AIR FORCE RO	OTC PRE-PARTICIPATORY SPORTS	PHYSICAL
1. CADET/APPLICANT NAME	2. AFROTC DE	TACHMENT
		,
MEDICAL AUTHORITY: Measure height and weight of cadet/ap	pplicant. Compare results to AF sta	ndards listed on reverse, check block 7 and certify as
requested below.	,	and comy as
AFROTC CADRE: If cadet/applicant exceeds AF weight standa	ards, conduct a Body Fat Measuren	ent 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 STANDARDS: FEMALE - 28% MALE - 20%
7. CHECK APPLICABLE BOX	IS WITHIN AIR FORCE WEI	SHT STANDARDS
	EXCEEDS AIR FORCE WEI	SHT STANDARDS
	IS BELOW AIR FORCE WEI	GHT STANDARDS
8. MEDICAL AUTHORITY: PLEASE REVIEW THE ABOVE INF	ORMATION. CONDUCT COUNSEL	NG BELOW IN APPLICABLE AREAS, AND SIGN.
I. (print name)	ПV	VE EXAMINED THIS CADET/APPLICANT AND REVIEWED
II. (print name)  HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RE		AND REVIEWED
9. (IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STAI		
I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POS		OF EATING DISORDERS EXIST. I HAVE DISCUSSED THE
IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT.	(Medic	al Authority Initials)
10. (IF CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STA	ANDARDS)	
I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOS:		(Medical Authority Initials)
11. (FOR ALL CADETS/APPLICANTS)		
I DID / DID NOT (please circle) FIND MEDICAL CONDITION(S FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PRECLUDE THE INDIVIDUAL FROM PARTICIPATING, PLEAS	PROGRAM. IF A MEDICAL COND	
BUVOIGNA OD MEDICAL CUETOS -	SIGNATURE	EXAMINATION DATE
PHYSICIAN OR MEDICAL AUTHORITY	OIDINAIURE	EAAIVIINATION DATE
AFROTC CADRE: A DISQUALIFIED DODMERB OR MEPS PHYS		A CADET MAY NOT PARTICPATE IN THE AFROTC PHYSICAL
		7.77
AFROTC CADRE SIGNATU	IKE	DATE

## MAXIMUM AND MINIMUM AIR FORCE ALLOWABLE WEIGHT STANDARDS

TABLE 1. MAXIMUM ALLOWABLE WEIGHTS FOR BMI OF 27.5 (REGARDLESS OF AGE) (58 - 80 INCHES)												]											
HEIGHT (INCHES)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
MAXIMUM WEIGHT (POUNDS)	131	136	141	145	150	155	160	165	170	175	180	186	191	197	202	205	214	220	225	231	237	244	250

TABLE 2. MINIMUM ALLOWABLE WEIGHTS FOR BMI OF 19.0 (58 - 80 INCHES)																							
HEIGHT (INCHES)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
MAXIMUM WEIGHT (POUNDS)	91	94	97	100	104	107	110	114	117	121	125	128	132	136	140	144	148	152	156	160	164	168	172