APPLICATION FOR AFROTC MEMBERSHIP

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OMB No. 0701-0105 Expires 20070531

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I. GENERAL MILITARY COURSE/	PROFESSIONAL OFFICER	COURSE/C	OLLEGE SCHOLAR	SHIP PROG	RAM APPLICA	ANT DATA			
NAME (Last, First, Middle Initial)	SOCIAL SECURITY NU	IMBER	DATE OF BIRTH	G	ENDER				
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					FEMA	LE	MALE		
ETHNIC GROUP									
ASIAN AMERICAN INDIAN OR HAWAIIA	N DIAGK NOTOS	П.,							
ALASKAN NATIVE	N BLACK, NOT OF HISPANIC ORIGIN		/HITE, NOT OF ISPANIC ORIGIN	HISPAN	IC DE	ECLINE TO	RESPONE)	
MARITAL STATUS		PLACE C	F BIRTH (City/State)		JUMBER OF I	DEDENDE	NTC		
MARITAL STATUS PLACE OF BIRTH (City/State) NUMBER OF DEPENDENTS MARRIED DIVORCED									
COLLEGE/UNIVERSITY (Include Student ID Number if dis	fferent from SSN)	PROJECT	TED GRADUATION D	ATE A	ACADEMIC MA	AJOR			
		ļ							
DEDMANENT MAILING ADDRESS (Otra-1 Oit Ort. 775									
PERMANENT MAILING ADDRESS (Street, City, State, ZIF Telephone Number and E-mail Address)	Code, and	IN CASE	OF EMERGENCY CO	NTACT					
relephone Number and E man Addressy									
		TEL EDUC	NE NUMBER EMER	CENOV COL	ITAOT (In-I				
		TEELFIC	ME NOWIDER EINER	GENCT CON	ITACT (Inclu	ae Area Co	oae)		
			В	ACKGROUN	D EXPERIEN	CE			
CURRENT MAILING ADDRESS (Dorm, Room, Telepho State, and ZIP Code)	ne Number, Street, City,	JUNIOR F	ROTC	EAGLE S	COUT CIVI	IL AIR PATE	ROL AWAR	DS	
State, and ZIF Code)		l NC	NE 3-YEAR	YES		YES	N		
					-	=		J	
		1-1	'EAR 4-YEAR	NO _		MITCHE	:LL		
CELECTIVE CERVICE NUMBER (ALL COLL)		2-1	'EAR			EARHAR	PT		
SELECTIVE SERVICE NUMBER (Males Only)					—— F				
		BRANCE	OF SERVICE:		1 -	SPAATZ	•		
MILITARY SERVICE OF	PARENT OR GUARDIAN			CURRE	NT STATUS C	TE DADENT	F OR CLIAE	DIAN	
AIR FORCE MARINES COAST GUAR		NICE HI	GHEST GRADE		1-1	-	OR GUAR	DIAN	
ARMY NAVY MERCHANT M		WICE III	GILSI GIADE	CIVILIAN					
	0.500.000000					TARY	DUTY		
Are you now or have you ever been an enlisted or war	rant officer of any compor	nent of the	US armed forces (i	i.e., Reserve	e, USN, USA	F.	YES	NO	
USMC, USA, USCG, Merchant Marine)? If yes, com-	plete the rest of this block		38		,				
BRANCH OF SERVICE FROM (Mo/Yr)	TO (Mo/Yr)	TYPE O	F DISCHARGE	YEARS REM	AINING ON	HICHE	ST GRADE		
Togeth contraction of the second seco	[,			ENLISTMEN		IIIGHE	31 GRADE		
ANSWER THE FOLL	OWING QUESTIONS (Cr	ook the en	olicable blocks. If yes						
	CONTROL OF	neck the app	fill the blocks. If yes	s, explain on	reverse.)		YES	NO	
1. Have you ever applied for, been enrolled, or on con Marine, or preparatory schools? (If yes, indicate in rem	tract in an Officer Training	Program	of the US Army, US	AF, USMC,	USCG, USN	, Merchant			
2. Are you now, or have you ever been, a commissione	ed officer of any compone	nt of the ar	med forces (includir	ng Reserve,	USAF, USN	, USA,			
USMC, USCG, Merchant Marine)?									
3. Are you now, or have you ever been, an officer of th	e Health Services and Mo	ntal Haaltk	Administration			00-30 Vi-100 Sec. 30			
	c ricalti dervices and ivic	illai ricaili	Administration?						
4 Ara yay nay as haya yay aya haya aya ba aya aya ba aya aya								1	
4. Are you now, or have you ever been, a member of the	ne National Oceanic Atmo	spheric Ad	ministration?						
5. Are you a U.S. Citizen? If yes, how obtained:	BIRTH	NATUDAL	1750				-		
(If a naturalized citizen, or born outside of the U.S. o	f American persons	NATURAL	IZED						
(if a flaturalized citizen, or both outside of the 0.5. 0	American parents, subm	iit proof of	citizensnip. Referei	nce AFROT	CI 36-2011.)				
6. Have you ever taken the AFOQT? (If yes, indicate in	remarks section where a	nd when)							
	- Tomarko odolion Wildre a	ina winoii.,							
7. Have you ever had a physical for entry into the arme	ed forces Air Force ROTO	etc 2 (If v	es indicate in roma	rks section	ubara and	.b \		t	
		, 0.0 (11)	co, maicate in reme	irks section	where and w	nen.)			
8. Have you ever been denied enlistment into the arme	nd forces?								
9. Do you already have a degree (BA, BS, etc.)?									
								$ \sqcup $	
10. Are you an AFROTC Scholarship Designee?	DNO DVEC	2h! :			7.				
, , , , , , , , , , , , , , , , , , ,	∐ NO	Check one	4-year	L	_ 3-year				
11. Are you a conscientious objector? (A consciention	is objector is defined as:	one who h	as or had a firm fi	od and al-	nore ek!==t!			\Box	
participation in war in any form or to bearing of arms be	cause of religious training	one wild i	which includes act-	kea ana sino	ere objection	1 to			
parameter and an any form of to bearing of arms be	occess of rengious trailing	, or belief,	winch includes sole	iy moral or e	euncai benefs)			
12 Are you now or have you sugar hear affiliated at the								+	
12. Are you now or have you ever been affiliated with a	my organization or movem	ient that se	ecks to alter our form	n of govern	ment by				
unconstitutional means, or sympathetically associated	with any such organizatio	ii, moveme	ent, or members the	ereot? (If ye	es, please de	scribe.)			

ANSWER THE FOLLOWING QUESTIONS (CONT)	YES NO
13. Do you understand that participation in Air Force ROTC requires strenuous physical activity? (You will be required to obtain medical clearance from a physician prior to program entry.)	
II. STATEMENT OF UNDERSTANDING	
I understand that membership in the General Military Course (GMC) or attendance at Field Training (FT) does not guarantee that I will be accepted Professional Officer Course (POC). I understand that if I am not on scholarship, attendance at FT does not guarantee or commit me to enter the GMC scholarship cadets who attend the first AS 200 class or Leadership Laboratory incur an Active Duty Service Commitment and are liable to ca extended active duty or recoupment (which includes payback of scholarship benefits received during the AS 100 year).	POC.
SIGNATURE OF APPLICANT DATE	
III. OATH OF ALLEGIANCE	
I do solemnly swear or affirm that I will support and defend the Constitution of the United States against all enemies foreign or domestic; that I we bear true faith and allegiance to the same; and that I take this obligation freely, without any mental reservation or purpose of evasion.	ill
SIGNATURE OF APPLICANT DATE	
REMARKS	
Academics (Air Force ROTC highly values academic success):	
- High School GPA (4.0 scale): College GPA (4.0 scale):	
- ACT (if applicable) do not factor in Writing Test: SAT (if applicable) do not add in Writing Section:	
Community Service Highlights (Air Force ROTC focuses on servant leadership):	
, , , , , , , , , , , , , , , , , , , ,	
Fitness (Air Force ROTC requires a fitness mindset):	
- Sports:	
- Push ups in 1 minute: Sit ups in one minute: 1.5 mile time:	
Explain any "Yes" answers to questions 1 through 12 on front of form:	4.
Explain any 1700 anomore to questions I through 12 on front of form.	
PRIVACY ACT STATEMENT	
AUTHORITY: 10 U.S.C. 33, Appointment in Regular Component; 10 U.S.C. 103, Senior Reserve Officers' Training Corps as implemented by AFROTO	21 26 2011
Air Force Reserve Officers' Training Corps; and E.O. 9397 (SSN). PURPOSE: To process and manage selected students for acceptance into the USp program. ROUTINE USES: This information may be disclosed to federal, state, local or foreign law enforcement authorities for investigating or prosective violation or potential violation of law, to federal, state, or local agencies to obtain information concerning hiring or retention of an employee, issuance of a clearance, letting of a contract, or issuance of a license, grant or other benefit; to a federal agency in response to its request in connection with the him retention of an employee, issuance of a security clearance, reporting of an investigation of an employee, letting of a contract, issuance of a license, grant or other benefit by the requesting agency to the extent that the information is relevant and necessary to the requesting agency's decision on the matter; to a congressional office in response to their inquiry made at the request of the individual; to the Office of Management and Budget in connection with review	AF ROTC cuting a security ing or ant, or

private relief legislation as set forth in OMB Circular A-19; to foreign law enforcement, security, investigatory, or administrative authorities to comply with requirements of international agreements and arrangements; to state and local taxing authorities in accordance with Treasury Fiscal Requirements Manual Bulletin 7607; to the Office of Personnel Management (OPM) concerning information on pay and leave, benefits, retirement deductions, and other information necessary for OPM to carry out its functions; to NARA for records management functions; and to the Department of Justice for pending or potential litigation.

DISCLOSURE: Furnishing the information is voluntary. Failure to provide requested information will hinder processing.

FOR OFFICIAL USE ONLY (When filled in)

CERTIFICATION OF INVOLVEMENTS WITH CIVIL, MILITARY OR SCHOOL AUTHORITIES/LAW ENFORCEMENT OFFICIALS

STATEMENT TO THE APPLICANT/CADET

A. The Detachment Commander must know if you have ever been arrested, convicted, involved with law enforcement officials or authorities for him/her to determine if you meet the character requirements for membership in Air Force ROTC. It is necessary for you to report any involvement with civil, military, or school authorities/law enforcement officials regardless of its insignificance, disposition, or finding on the certification provided below. Include traffic violations and any incidents which resulted in your being judged a juvenile offender. A finding of not guilty or advice by an attorney, court official, or anyone else to consider your record as clear does not constitute authority to leave the involvement off of the certification.

 In the future, you must report any civil occurrence. If such incidents occur du during normal vacation periods, the 72 	ring a period of le	eave from the institution	on (e.g., student teaching or for	eign study),	attendance at Fie	urs following its eld Training, or
C. Concealing or failing to report an invol subsequent to initial certification that in the Air Force ROTC program; or, if on this certification form will be treated	you were unawar already a membe	e of the contents of the r, may result in your o	nis document may result in elim liscontinuance from the Air Ford	nination from ce ROTC pro	consideration for	or membership mation reported
		CERTI	FICATE			
I,	LAW ENFORCE	ONVICTIONS, INVOLV MENT OFFICIALS RE	GARDLESS OF DISPOSITION	HAD WITH C	IVIL, MILITARY (INCLUDING
II.		CERTIF	CATION I			
TYPE OF INVOLVEMENT / ORIGINAL CITATION	DATE OF INVOLVEME	CANDONNA TO THE PROPERTY OF TH	AND ADDRESS OF ARRESTI AUTHORITY/COURT	NG		SITION/FINDING SENTENCE
	7.	-				4.0
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			2			
WERE YOU DETAINED, CONFINED, OR PLACED ON PROBATION FOR ANY OF THE ABOVE?	WAS THE USE ALCOHOL CITE	OF DRUGS OR ED?	ACTION NO ACTION REQUIRED	CORROBO	DRATION REQU	ESTED
YES NO	YES	☐ NO	WAIVER GRANTED	CORROBO	DRATION RECEIV	/ED
SIGNATURE OF CADET	1 15 15	DATE	WAIVER DENIED	REQUEST TO AFROT	FOR WAIVER FO	DRWARDED
					APPROVED	DISAPPROVED
REMARKS/COUNSELING		I	L			DIONI THOVED
2						
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8						
			8			
Cadet has been counseled that his/her c investigation/dismissal. Cadet's initials of			any future involvements with	authorities	may result in di	senrollment
SIGNATURE OF AUTHORIZED REPRESEN		2000 ()	GRADE		ATE	

AFROTC FORM 35, 20100719

FOR OFFICIAL USE (When filled in)

III.		CERTIFIC	ATION II				
TYPE OF INVOLVEMENT / ORIGINAL CITATION	DATE OF INVOLVEMENT	NAME /	AND ADDRESS OF ARRESTIN AUTHORITY/COURT	IG	DISPOSITION/FINDING AND SENTENCE		
WERE YOU DETAINED, CONFINED, OR PLACED ON PROBATION FOR ANY OF THE ABOVE? YES NO SIGNATURE OF CADET	WAS THE USE OF ALCOHOL CITED? YES D		ACTION NO ACTION REQUIRED WAIVER GRANTED WAIVER DENIED	CORROB	ORATION RECEIVED		
REMARKS/COUNSELING Cadet has been counseled that his/her counsetigation/dismissal. Cadet's initials of			any future involvements with	authorities	s may result in disenrollment		
SIGNATURE OF AUTHORIZED REPRESEN		<u></u>	GRADE		DATE		
IV.		CERTIFIC	CATION III		* .		
TYPE OF INVOLVEMENT / ORIGINAL CITATION	DATE OF INVOLVEMENT		AND ADDRESS OF ARRESTI AUTHORITY/COURT	NG	DISPOSITION/FINDING AND SENTENCE		
WERE YOU DETAINED, CONFINED, OR PLACED ON PROBATION FOR ANY OF THE ABOVE? YES NO SIGNATURE OF CADET	WAS THE USE O ALCOHOL CITED YES		ACTION NO ACTION REQUIRED WAIVER GRANTED WAIVER DENIED	CORRO	BORATION REQUESTEDBORATION RECEIVEDBT FOR WAIVER FORWARDED		
REMARKS/COUNSELING				TO AFRO	APPROVED DISAPPROVED		
Cadet has been counseled that his/her investigation/dismissal. Cadet's initials	of acknowledgeme			n authoritie			
SIGNATURE OF AUTHORIZED REPRESE	NTATIVE		GRADE		DATE		

USAF DRUG AND ALCOHOL ABUSE CERTIFICATE

PRIVACY ACT STATEMENT

AUTHORITY: Title 10 U.S.C., Chapter 31, Sections 504, 505, 508, 513; Chapter 807, Section 8067; Chapter 833, Section 8258; Chapter 1205, Sec12201, and Executive Order 9397 (SSN), as amended.

PURPOSE: To determine enlistment/commissioning eligibility, and process qualified applicants. To determine classification and assignment actions after enlistment or commissioning. All documents are source documents in determining benefits/entitlements.

ROUTINE USES: Disclosures generally permitted under 5 U.S.C. 552a(b) of the Privacy Act outside the DoD as a routine use. 'Blanket Routine Uses' apply.

DISCLOSURE: Voluntary; however, failure to furnish personal identification information my negate the enlistment/commissioning application.

SECTION I. DEFINITION OF TERMS

ADVERSE ADJUDICATION: An adverse adjudication (adult or juvenile) is a finding, decision, sentence, or judgment, other than unconditionally dropped, dismissed, or acquitted. If the adjudicating authority places a condition or restraint that leads to dismissal, dropped charges, or acquittal, the adjudication is adverse. Suspension of sentence, pardon, not processed, or dismissal after compliance with imposed conditions is adverse adjudication.

AIR FORCE: Includes active Air Force, Air Force Reserve, Air National Guard, and Air Force Academy.

ALCOHOL ABUSE: Alcohol use confirmed by competent medical authority that the individual is emotionally, mentally, or physically dependent on alcohol. NOTE: When not confirmed by medical authority, self-admitted alcohol use that leads to a person's misconduct or unacceptable behavior; to the impairment of work performance, physical or mental health, financial responsibility or personal relationships; must be reported during the medical examination for determination of alcohol abuse.

DRUG ABUSE: The illegal, wrongful, or improper use of marijuana, any narcotic substance, hallucinogens, or any illegal drug.

ILLEGAL DRUGS: Any drug or narcotic that is habit forming or has a potential for abuse because of its stimulant, depressant, or hallucinogenic effect. Includes, but not limited to: cocaine, crack, hallucinogens, (to include lysergic acid diethyamide (LSD), phencyclidine (PCP), tetrahydrocannabinal (THC) in non-marijuana form, and others), opium, morphine, heroin, dilaudid, codeine, Demerol, inhalants (paint, glue, and others), amphetamines (speed), methamphetamines (ice), barbiturates(downers) and anabolic steroids.

MARIJUANA: Any intoxicating organic or synthetic cannabis or tetrahydrocannabinal (THC) type substance. Organic forms from the hemp plant include marijuana, hashish and all derivatives of cannabis sativa. Synthetically, in the form of an herbal and chemical product which, when consumed mimics the effects of cannabis, includes salviadivinorum or salvinorum or any product known under such names as "Spice", "Genie", "DaScents", "Zohia", "K-2", and "KO Knockout 2" or variant thereof by whatsover name it may be called.

SECTION II. CERTIFICATION AT TIME OF APPLICATION

WARNING: YOU MUST BE TOTALLY HONEST IN COMPLETING THIS FORM. If you are truthful now and are accepted by the Air Force, no punitive action can or will be taken against a civilian applicant as a result of any information you reveal. HOWEVER, YOU ARE CAUTIONED THAT SHOULD YOU CONCEAL DRUG OR ALCOHOL ABUSE INFORMATION AT THIS TIME, AND IT IS DISCOVERED AFTER YOUR ENTRY INTO THE AIR FORCE, PUNITIVE ACTION MAY BE TAKEN AGAINST YOU BASED UPON THE FALSE INFORMATION YOU HAVE PROVIDED. Such action includes, but is not limited to, elimination from training or discharge under less than honorable conditions.

INITIAL YES/NO BOXES AS APPLICABLE	YES	NO
I have read and understand the definition of the terms above.	IES	NO
Have you ever used or experimented with marijuana? (Prior marijuana use is not disqualifying for enlistment or appointment, unless you are determined to be a chronic user or psychologically dependent, have been convicted or adversely adjudicated for marijuana involvement. Preservice marijuana use may render you ineligible for certain skills.)		
Have you ever experimented with, used, or possessed any illegal drug or narcotic?	+	
Have you ever been a supplier or distributor of or a trafficker in marijuana, or other illegal drugs or narcotics?	1	
Have you ever been treated or undergone rehabilitation for drug or alcohol abuse?	+ -	
Have you consumed hemp seed oil or any products containing hemp seed oil in the last 45 days?		
SECTION III. STATEMENTS OF UNDERSTANDING	INITI	ALS
During my medical examination I will be tested and screened for drug and alcohol abuse. I understand that any detection of drug use (including marijuana) or alcohol abuse will render me ineligible for the Air Force. I understand I will undergo further drug and alcohol screening after entry in the Air Force, and I may be discharged based on the results of such screening.		
Service in the United States Air Force places me in a position of special trust and responsibility. Drug or alcohol abuse after this date will be considered evidence of my inability to meet the standards of behavior expected of me as a member of the Air Force. Therefore, any drug use (including marijuana) or any alcohol abuse as described above, FROM THIS DATE FORWARD, renders me ineligible for the Air Force.		
Drug and alcohol abuse by members of the U.S. Air Force violates Air Force standards of behavior and conduct and will not be tolerated. If I am identified as a drug or alcohol abuser while a member of the Air Force, appropriate disciplinary or administrative action may be taken against me, to include trial by court martial or discharge under less than honorable conditions.		
I understand that certain skill areas in the Air Force cannot be performed by persons who have abused drugs or alcohol. My unit commander will have final approval authority regarding my actual assignment to sensitive skill positions. If I am not acceptable for such duties due to information I have revealed on this form, I will be reassigned to another position in my skill or reclassified into another skill. If it is established that I have used any substance beyond that which I have indicated on this form, I understand my enlistment, commissioning, or appointment may be declared fraudulent and I may be discharged.		
KNOWING AND UNDERSTANDING ALL THE INFORMATION ABOVE, AND REALIZING THAT THIS DOCUMENT WILL BE USED ONLY TO DETERMINE MY ELIGIBILITY AND RECORD MY CERTIFICATION OF ELIGIBILITY, I HEREBY STATE THAT THE ABOVE INFORMATION AS TO MY PREVIOUS DRUG OR ALCOHOL INVOLVEMENT IS TRUE AND COMPLETE TO THE BEST OF MY KNOWLEDGE.	1	
DATE NAME (Last, First, M.I.) AND SSN OF APPLICANT SIGNATURE		

WITNESS		3
	AL SIGNED THIS CERTIFICATE OF HIS/HER OWN FREE WILL	
DATE	NAME (Last, First, M.I.) AND GRADE OF WITNESS	SIGNATURE
REMARKS		
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SECTION IV DECEDIFICAT	TION AT TIME OF ENLISTMENT, COMMISSIONING, OR APP	POINTMENT INITIALS
		ONTIMER
I have read and fully understan	d all the information on this form.	P. Control of the Con
I hereby state that there has be form.	een no change in my status since I originally provided this infor	mation on the date on front of this
since I originally completed thi	used any drug, including marijuana, and that I have not been in s form.	any alcohol related abuse incidents,
DATE	NAME (Last, First, M.I.) AND SSN OF APPLICANT	SIGNATURE
WITH 100		
WITNESS	AL SIGNED THIS CERTIFICATE OF HIS/HER OWN FREE WILL	
DATE DATE	NAME (Last, First, M.I.) AND GRADE OF WITNESS	SIGNATURE
	THE LEASE I WAS MINN AND STADE OF WITHEST	S.S. W. OKE

Attachment 10

FITNESS ASSESSMENT CHARTS

A10.1. Fitness Assessment Chart - Male: Age: < 30.

Cardiorespiratory Endurance				ody Composition	n	Muscle Fitness				
Run Time Health Risk		AC Health Risk			Push-ups		Sit-ups			
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps min)	Points	
≤9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥67	10.0	≥ 58	10.0	
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5	
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4	
9:46 - 9:58	Low-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2	
9:59 - 10:10	Low-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0	
10:11 - 10:23	Low-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8	
10:24 - 10:37	Low-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7	
10:38 - 10:51	Low-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5	
10:52 - 11:06	Low-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3	
11:07 - 11:22	Low-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0	
11:23 - 11:38	Low-Risk	53.7	37.5#	Moderate Risk	15.1	53	8.7	46#	7.5	
11:39 - 11:56	Low-Risk	52.4	38.0	Moderate Risk	14.4	52	8.6	45	7.0	
11:57 - 12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5	
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk	12.6	50	8.4	43	6.3	
12:34 - 12:53	Moderate Risk	47.2	39.5	High Risk	0	49	8.3	42 *	6.0	
12:54 - 13:14 #	Moderate Risk	44.9	40.0	High Risk	0	48	8.1	41	0	
13:15 - 13:36 *	Moderate Risk	42.3	40.5	High Risk	0	47	8.0	40	0	
13:37 - 14:00	High Risk	0	41.0	High Risk	0	46	7.8	39	0	
14:01 - 14:25	High Risk	0	41.5	High Risk	0	45	7.7	38	0	
14:26 - 14:52	High Risk	0	42.0	High Risk	0	44#	7.5	37	0	
14:53 - 15:20	High Risk	0	42.5	High Risk	0	43	7.3	36	0	
15:21 - 15:50	High Risk	0	43.0	High Risk	0	42	7.2	35	0	
15:51 - 16:22	High Risk	0	≥43.5	High Risk	0	41	7.0	34	0	
16:23 - 16:57	High Risk	0				40	6.8	33	0	
≥ 16:58	High Risk	0				39	6.5	32	0	
						38	6.3	31	0	
NOTES:						37	6.0	30	0	
Health Risk Cat	tegory = low, mo	derate or	high risk f	or current and fu	thire	36	5.8	≤29	0	
				nd other health		35	5.5	229	v	
			T			34	5.3			
Passing Requir	ements - membe	r must: 1) meet mini	mum value in ea	ch of	33 *	5.0			
				oint total ≥ 75 p		32	0			
	, בונב ב) ב	orner e a c	oniposite i	omit total = 75 p	onnes	31				
* Minimum Cor	nponent Values						0			
	6 mins:secs / A		20.0 :			30	0			
				repetitions/one		29	0			
1 man-mba 5 13 1	rependons, one	illititite / 3	nt-ups ≥ +2	rependons one	minute	28	0			
# Target Comp						27	0			
				75.0		26	0			
Member should	attain or surpa	ss these t	o acmeve:	≥75.0 composite	score	25	0			
C						24	0			
Composite Sco		75.5	00.0 : 77	l		23	0			
Excellent ≥ 90.0	prs / Satisfacto	$\mathbf{ry} = 75.0.$	- 89.9 / Uns	atisfactory < 75.	U	22	0			
						21	0			
						20	0			
						19	0			
						18	0			
						≤ 17	0	1	1.0	

A10.6. Fitness Assessment Chart - Female: Age: < 30.

Cardiorespiratory Endurance		В	ody Composition	1	Muscle Fitness				
Run Time Health Risk			AC Health Risk		Push-ups				
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤10:23	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥47	10.0	≥ 54	10.0
10:24 - 10:51	Low-Risk	59.9	29.5	Low Risk	20.0	42	9.5	51	9.5
10:52 - 11:06	Low-Risk	59.5	30.0	Low Risk	20.0	41	9.4	50	9.4
11:07 - 11:22	Low-Risk	59.2	30.5	Low Risk	20.0	40	9.3	49	9.0
11:23 - 11:38	Low-Risk	58.9	31.0	Low Risk	20.0	39	9.2	48	8.9
11:39 - 11:56	Low-Risk	58.6	31.5	Low Risk	20.0	38	9.1	47	8.8
11:57 - 12:14	Low-Risk	58.1	32.0	Moderate Risk	17.6	37	9.0	46	8.6
12:15 - 12:33	Low-Risk	57.6	32.5	Moderate Risk	17.1	36	8.9	45	8.5
12:34 - 12:53	Low-Risk	57.0	33.0	Moderate Risk	16.5	35	8.8	44	8.0
12:54 - 13:14	Low-Risk	56.2	33.5	Moderate Risk	15.9	34	8.6	43	7.8
13:15 - 13:36	Low-Risk	55.3	34.0 #	Moderate Risk		33	8.5	42#	7.5
13:37 - 14:00	Low-Risk	54.2	34.5	Moderate Risk		32	8.4	41	7.0
14:01 - 14:25	Low-Risk	52.8	35.0	Moderate Risk	13.7	31	8.3	40	6.8
14:26 - 14:52	Low-Risk	51.2	35.5 *	Moderate Risk		30	8.2	39	6.5
14:53 - 15:20	Moderate Risk		36.0	High Risk	0	29	8.1	38 *	6.0
	Moderate Risk		36.5	High Risk	0	28	8.0	37	0
	Moderate Risk	+	37.0	High Risk	0	27#	7.5	36	0
16:23 - 16:57	High Risk	0	37.5	High Risk	0	26	7.3	35	0
16:58 - 17:34	High Risk	0	38.0	High Risk	0	25	7.2	34	0
17:35 - 18:14	High Risk	0	38.5	High Risk	0	24	7.0	33	0
18:15 - 18:56	High Risk	0	39.0	High Risk	0	23	6.5	32	0
18:57 - 19:43	High Risk	0	39.5	High Risk	0	22	6.3	31	0
19:44 - 20:33	High Risk	0	≥40.0		0	21	6.0	30	0
≥20:34	High Risk	0				20	5.8	29	0
						19	5.5	28	0
NOTES:						18*	5.0	27	0
	tegory = low, m	oderate o	r high risk t	for current and f	nture	17	0	26	0
	disease, diabet						0	25	0
variatio variation	and the state of t	1				15	0	24	0
Passing Remi	rements - memb	er must.	1) meet mir	imum vahie in e	ach of	14	0	23	0
	onents, and 2)					13	0	≤22	0
me rom comp	omana, with L)	CHICKE 4	Composite	Ponic roun = 15	VILLE	12	0	244	v
* Minimum Co	mmamant Vahra	_				11	0		
	omponent Value 22 mins:secs / A		25 5 inab-			10	0		
The second secon					a minera	9			
rusn-ups ≥ 18	repetitions/one	minute /	on-ups < 3	o rependons on	e minute		0		
# T C-						8	0		
	onent Values				1	≤7	0		
Member shou	ld attain or surp	ass these	to achieve	≥ /3.0 composit	e score		4		
	1								
	ore Categories	20							