



DEPARTMENT OF THE AIR FORCE
WASHINGTON, DC

Office Of The Secretary

AFI 10-248_AFGM1

4 January 2010

MEMORANDUM FOR DISTRIBUTION C
ALMAJCOM-FOA-DRU/CV

FROM: HQ USAF/A1
HQ USAF/A3/5

SUBJECT: Interim Air Force Guidance Memorandum for AFI 10-248, *Fitness Program*

1. This memorandum immediately directs changes to AFI 10-248 and provides fitness testing schedule/instructions for Total Force Airmen. Compliance with this publication is mandatory. To the extent its directions are inconsistent with other Air Force publications, the information herein prevails, in accordance with AFI 33-360, *Publications and Forms Management*.

2. This guidance memorandum supersedes the scheduling and currency guidelines established in AFI 10-248 (dated 25 September 2006), paragraph 3.4.1 and 3.5.1. Effective 1 January 2010, bi-annual physical fitness testing begins as the Air Force transitions to the new Fitness Program, effective 1 July 2010. **EXCEPTION:** Implementation variances authorized for ARC members are noted in paragraphs 2.b and 2.c.

a. RegAF Airmen: Will fitness test with the current fitness standards during the first half of CY 2010 (1 January 2010 – 30 June 2010). Effective 1 July 2010, Airmen will test again under the new AF Fitness Program.

RegAF **EXAMPLES:**

If the last test was January or July 2009, the next test under the current standard will be in January 2010, then again with the new standard in July 2010.

If the last test was February or August 2009, the next test under the current standard will be in February 2010, then again with the new standard in August 2010.

If the last test was March or September 2009, the next test under the current standard will be in March 2010, then again with the new standard in September 2010.

If the last test was April or October 2009, the next test under the current standard will be in April 2010, then again with the new standard in October 2010.

If the last test was May or November 2009, the next test under the current standard will be in May 2010, then again with the new standard in November 2010.

If the last test was Jun or December 2009, the next test under the current standard will be in June 2010, then again with the new standard in December 2010.

b. Air Force Reserve (AFR) Airmen: Will fitness test 12 months after their last CY 2009 test date, then again 6 months later to progress to a bi-annual cycle.

Air Force Reserve **EXAMPLES:**

If the last test was January 2009, the next test will be in January 2010 under the current standard, then again in July 2010 with the new standard.

If the last test was July 2009, the next test will be in July 2010 with the new standard, then again with the new standard in January 2011.

If the last test was November 2009, the next test will be in November 2010 with the new standard, then again in May 2011 with the new standard.

c. Air National Guard (ANG) Airmen: Active Duty Guardsman (AGR) and drill status members will fitness test 12 months after their last calendar year 2009 test date. Those who require a Fitness Assessment (FA) between 1 January 2010 and 30 June 2010 will be assessed under current requirements/scoring as defined in Air National Guard Instruction 10-248. Effective 1 July 2010, all ANG members due assessment will test under the new Air Force Instruction.

Air National Guard, AGR and drill status **EXAMPLES:**

If the last test was January 2009, the next test will be in January 2010 under ANGI 10-248, then again in January 2011 under the new fitness program instruction.

If the last test was July 2009, the next test will be in July 2010 under the new fitness program instruction, then in July 2011.

If the last test was November 2009, the next test will be in November 2010 under the new fitness program instruction, then again in November 2011.

NOTE: ANG Title 10 assigned to the National Guard Bureau on Statutory Tour will test under the provisions of Para 2b, "bi-annual physical fitness testing."

3. Effective 1 July 2010, AFI 10-248, *Fitness Program*, will be redesignated AFI 36-2905, *Fitness Program*. In the interim as we transition AFI 10-248 from a 10-series AFI to a 36-series AFI, this memo serves to provide fitness testing instructions and execution guidance.

4. All Airmen who test between 1 January and 30 June 2010 will be provided two fitness score sheets. One score sheet will reflect a FA score calculated IAW current standards (AFI 10-248). This score will be entered in the Air Force Management System (AAFMS). Airmen will also receive a manually calculated conversion score sheet based on the new standards (AFI 36-2905).

NOTE: AAFMS does not have the capability to convert scores.

a. Squadron/unit commanders will be provided a copy of both score sheets for their assigned

Airmen. Commanders will compare the results of the tests scored under the current standards with scores calculated using the new standards and identify any concerning trends prior to the 1 July 2010 implementation date.

b. RegAF and AFR Airmen on profile who take the 1.0-mile Walk Test or the Cycle Ergometry test during the 1 January – 30 June 2010 time period will receive a VO2 score. Physical Training Leaders and/or Fitness Assessment Cell employees can use Attachment 17 in AFI 36-2905 to convert the VO2 score to a numerical score. This score will be used to calculate a composite FA score IAW the new fitness standards.

c. ANG members on profile who take the alternate aerobic Step Assessment during the 1 January – 30 June 2010 time period will not receive converted scores as the new standard does not include the Step Assessment. After AFI 36-2905 is implemented on 1 July 2010, the alternate aerobic Step Assessment will be discontinued.

5. On 1 January 2010, FA scores will be calculated IAW current fitness requirements (AFI 10-248) and scores will be used to document EPRs/OPRs. Effective 1 July 2010, FA scores will be calculated IAW new fitness requirements (AFI 36-2905) and scores will be used to document EPRs/OPRs.

6. The directions of this memorandum become void after 180 days have elapsed from the date of this memorandum, or upon incorporation by interim change to, or implementation of AFI 36-2905, *Fitness Program*, whichever is earlier.

//signed AF 673 4 Jan 10//
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//signed AF 673 30 Dec 09//
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