

Air Force Fitness Testing

Please read below guidance regarding Fitness Assessment testing and disseminate to your unit representatives. MacDill AFB Fitness Assessment Cell staff will work with squadron UFPMs to update AFMMS II for members who are due from March to December 2020.

Part I – Fitness

Effective 17 March 2020, all Official Fitness Assessment Testing is cancelled until January 2021.

- Please refer to the fitness assessment due date matrix to see your due date.

Official Physical Fitness Assessment Due Date Matrix		
EXCELLENT SCORES		
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021
Apr 2019	Apr 2020	Apr 2021
May 2019	May 2020	May 2021
Jun 2019	Jun 2020	Jun 2021
Jul 2019	Jul 2020	Jul 2021
Aug 2019	Aug 2020	Aug 2021
Sept 2019	Sept 2020	Sept 2021
Oct 2019	Oct 2020	Oct 2021
Nov 2019	Nov 2020	Nov 2021
Dec 2019	Dec 2020	Dec 2021
Jan 2020	N/A	Jan 2021
Feb 2020	N/A	Feb 2021

Official Physical Fitness Assessment Due Date Matrix			
SATISFACTORY SCORES			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Sept 2019	Mar 2020	Sept 2020	Mar 2021
Oct 2019	Apr 2020	Oct 2020	Apr 2021
Nov 2019	May 2020	Nov 2020	May 2021
Dec 2019	Jun 2020	Dec 2020	Jun 2021
Jan 2020	Jul 2020	N/A	Jan 2021
Feb 2020	Aug 2020	N/A	Feb 2021
Mar 2020	Sep 2020	N/A	Mar 2021

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON- CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jan 2021

FACs must ensure that AFMMS II is updated to reflect a Commander Composite Exemption on each member who is due for their Official Fitness Assessment in March thru December 2020. FACs must also ensure the expiration dates reflect the same due dates indicated above to prevent members going into a non-current status. Please ensure you check your AFFMS record. If your due date is incorrect, please provide your Individual Fitness Report to your UFPM so they can contact the FAC to make the corrections.

Fitness Testing will resume on 1 January 2021 unless further guidance is published.

Part II – Fitness Testing and Promotion

If Airmen are unable to complete their Fitness Assessment due to the COVID-19 restrictions, the unit Commander may place the member in a Composite Exemption following the guidance above.

If the Airmen's previous Fitness Assessment was a failure, the unit must submit an Exception to Policy (ETP) request signed by a Wing Commander or equivalent in order for the Airmen to be eligible for promotion. https://mypers.af.mil/app/answers/detail/a_id/46625