AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL						
1. CADET/APPLICANT NAME			2. AFROTC DETACHM	MENT		
MEDICAL AUTHORITY: Measure heig certify as requested below.	ht and weight of ca	adet/applicant.	Compare results to AF	standards listed on reverse, check block 7 and		
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		MINIMUM		MAXIMUM		
(found on reverse)						
5. BODY FAT MEASUREMENT	6. BODY FAT STAN	NDARDS: 7.	CHECK APPLICABLE BOX	X IS WITHIN AIR FORCE WEIGHT STANDARDS		
	FEMALE - 26	6%		EXCEEDS AIR FORCE WEIGHT STANDARDS		
	MALE - 189	6		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						
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	S WITH THE CAL	DET/APPLICANT.	(Medical Authority Initials)		
	PHYSICAL TRAINING	PROGRAM. IF		OULD PRECLUDE THIS CADET/APPLICANT PHYSICAL IMPAIRMENT EXISTS THAT MAY		
EXAMINATION DATE	PHYSIC	CIAN OR MEDICA	AL AUTHORITY SIGNATUR	RE		
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		