



Diagnostic Testing

AFMAN 36-2905

3.10.2. Airmen who have a current PFA on file (regardless of score or exemption status on last PFA) and not presently exempt may voluntarily complete a diagnostic PFA **no later than 15 calendar days prior to the expiration of their current PFA** (scheduling subject to training and mission needs). **Airmen who are not current are not eligible to take a diagnostic PFA.**

3.10.3. Airmen may attempt at least one but no more than three diagnostic PFAs per calendar year. The initiation of any measured component (push-ups, sit-ups, run/walk) of the PFA will be considered an attempt.

FAC NOTES:

Basically every FA begins as a diagnostic unless;

- a) Declared official prior to commencement.
- b) Member has used all allotted CY diagnostics attempts.

To utilize a Diagnostic, the following criteria must be met;

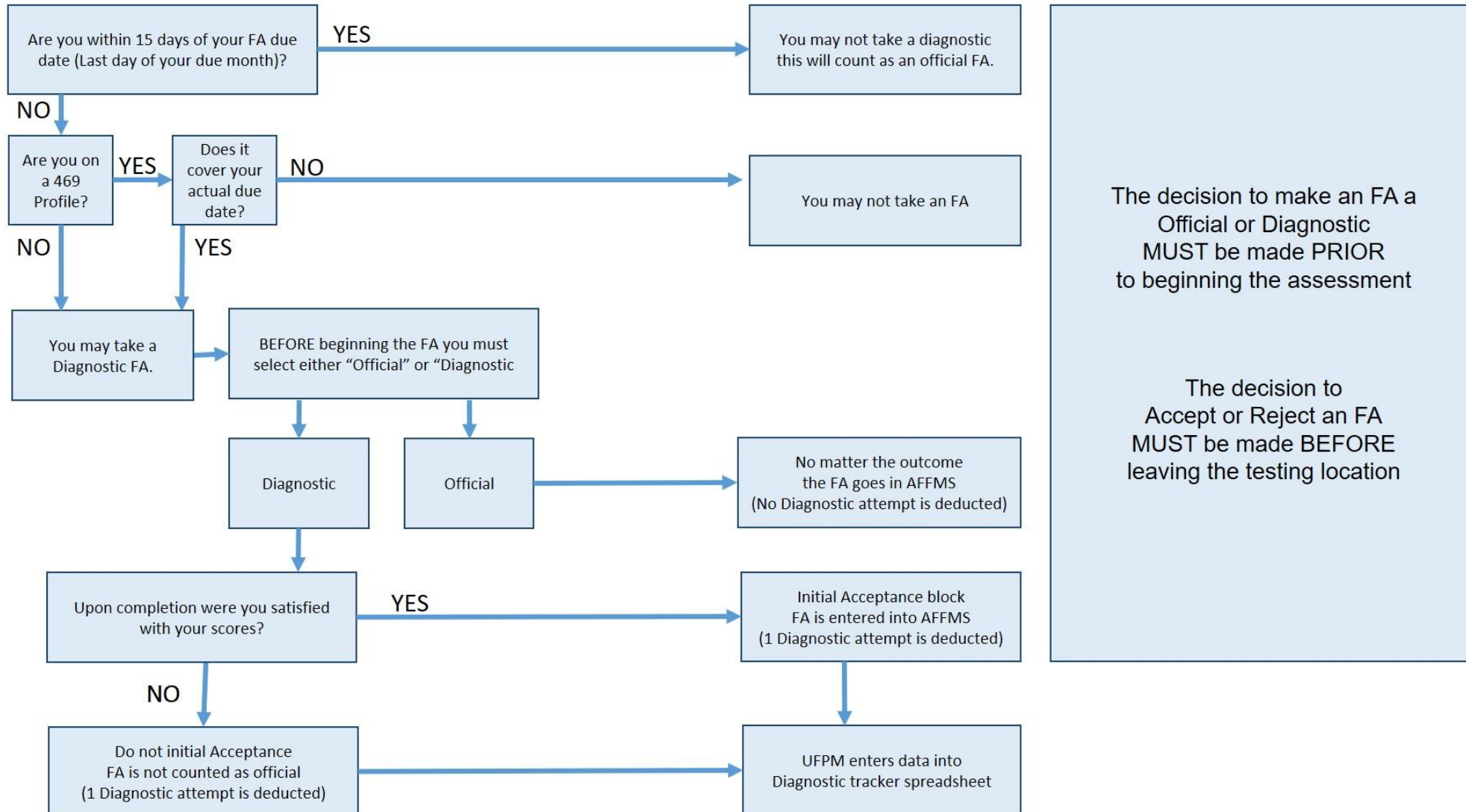
- a) Member has not exhausted his CY allotment of diagnostics.
- b) Member is not within 15 days of their test due date.
- c) Members is in CURRENT fitness status.
- d) If outside the members normal testing month the member cannot have any 469 fitness restrictions.

(members who were ineligible for exemptions in 2020 (not current prior to Mar 20) will not be eligible for diagnostics when testing resumes due to them being in NOT CURRENT status per 3.10.2 and AFPC guidance)

UFPM's will track all diagnostic attempts and outcome on the spreadsheet provided. This see must stay current as it is the data that will be used to keep the Wing up to date on Diagnostic usage



Diagnostic Testing Flow Chart





Diagnostic Declaration Process

Member decides prior to the beginning of the Assessment if

1) Assessment will be official

a) unable to change after assessment begins

3.2.4. Airmen will complete part I of the AF Form 4446, Air Force Physical Fitness Assessment Scorecard, **prior to beginning the assessment** and indicate whether the assessment is diagnostic or official. (T-3).

2) Assessment will be a Diagnostic

a) counts towards the CY allotment no matter outcome

b) can be accepted as official by initialing

3) Member must decide if a diagnostic is to be counted as an official test prior to leaving the testing facility

3.10.4. Airmen will be notified of their overall score after completing the diagnostic PFA. (T-3) If the result is a passing score, the Airman must decide whether to make the diagnostic PFA official by initialing next to their total score and fitness category section, prior to leaving the testing location. Only after an Airman elects to count the diagnostic PFA will the results be recorded in Air Force Fitness Management System II. Airmen may not be directed to make a diagnostic PFA official. (T-2).

Air Force Physical Fitness Assessment Scorecard				
Privacy Statement				
AUTHORITY: Title 10 United States Code 9013, Secretary of the Air Force; Executive Order 9397 (SSN); AFMAN 36-2905, <i>Physical Fitness Program</i>				
PURPOSE: Information is used to positively identify an individual prior to administration of the Air Force Fitness Assessment (FA).				
ROUTINE USES: In addition to those disclosures generally permitted under 5 U.S.C. 552a(b) of the Privacy Act, these records or information contained may specifically be disclosed outside the DoD as a routine use pursuant to 5 U.S.C. 552a(b)(3); Blanket Routine Uses applies.				
DISCLOSURE: Failure to provide the requested information will result in non-administration of the Fitness Assessment				
PART I. MEMBER COMPLETES				
Rank / Name:	Unit:	Duty Phone:		
E-mail:	SSN:	Age (years):		
Is this a diagnostic fitness assessment?		<input type="checkbox"/> No, this is an official assessment. <input type="checkbox"/> Yes. Indicate election by initialing below next to the total score		
PART II. TEST ADMINISTRATOR COMPLETES				
Height (inches):	Weight (#):	ESQ Date:	FA Date:	
Aerobic Component exemption:	Y / N	Start Date:	End Date:	
Push-up exemption:	Y / N	Start Date:	End Date:	
Sit-up exemption:	Y / N	Start Date:	End Date:	
Component	Measurement / Reps / Time		Score	Minimum Value Met?
Push-ups (reps)				Y / N
Sit-ups (reps)				Y / N
1.5-Mile Run / 2.0-Kilometer Walk (mins:secs)	Time:	Minutes	Seconds	Y / N
Total Score:				
Category (circle one): Unsatisfactory / Satisfactory / Excellent	<input type="checkbox"/> I acknowledge my fitness category and elect to make my diagnostic assessment official. Airman's Initials: _____			
PART III. ACKNOWLEDGEMENT				
<i>I acknowledge the above information reflects my performance today. I also understand I may address discrepancies IAW the guidance in AFI 36-2905 on removing FA scores.</i>				
NOTE: Refusal to sign does not invalidate an official physical fitness assessment.				
AIRMAN TESTING:	Signature:	Date:		
TEST ADMINISTRATOR:	Print:	Signature:	Date:	
AFFMS II RECORDER:			Date:	