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| **AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL** |
| 1. CADET/APPLICANT NAME | 2. AFROTC DETACHMENT |
| **MEDICAL AUTHORITY:** Measure height and weight of cadet/applicant. Compare results to AF standards listed on reverse, check block 7 and certify as requested below.**AFROTC CADRE:** If cadet/applicant exceeds AF weight standards, conduct a Body Fat Measurement IAW DoDI 1308.3. |
| 3. CADET/APPLICANT MEASUREMENTS | HEIGHT | WEIGHT |
| 4. AIR FORCE WEIGHT STANDARDS (found on reverse) | MINIMUM | MAXIMUM |
| 5. BODY FAT MEASUREMENT |  | 6. BODY FAT STANDARDS: FEMALE - 28%MALE - 20% |
| 7. CHECK APPLICABLE BOX | IS WITHIN AIR FORCE WEIGHT STANDARDSEXCEEDS AIR FORCE WEIGHT STANDARDS IS BELOW AIR FORCE WEIGHT STANDARDS |
| 8 **MEDICAL AUTHORITY:** PLEASE REVIEW THE ABOVE INFORMATION. CONDUCT COUNSELING BELOW IN APPLICABLE AREAS, AND SIGN..I, *(print name)* \_ , HAVE EXAMINED THIS CADET/APPLICANT AND REVIEWED HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS: |
| 9 **(IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STANDARDS)**.I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POSES NO HEALTH RISK; NO SIGNS OF EATING DISORDERS EXIST. I HAVE DISCUSSED THEIMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT. (Medical Authority Initials) |
| 10. **(IF CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS)**I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT. (Medical Authority Initials) |
| 11. **(FOR ALL CADETS/APPLICANTS)**I **DID / DID NOT** (please circle) FIND MEDICAL CONDITION(S) OR PHYSICAL IMPAIRMENT(S) THAT WOULD PRECLUDE THIS CADET/APPLICANT FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PROGRAM. IF A MEDICAL CONDITION/PHYSICAL IMPAIRMENT EXISTS THAT MAY PRECLUDE THE INDIVIDUAL FROM PARTICIPATING, PLEASE EXPLAIN: |
| EXAMINATION DATE | PHYSICIAN OR MEDICAL AUTHORITY SIGNATURE |
|  |  |
|  |
| **AFROTC CADRE:** A DISQUALIFIED DODMERB OR MEPS PHYSICAL SUPERSEDES THIS FORM. A CADET MAY NOT PARTICPATE IN THE AFROTC PHYSICAL TRAINING PROGRAM IF THEY HAVE A DISQUALIFIED DODMERB OR MEPS PHYSICAL. |
| DATE | AFROTC CADRE SIGNATURE |
|  |  |

ACCESSION HEIGHT AND WEIGHT STANDARDS & BODY FAT MEASUREMENT (BFM) STANDARDS

**(Per AFRSI 36-2001, *Recruiting Procedures for the Air Force)***

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| HEIGHT (INCHES) | POUNDS |
|  | MINIMUM (BMI = 19 kg/m) | MAXIMUM (BMI = 27.5 kg/m) |
| 58 | 91 | 131 |
| 59 | 94 | 135 |
| 60 | 97 | 141 |
| 61 | 100 | 145 |
| 62 | 104 | 150 |
| 63 | 107 | 155 |
| 64 | 110 | 160 |
| 65 | 114 | 165 |
| 66 | 117 | 170 |
| 67 | 121 | 175 |
| 68 | 125 | 180 |
| 69 | 128 | 186 |
| 70 | 132 | 191 |
| 71 | 136 | 197 |
| 72 | 140 | 202 |
| 73 | 144 | 208 |
| 74 | 148 | 214 |
| 75 | 152 | 220 |
| 76 | 156 | 225 |
| 77 | 160 | 231 |
| 78 | 164 | 237 |
| 79 | 168 | 244 |
| 80 | 173 | 250 |