AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL					
1. 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	
3. CADET/APPLICANT MEASUREMENTS		HEIGHT		WEIGHT	
		TEGIT		WEIGHT	
4. AIR FORCE WEIGHT STANDARDS		MINIMUM		MAXIMUM	
(found on reverse)					
5. BODY FAT MEASUREMENT	6. BODY FAT STAN FEMALE - 26	%	CHECK APPLICABLE BO	X IS WITHIN AIR FORCE WEIGHT STANDARDS	
*	MALE - 18%			IS BELOW AIR FORCE WEIGHT STANDARDS	
8. MEDICAL AUTHORITY: PLEASE REVIE I, (print name) HIS/HER MEDICAL HISTORY, THE FOLLO 9. (IF CADET/APPLICANT IS BELOW AIR I CERTIFY THIS CADET/APPLICANT'S LEV	DWING ARE THE RES FORCE WEIGHT STA	SULTS:	, HAVE	OW IN APPLICABLE AREAS, AND SIGN. EXAMINED THIS CADET/APPLICANT AND REVIEWED ING DISORDERS EXIST, I HAVE DISCUSSED THE	
IMPORTANCE OF NUTRITION AND WEIG	HT MANAGEMENT.		(Medical Autho	rity Initials)	
10. (IF CADET/APPLICANT EXCEEDS AIR I HAVE DISCUSSED APPROPRIATE AND			DET/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:					
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				4	
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*					
EXAMINATION DATE	PHYSIC	IAN OR MEDIC	AL AUTHORITY SIGNATUR	RE	
			Ϋ́ε)		
AFROTC CADRE: REVIEW THE INFORMATION ENTERED ABOVE AND SIGN BELOW:					
DATE	AFROTO	CADRE SIGN	TURE		
AFROTC FORM 28, 20180423	h.				

## AFI 36-2905\_AFROTCSUP

## 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		

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