



Fitness Test Implementation Update

- Beginning 1 Jan 10, AD will begin the 2x/yr test cycle
- First fitness test under the current standards from 1 Jan 10 – 30 Jun 10 (scored IAW AFI 10-248)
 - Airmen receive 2 score cards
 - One score calculated using current guidelines provided in AFI 10-248; this score will count for official purposes
 - A second score calculated using new standards contained in AFI 36-2905; this score is FYI only—use only so Airmen can gauge new program requirements
- Second fitness test under new standards from between 1 July 10 - 31 Dec 2010 (scored IAW AFI 36-2905)
- Implementation variances authorized for Reserve and Guard Airmen



Transition Plan for Active Duty Airmen

■ Examples (AD Airmen):

<u>If your last test was:</u>	<u>Your next test will be:</u> (IAW 10-248)	<u>And then again:</u> (IAW AFI 36-2905)
Jan or Jul 09	Jan 10	Jul 10
Feb or Aug 09	Feb 10	Aug 10
Mar or Sep 09	Mar 10	Sep 10
Apr or Oct 09	Apr 10	Oct 10
May or Nov 09	May 10	Nov 10
Jun or Dec 09	Jun 10	Dec 10