

AFROTC PHYSICAL FITNESS ASSESSMENT SCORE SHEET

1. CIRCLE APPLICABLE:	PFA	FIELD TRAINING PFA	COMMISSIONING QFR
2. PARTICIPANT'S NAME (Last, First, MI)	3. DETACHMENT	4. AGE:	5. GENDER: Male/Female
6. SPOTTER'S NAME (Last, First, MI)	7. HEIGHT (inches)	8. WEIGHT (pounds)	

BEFORE PERFORMING PFA/QFR, PARTICIPANT MUST READ, CIRCLE APPLICABLE BOLD AREAS, AND SIGN

I hereby certify that I **am / am not** physically and mentally able to take the AFROTC Physical Fitness Assessment (PFA/QFR). I **have / have not** completed the Air Force Fitness Screening Questionnaire. I have been thoroughly trained on and understand the proper execution and scoring of the PFA/QFR. I understand that I have to meet both the minimum composite score of 75 AND meet the minimum value in each component to pass the PFA/QFR.

9. PARTICIPANT SIGNATURE _____ **10. DATE SIGNED** _____

All components must be accomplished in the same day within a 3-hour window.

11. ABDOMINAL CIRCUMFRENCE	# 1	# 2	# 3	AVERAGE
PFA COMPONENTS	REPETITIONS RUN TIME AB CIRCUMFRENCE	POINTS <small>(from AFI 36-2905)</small>	MIN VALUE MET	
12. PUSH-UPS			Y / N	
13. SIT-UPS			Y / N	
14. 1.5 MILE RUN			Y / N	
15. AVERAGE ABDOMINAL CIRCUMFRENCE			Y / N	
16. TOTAL COMPOSITE SCORE			Total Composite Score ≥ 75 + Min Value met for all components = PASS / FAIL	

I certify that all information on this document is accurate and correct.

17. PARTICIPANT'S SIGNATURE _____ **18. SPOTTER'S SIGNATURE** _____

Males < 30									
Cardiorespiratory Endurance		Body Composition			Muscle Fitness				
Run Time	Pts	AC	Pts	Pushups	Pts	Sit-ups	Pts		Pts
59-12	60.0	≤ 35.0	20	≥ 67	10.0	≥ 58	10.0		
9:13-9:34	59.7	35.5	17.6	62	9.5	55	9.5		
9:35-9:45	59.3	36.0	17.0	61	9.4	54	9.4		
9:46-9:58	58.9	36.5	16.4	60	9.3	53	9.2		
9:59-10:10	58.5	37.0	15.8	59	9.2	52	9.0		
10:11-10:23	57.9	37.5	15.1	58	9.1	51	8.8		
10:24-10:37	57.3	38.0	14.4	57	9.0	50	8.7		
10:38-10:51	56.6	38.5	13.5	56	8.9	49	8.5		
10:52-11:06	55.7	39.0	12.6	54-55	8.8	48	8.3		
11:07-11:22	54.8	≥ 39.5	0	53	8.7	47	8.0		
11:23-11:38	53.7			52	8.6	46	7.5		
11:39-11:56	52.4			51	8.5	45	7.0		
11:57-12:14	50.9			50	8.4	44	6.5		
12:15-12:33	49.2			49	8.3	43	6.3		
12:34-12:53	47.2			48	8.1	42	6.0		
12:54-13:14	44.9			47	8.0	≤ 41	0		
13:15-13:36	42.3			46	7.8				
≥ 13:37	0			45	7.7				
				44	7.5				
				43	7.3				
				42	7.2				
				41	7.0				
				40	6.8				
				39	6.5				
				38	6.3				
				37	6.0				
				36	5.8				
				35	5.5				
				34	5.3				
				33	5.0				
				≤ 32	0				

Females < 30									
Cardiorespiratory Endurance		Body Composition			Muscle Fitness				
Run Time	Pts	AC	Pts	Pushups	Pts	Sit-ups	Pts		Pts
≤ 10:23	60.0	≤ 31.5	20	≥ 47	10.0	≥ 54	10.0		
10:24-10:51	59.9	32.0	17.6	42	9.5	51	9.5		
10:52-11:06	59.5	32.5	17.1	41	9.4	50	9.4		
11:07-11:22	59.2	33.0	16.5	40	9.3	49	9.0		
11:23-11:38	58.9	33.5	15.9	39	9.2	48	8.9		
11:39-11:56	58.6	34.0	15.2	38	9.1	47	8.8		
11:57-12:14	58.1	34.5	14.5	37	9.0	46	8.6		
12:15-12:33	57.6	35.0	13.7	36	8.9	45	8.5		
12:34-12:53	57.0	35.5	12.8	35	8.8	44	8.0		
12:54-13:14	56.2	≥ 36.0	0	34	8.6	43	7.8		
13:15-13:36	55.3			33	8.5	42	7.5		
13:37-14:00	54.2			32	8.4	41	7.0		
14:01-14:25	52.8			31	8.2	40	6.8		
14:26-14:52	51.2			30	8.2	39	6.5		
14:53-15:20	49.3			29	8.1	38	6.0		
15:21-15:50	46.9			28	8.0	≤ 37	0		
15:51-16:22	44.1			27	7.5				
≥ 16:23	0			26	7.3				
				25	7.2				
				24	7.0				
				23	6.5				
				22	6.3				
				21	6.0				
				20	5.8				
				19	5.5				
				18	5.0				
				≤ 17	0				

Males 30 - 39									
Cardiorespiratory Endurance		Body Composition			Muscle Fitness				
Run Time	Pts	AC	Pts	Pushups	Pts	Sit-ups	Pts		Pts
59:34	60.0	≤ 35.0	20	≥ 57	10.0	≥ 54	10.0		
9:35-9:58	59.3	35.5	17.6	52	9.5	51	9.5		
9:59-10:10	58.6	36.0	17.0	51	9.4	50	9.4		
10:11-10:23	57.9	36.5	16.4	50	9.3	49	9.2		
10:24-10:37	57.3	37.0	15.8	48-49	9.2	48	9.0		
10:38-10:51	56.6	37.5	15.1	47	9.1	47	8.8		
10:52-11:06	55.7	38.0	14.4	46	9.0	46	8.7		
11:07-11:22	54.8	38.5	13.5	45	8.9	45	8.5		
11:23-11:38	53.7	39.0	12.6	44	8.8	44	8.3		
11:39-11:56	52.4	≥ 39.5	0	43	8.7	43	8.0		
11:57-12:14	50.9			42	8.6	42	7.5		
12:15-12:33	49.2			41	8.5	41	7.0		
12:34-12:53	47.2			40	8.3	40	6.5		
12:54-13:14	44.9			39	8.0	39	6.0		
13:15-13:36	42.3			38	7.8	≤ 38	0		
13:37-14:00	39.3			37	7.7				
≥ 14:01	0			36	7.5				
				35	7.3				
				34	7.0				
				33	6.8				
				32	6.7				
				31	6.5				
				30	6.0				
				29	5.5				
				28	5.3				
				27	5.0				
				≤ 26	0				

Females 30 - 39									
Cardiorespiratory Endurance		Body Composition			Muscle Fitness				
Run Time	Pts	AC	Pts	Pushups	Pts	Sit-ups	Pts		Pts
≤ 10:51	60.0	≤ 31.5	20	≥ 46	10.0	≥ 45	10.0		
10:52-11:22	59.5	32.0	17.6	40	9.5	42	9.5		
11:23-11:38	59.0	32.5	17.1	39	9.4	41	9.4		
11:39-11:56	58.6	33.0	16.5	37-38	9.3	40	9.0		
11:57-12:14	58.1	33.5	15.9	36	9.2	39	8.8		
12:15-12:33	57.6	34.0	15.2	34-35	9.1	38	8.5		
12:34-12:53	57.0	34.5	14.5	33	9.0	37	8.3		
12:54-13:14	56.2	35.0	13.7	31-32	8.9	36	8.2		
13:15-13:36	55.3	35.5	12.8	30	8.8	35	8.0		
13:37-14:00	54.2	≥ 36.0	0	29	8.7	34	7.8		
14:01-14:25	52.8			27-28	8.6	33	7.5		
14:26-14:52	51.2			26	8.5	32	7.0		
14:53-15:20	49.3			25	8.3	31	6.8		
15:21-15:50	46.9			24	8.2	30	6.5		
15:51-16:22	44.1			23	8.0	29	6.0		
16:23-16:57	40.8			22	7.9	≤ 28	0		
≥ 16:58	0			21	7.8				
				20	7.6				
				19	7.5				
				18	7.0				
				17	6.8				
				16	6.5				
				15	6.0				
				14	5.0				
				≤ 13	0				