardians who did not enroll in the CFA study during their first opportunity, are first-time study enrollees, and are not new accessions as outlined in **para 2.1.7.2.** must be current and have a passing HPA officially documented in MyFitness and as verified by their GRT.

2.1.7.4. Guardians who were disenrolled from the CFA study and wish to reenroll must take and pass a HPA per MyFitness and as verified by their GRT to be eligible for enrollment in CFA.

2.1.7.5. Guardians who take an HPA to be eligible to enroll in CFA PRIME must complete the two mile run and not the alternate cardiorespiratory component.

2.1.7.6. Guardians with a medical waiver or exemption for one or more components of the HPA are eligible to enroll in the CFA study if all non-exempted components are current and the member can run, walk, or use an exercise bike.

2.1.7.7. After enrolling in the CFA study, Guardians must meet study compliance criteria, as outlined in the ICD, to remain enrolled.

2.1.8. Disenrollment. Guardians may voluntarily disenroll themselves from the CFA study at any time. If disenrolled, the guardian will remain subject to all HPR standards in SPFMAN 36-2905.

2.1.8.1. Guardians may be disenrolled from the CFA study by the AFRL research team for non-compliance with study participation requirements. In this instance, the reason for a Guardian's disenrollment will not be disclosed to commanders, according to the study protocol.

2.1.8.2. The unit commander or equivalent can request a CFA study participant be disenrolled from the study for operational or mission considerations without further explanation to the study team as outlined in the ICD.

2.1.8.3. Disenrollment will not negatively impact a Guardian's career and will not be grounds for administrative action within the Space Force.

2.1.9. Physical Fitness Standards. Unless otherwise directed in this Guidance Memorandum, unit commanders or equivalent may use administrative action IAW SPFMAN 36-2905 to document and hold Guardians accountable for failing to meet physical fitness and/or body composition standards. This includes not completing a scheduled HPA, not attending scheduled remediation and fitness improvement appointment(s), and/or not completing mandatory intervention as agreed to by the Guardian and the GRT or by the Guardian and their commander/equivalent.

3.1. Glossary of References and Supporting Information.

- 3.1.1. DoDI 1308.03, *DoD Physical Fitness/Body Composition Program*, 10 Mar 22
- 3.1.2. CJCSI 3405.01, *Total Force Fitness Framework*, 23 Sept 13
- 3.1.3. DAFI 90-160, *Publications and Forms Management*, 14 Apr 23
- 3.1.4. DAFMAN 90-161 *Publishing Processes and Procedures*, 15 Apr 22
- 3.1.5. AFI 33-322, *Records Management and Information Governance Program*, 23 Mar 20
- 3.1.6. SPFMAN 36-2905, *Human Performance and Readiness*, 26 Sep 25
- 3.1.7. DOW Guidance Memorandum, *Military Fitness Standards*, 30 Sept 25
- 3.1.8. SF/S1 Memorandum, *United States Space Force Body Composition Program*, 13 Jan 23

Abbreviations and Acronyms

AFRL – Air Force Research Laboratory
CFA – Continuous Fitness Assessment
DoD – Department of Defense
DoDI – Department of Defense Instruction
DAFI – Department of the Air Force Instruction
GRT – Guardian Resilience Team
GSU – Geographically Separated Unit
HPA – Human Performance Assessment
HHA – Holistic Health Assessment
HPRP – Human Performance and Readiness
IAW – In Accordance With
ICD – Informed Consent Document
PWFD – Portable Wearable Fitness Device
SPFGM – Space Force Guidance Memorandum
SPFMAN – Space Force Manual
USSF – United States Space Force