AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL						
CADET/APPLICANT NAME			2. AFROTC DETACHMENT			
MEDICAL AUTHORITY: Measure heig certify as requested below. AFROTC CADRE: If cadet/applicant e	_			standards listed on reverse, check block 7 and ement IAW DoDI 1308.3.		
3. CADET/APPLICANT MEASUREMENTS		HEIGHT		WEIGHT		
AIR FORCE WEIGHT STANDARDS (found on reverse)		MINIMUM		MAXIMUM		
5. BODY FAT MEASUREMENT	6. BODY FAT STAN FEMALE - 26 MALE - 189	5% %	CHECK APPLICABLE BOX	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. I, (print name) HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS:						
9. (IF CADET/APPLICANT IS BELOW AIR	FORCE WEIGHT ST. AN BODY MASS POS	ANDARDS)	I RISK; NO SIGNS OF EATI	ING DISORDERS EXIST. I HAVE DISCUSSED THE rity 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)						
	PHYSICAL TRAINING	PROGRAM. IF		OULD PRECLUDE THIS CADET/APPLICANT HYSICAL IMPAIRMENT EXISTS THAT MAY		
EXAMINATION DATE	PHYSIC	CIAN OR MEDICA	AL AUTHORITY SIGNATUR	RE		
AFROTC CADRE: REVIEW THE INFOR	MATION ENTERED	ABOVE AND SIG	GN BELOW:			
INCOMENTE OF THE STATE OF THE S						
DATE	AFROT	AFROTC CADRE SIGNATURE				

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

	POUNDS		
MINIMUM (BMI = 19 kg/m)	MAXIMUM (BMI = 25.0 kg/m)		
91	119		
94	124		
97	128		
100	132		
104	136		
107	141		
110	145		
114	150		
117	155		
121	159		
125	164		
128	169		
132	174		
136	179		
140	184		
144	189		
148	194		
152	200		
156	205		
160	210		
164	216		
168	221		
173	227		
	91 94 97 100 104 107 110 114 117 121 125 128 132 136 140 144 148 152 156 160 164 168		