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 STAN FEMALE - 28 MALE - 209	3%	CHECK APPLICABLE BO>	X IS WITHIN AIR FORCE WEIGHT STANDARDS EXCEEDS 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.     1, (print name)     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 THE IMPORTANCE 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)						
I <b>DID / DID NOT</b> (please circle) FIND MEDIC FROM PARTICIPATING IN A RIGOROUS F PRECLUDE THE INDIVIDUAL FROM PART	PHYSICAL TRAINING	PROGRAM. IF A		LD PRECLUDE THIS CADET/APPLICANT HYSICAL IMPAIRMENT EXISTS THAT MAY		
EXAMINATION DATE	PHYSIC	CIAN OR MEDICA	L AUTHORITY SIGNATUR	E		
AFROTC CADRE: REVIEW THE INFORMATION ENTERED ABOVE AND SIGN BELOW:						
DATE	AFROT	C CADRE SIGNA	TURE			

## ACCESSION HEIGHT AND WEIGHT STANDARDS & BODY FAT MEASUREMENT (BFM) STANDARDS (Per DoDI 1308.3, DoD Physical Fitness and Body Fat Programs Procedures)

HEIGHT (INCHES)	POUNDS			
	MINIMUM (BMI = 19 kg/m)	MAXIMUM (BMI = 25.0 kg/m)		
58	91	119		
59	94	124		
60	97	128		
61	100	132		
62	104	136		
63	107	141		
64	110	145		
65	114	150		
66	117	155		
67	121	159		
68	125	164		
69	128	169		
70	132	174		
71	136	179		
72	140	184		
73	144	189		
74	148	194		
75	152	200		
76	156	205		
77	160	210		
78	164	216		
79	168	221		
80	173	227		