AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL						
1. CADET/APPLICANT NAME			2. AFROTC DETACHM	ENT		
certify as requested below.				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		
AIR FORCE WEIGHT STANDARDS (found on reverse)		MINIMUM		MAXIMUM		
5. BODY FAT MEASUREMENT	6. BODY FAT STAN	IDABBC: 7	CHECK APPLICABLE BOX	IS WITHIN AIR FORCE WEIGHT STANDARDS		
e. Bob i I/A ME/AdditEMEN	927 Land 1878 April 1970	5960	CHECK APPLICABLE BOX	EXCEEDS AIR FORCE WEIGHT STANDARDS		
	FEMALE - 26 MALE - 189	960		IS BELOW AIR FORCE WEIGHT STANDARDS		
8. MEDICAL AUTHORITY: PLEASE REVIE	W THE ABOVE INFO	DRMATION, CON	DUCT COUNSELING BEL	OW 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 THE IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT. (Medical Authority Initials)						
10. (IF CADET/APPLICANT EXCEEDS AIR	FORCE WEIGHT ST	ANDARDS)	*			
I HAVE DISCUSSED APPROPRIATE AND	SAFE WEIGHT LOS	S WITH THE CAI	DET/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	EE		
	construction of the constr	en consistent que man Paris	the state of the s			
AFROTC CADRE: REVIEW THE INFORMATION ENTERED ABOVE AND SIGN BELOW:						
DATE	AFROT	C CADRE SIGNA	ATURE			

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		