

AFROTC PHYSICAL FITNESS TEST SCORE SHEET

1. CIRCLE APPLICABLE:	PFA	FIELD TRAINING QFR	FIELD TRAINING PFA	COMMISSIONING QFR
2. PARTICIPANT'S NAME <i>(Last, First, MI)</i>			3. DETACHMENT	4. AGE:
			5. GENDER: Male / Female	
6. SPOTTER'S NAME <i>(Last, First, MI)</i>		7. HEIGHT (inches)	8. WEIGHT (pounds)	9. BMI (Weight / (height * height)) * 703 (award points below as appropriate)

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** participated in 8 supervised Physical Training sessions within the last 30 days. I have been thoroughly trained on and understand the proper execution and scoring of the PFA/QFR. **I understand that I have to meet the minimum composite score of 75 to pass the PFA/QFR.**

10. SIGNATURE OF APPLICANT _____

11. DATE SIGNED _____

**HEIGHT, WEIGHT, BMI AND ABDOMINAL CIRCUMFERENCE MUST BE ACCOMPLISHED WITHIN 72 HOURS OF THE PFA.
FOR THE QFR, ALL MEASUREMENTS MUST BE ACCOMPLISHED ON THE SAME DAY.**

12. ABDOMINAL CIRCUMFERENCE	# 1	# 2	# 3	Average
PFA SEQUENCE	NUMBER OF REPETITIONS/ RUN TIME		SCORE (from AFI 10-248)	
13. PUSH-UPS				
14. CRUNCHES				
15. 1.5 MILE RUN <i>Detachments above 5000 ft add 1.5 points to score</i>	Run Time	Raw Run Score		
16. ENTER ABDOMINAL CIRCUMFERENCE SCORE (Points) HERE → <i>NOTE: IF BMI LISTED ABOVE IS <25, AWARD 30 POINTS; IF BMI IS = OR >25, CALCULATE ABDOMINAL CIRCUMFERENCE (Average) AND AWARD POINT VALUE (from AFI 10-248)</i>				
17. TOTAL COMPOSITE SCORE			→ 75 POINT MINIMUM <i>(Circle One)</i> →	PASS FAIL

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

18. PARTICIPANT SIGNATURE _____

19. SPOTTER SIGNATURE _____

MALES Under 25									
Aerobic Fitness			Body Composition			Muscle Fitness			1.5 Mile Run
1.5 Mile Run Time	Comp Score	Score	Body Comp	Comp Score	1 Min Push-up	Comp Score	1 Min Crunch	Comp Score	1.5 Mile Run Time
< 9:36	50.00	< 32.5	30.00	>= 62	10.00	>= 55	10.00	10.00	< 9:36
9:37 - 9:48	47.50	32.50	28.75	61	9.75	53 - 54	9.50	9.50	9:37 - 9:48
9:49 - 10:12	45.00	33.00	27.50	60	9.50	52	9.00	9.00	9:49 - 10:12
10:13 - 10:36	43.50	33.50	26.25	59	9.25	50 - 51	8.75	8.75	10:13 - 10:36
10:37 - 11:06	42.00	34.00	25.00	57 - 58	9.00	48 - 49	8.50	8.25	10:37 - 11:06
11:07 - 11:36	40.50	34.50	23.75	52 - 56	8.75	46 - 47	8.25	8.00	11:07 - 11:36
12:13 - 12:54	37.50	35.00	22.50	49 - 51	8.50	44 - 45	8.00	7.75	12:13 - 12:54
13:37 - 14:24	34.00	36.50	22.05	41 - 44	8.00	40 - 41	7.50	7.40	13:37 - 14:24
14:25 - 14:54	32.00	37.00	21.90	33 - 36	7.50	36 - 37	7.30	7.20	14:25 - 14:54
14:55 - 15:18	30.00	37.50	21.75	30 - 32	7.40	35	7.20	7.10	14:55 - 15:18
15:19 - 15:48	27.00	38.00	21.60	27 - 29	7.30	33 - 34	7.10	7.00	15:19 - 15:48
16:25 - 16:54	24.00	38.50	21.45	24 - 26	7.20	32	7.00	6.00	16:25 - 16:54
17:37 - 18:12	21.00	39.50	21.25	19 - 20	7.00	28 - 29	4.00	4.00	17:37 - 18:12
18:13 - 18:54	12.00	40.50	18.00	17 - 18	6.00	27	2.00	2.00	18:13 - 18:54
18:55 - 19:42	9.00	41.00	15.00	15 - 16	5.00	< 27	0.00	0.00	18:55 - 19:42
19:43 - 20:36	6.00	41.50	12.00	12 - 13	3.00				19:43 - 20:36
20:37 - 21:30	3.00	42.00	9.00	10 - 11	2.00				20:37 - 21:30
> 21:31	0.00	42.50	6.00	8 - 9	1.00				> 21:31
			43.00	3.00					
			> 43.00	0.00					

FEMALES Under 25									
Aerobic Fitness			Body Composition			Muscle Fitness			1.5 Mile Run
1.5 Mile Run Time	Comp Score	Score	Body Comp	Comp Score	1 Min Push-up	Comp Score	1 Min Crunch	Comp Score	1.5 Mile Run Time
<= 11:36	50.00	< 29.50	30.00	>= 42	10.00	>= 51	10.00	10.00	<= 11:36
11:37 - 11:36	47.50	29.50	28.75	41	9.75	50	9.50	9.50	11:37 - 11:36
11:37 - 11:54	45.00	30.00	27.50	40	9.50	49	9.00	9.00	11:37 - 11:54
11:55 - 12:30	43.50	30.50	26.25	38 - 39	9.25	46 - 48	8.75	8.75	11:55 - 12:30
12:31 - 13:12	42.00	31.00	25.00	37	9.00	44 - 47	8.50	8.25	12:31 - 13:12
13:13 - 14:00	40.50	31.50	23.75	34 - 36	8.75	42 - 43	8.25	8.00	13:13 - 14:00
14:01 - 14:54	39.00	32.00	22.50	31 - 33	8.50	40 - 41	8.00	7.75	14:01 - 14:54
14:55 - 15:18	37.50	32.50	22.30	27 - 30	8.25	37 - 39	7.75	7.50	14:55 - 15:18
15:19 - 15:48	36.00	33.00	22.00	24 - 26	8.00	35 - 36	7.50	7.40	15:19 - 15:48
15:49 - 16:24	34.00	33.50	21.80	21 - 23	7.75	33 - 34	7.40	7.30	15:49 - 16:24
16:25 - 16:54	32.00	34.00	21.50	18 - 20	7.50	30 - 32	7.20	7.10	16:25 - 16:54
16:55 - 17:36	30.00	34.50	21.30	16 - 17	7.40	28 - 29	7.20	7.10	16:55 - 17:36
17:37 - 18:12	27.00	35.00	21.00	14 - 15	7.30	26 - 27	7.10	7.00	17:37 - 18:12
18:13 - 18:54	24.00	36.50	18.00	12 - 13	7.20	24 - 25	7.00	7.00	18:13 - 18:54
18:55 - 19:42	21.00	36.00	15.00	10 - 11	7.10	22 - 23	6.00	6.00	18:55 - 19:42
19:43 - 20:36	18.00	36.50	12.00	9	7.00	20 - 21	4.00	4.00	19:43 - 20:36
20:37 - 21:30	15.00	37.00	9.00	8	6.00	18 - 19	2.00	2.00	20:37 - 21:30
21:31 - 22:30	12.00	37.50	6.00	7	5.00	< 18	0.00	0.00	21:31 - 22:30
22:31 - 23:36	9.00	38.00	3.00	6	4.00				22:31 - 23:36
23:37 - 24:48	6.00	> 36.00	0.00	5	3.00				23:37 - 24:48
> 26:06	3.00			4	2.00				> 26:06
				3	1.00				
				< 2	0.00				

MALES 25 - 29									
Aerobic Fitness			Body Composition			Muscle Fitness			1.5 Mile Run
1.5 Mile Run Time	Comp Score	Score	Body Comp	Comp Score	1 Min Push-up	Comp Score	1 Min Crunch	Comp Score	1.5 Mile Run Time
< 9:36	50.00	< 32.5	30.00	>= 62	10.00	>= 53	10.00	10.00	< 9:36
9:37 - 9:48	47.50	32.50	28.75	61	9.75	51 - 52	9.50	9.50	9:37 - 9:48
9:49 - 10:12	45.00	33.00	27.50	60	9.50	50	9.00	9.00	9:49 - 10:12
10:13 - 10:36	43.50	33.50	26.25	59	9.25	48 - 49	8.75	8.75	10:13 - 10:36
10:37 - 11:06	42.00	34.00	25.00	57 - 58	9.00	46 - 47	8.50	8.25	10:37 - 11:06
11:07 - 11:36	40.50	34.50	23.75	52 - 56	8.75	44 - 45	8.25	8.00	11:07 - 11:36
11:37 - 12:12	39.00	35.00	22.50	49 - 51	8.50	42 - 43	8.00	7.75	11:37 - 12:12
12:13 - 12:54	37.50	35.50	22.35	45 - 48	8.25	40 - 41	7.75	7.50	12:13 - 12:54
12:55 - 13:36	36.00	36.00	22.00	41 - 44	8.00	38 - 39	7.50	7.40	12:55 - 13:36
13:37 - 14:24	34.00	36.50	22.05	37 - 40	7.75	36 - 37	7.40	7.30	13:37 - 14:24
14:25 - 14:54	32.00	37.00	21.90	33 - 36	7.50	34 - 35	7.30	7.20	14:25 - 14:54
14:55 - 15:18	30.00	37.50	21.75	30 - 32	7.40	33	7.20	7.10	14:55 - 15:18
15:19 - 15:48	27.00	38.00	21.60	27 - 29	7.30	31 - 32	7.10	7.00	15:19 - 15:48
16:25 - 16:54	24.00	38.50	21.45	24 - 26	7.20	30	7.00	6.00	16:25 - 16:54
17:37 - 18:12	21.00	39.00	21.30	21 - 23	7.10	28 - 29	6.00	6.00	17:37 - 18:12
18:13 - 18:54	12.00	39.50	21.25	19 - 20	7.00	27	4.00	4.00	18:13 - 18:54
18:55 - 19:42	9.00	40.00	18.00	17 - 18	6.00	25 - 26	2.00	2.00	18:55 - 19:42
19:43 - 20:36	6.00	40.50	15.00	15 - 16	5.00	< 25	0.00	0.00	19:43 - 20:36
20:37 - 21:30	3.00	41.00	12.00	12 - 13	3.00				20:37 - 21:30
> 21:31	0.00	41.50	9.00	10 - 11	2.00				> 21:31
			42.00	6.00	1.00				
			42.50	3.00					
			43.00	0.00					
			> 43.00	0.00					

FEMALES 25 - 29									
Aerobic Fitness			Body Composition			Muscle Fitness			1.5 Mile Run
1.5 Mile Run Time	Comp Score	Score	Body Comp	Comp Score	1 Min Push-up	Comp Score	1 Min Crunch	Comp Score	1.5 Mile Run Time
<= 11:24	50.00	< 29.50	30.00	>= 41	10.00	>= 47	10.00	10.00	<= 11:24
11:25 - 11:36	47.50	29.50	28.75	40	9.75	46	9.50	9.50	11:25 - 11:36
11:37 - 11:54	45.00	30.00	27.50	38 - 39	9.50	45	9.00	9.00	11:37 - 11:54
11:55 - 12:30	43.50	30.50	26.25	36 - 37	9.25	42 - 44	8.75	8.75	11:55 - 12:30
12:31 - 13:12	42.00	31.00	25.00	36	9.00	40 - 41	8.50	8.25	12:31 - 13:12
13:13 - 14:00	40.50	31.50	23.75	31 - 34	8.75	38 - 39	8.25	8.00	13:13 - 14:00
14:01 - 14:54	39.00	32.00	22.50	28 - 30	8.50	36 - 37	8.00	7.75	14:01 - 14:54
14:55 - 15:18	37.50	32.50	22.30	25 - 27	8.25	34 - 35	7.75	7.50	14:55 - 15:18
15:19 - 15:48	36.00	33.00	22.00	22 - 24	8.00	31 - 33	7.50	7.40	15:19 - 15:48
15:49 - 16:24	34.00	33.50	21.80	19 - 21	7.75	29 - 30	7.40	7.30	15:49 - 16:24
16:25 - 16:54	32.00	34.00	21.50	16 - 18	7.50	27 - 28	7.30	7.20	16:25 - 16:54
16:55 - 17:36	30.00	34.50	21.30	14 - 15	7.40	25 - 26	7.20	7.10	16:55 - 17:36
17:37 - 18:12	27.00	35.00	21.00	13	7.30	23 - 24	7.00	7.00	17:37 - 18:12
18:13 - 18:54	24.00	36.00	18.00	11 - 12	7.20	21 - 22	7.00	7.00	18:13 - 18:54
18:55 - 19:42	21.00	36.50	15.00	10	7.10	19 - 2	6.00	6.00	18:55 - 19:42
19:43 - 20:36	18.00	36.50	12.00	8 - 9	7.00	17 - 18	4.00	4.00	19:43 - 20:36
20:37 - 21:30	15.00	37.00	9.00	7	6.00	15 - 16	2.00	2.00	20:37 - 21:30
21:31 - 22:30	12.00	37.50	6.00	6	5.00	< 15	0.00	0.00	21:31 - 22:30
22:31 - 23:36	9.00	38.00	3.00	5	4.00				22:31 - 23:36
23:37 - 24:48	6.00	> 36.00	0.00	4	3.00				23:37 - 24:48
> 26:06	3.00			3	2.00				> 26:06
				2	1.00				
				< 2	0.00				

MALES 30 - 34									
Aerobic Fitness			Body Composition			Muscle Fitness			1.5 Mile Run
1.5 Mile Run Time	Comp Score	Score	Body Comp	Comp Score	1 Min Push-up	Comp Score	1 Min Crunch	Comp Score	1.5 Mile Run Time
< 9:36	50.00	< 32.5	30.00	>= 52	10.00	>= 51	10.00	10.00	< 9:36
9:37 - 9:48	47.50	32.50	28.75	50 - 51	9.75	49 - 50	9.50	9.50	9:37 - 9:48
9:49 - 10:12	45.00	33.00	27.50	49	9.50	48	9.00	9.00	9:49 - 10:12
10:13 - 10:36	43.50	33.50	26.25	48	9.25	46 - 47	8.75	8.75	10:13 - 10:36
10:37 - 11:06	42.00	34.00	25.00	46 - 47	9.00	44 - 45	8.50	8.25	10:37 - 11:06
11:07 - 11:36	40.50	34.50	23.75	43 - 45	8.75	42 - 43	8.25	8.00	11:07 - 11:36
11:37 - 12:12	39.00	35.00	22.50	40 - 42	8.50	40 - 41	8.00	7.75	11:37 - 12:12
12:13 - 12:54	37.50	35.50	22.35	36 - 39	8.25	38 - 39	7.75	7.50	12:13 - 12:54
12:55 - 13:36	36.00	36.00	22.00	33 - 35	8.00	36 - 37	7.50	7.40	12:55 - 13:36
13:37 - 14:24	34.00	36.50	22.05	30 - 32	7.75	34 - 35	7.40	7.30	13:37 - 14:24
14:25 - 14:54	32.00	37.00	21.90	27 - 29	7.50	33	7.30	7.20	14:25 - 14:54
14:55 - 15:18	30.00	37.50	21.75	24 - 26	7.40	31 - 32	7.20	7.10	14:55 - 15:18
15:19 - 15:48	27.00	38.00	21.60	22 - 23	7.30	30	7.10	7.00	15:19 - 15:48
16:25 - 16:54	24.00	38.50	21.45	20 - 21	7.20	28 - 29	7.00	6.00	16:25 - 16:5