AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL						
1. CADET/APPLICANT NAME			2. AFROTC DETACHMENT			
MEDICAL AUTHORITY: Measure height and weight of cadet/applicant. Compare results to AF standards listed on reverse, check block 7 and certify as requested below.						
AFROTC CADRE: If cadet/applicant exceeds AF weight standards, conduct a Body Fat Measurement IAW DoDI 1308.3.						
3. CADET/APPLICANT MEASUREMENTS		HEIGHT		WEIGHT		
4. AIR FORCE WEIGHT STANDARDS (found on reverse)		MINIMUM		MAXIMUM		
5. BODY FAT MEASUREMENT	6. BODY FAT STA	NDARDS: 7.	CHECK APPLICABLE BO	χ IS WITHIN AIR FORCE WEIGHT STANDARDS		
	FEMALE - 20			EXCEEDS AIR FORCE WEIGHT STANDARDS		
	MALE - 189			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 LEA	AN BODY MASS POS	SES NO HEALTH	RISK; NO SIGNS OF EAT	ING DISORDERS EXIST. I HAVE DISCUSSED THE		
IMPORTANCE OF NUTRITION AND WEIG	HT MANAGEMENT.		(Medical Autho	rity Initials)		
10. (IF CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS)   I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT.   (Medical Authority Initials)						
11. (FOR ALL CADETS/APPLICANTS)						
PRECLUDE THE INDIVIDUAL FROM PART				HYSICAL IMPAIRMENT EXISTS THAT MAY		
EXAMINATION DATE	PHYSIC	IAN OR MEDICA	L AUTHORITY SIGNATUR	RE		
AFROTC CADRE: REVIEW THE INFORMATION ENTERED ABOVE AND SIGN BELOW:						
DATE	AFROT	C CADRE SIGNA	TURE			
AFROTC FORM 28 20180423	I					

## 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	