### 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

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 4. Air Force Weight Standards

(Found on reverse)

#### 5. Body Fat Measurement

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 6. Body Fat Standards:
- Female - 28%
- Male - 20%

#### 7. Check Applicable Box

- [ ] Is within Air Force weight standards
- [ ] Exceeds Air Force weight standards
- [ ] Is below Air Force weight standards

#### 8. Medical Authority: Please review the above information. Conduct counseling below 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 lean body mass poses no health risk. No signs of eating disorders exist. I have discussed the importance of nutrition and weight management.

10. (If Cadet/Applicant exceeds Air Force weight standards)
I have discussed appropriate and safe weight loss with the cadet/applicant.

11. (For all cadets/applicants)
I did / did not (please circle) find medical condition(s) or physical impairment(s) that would preclude this cadet/applicant from participating in a rigorous physical training program. If a medical condition/physical impairment exists that may preclude the individual from participating, please explain:

**Physician or Medical Authority Signature**

**Examination Date**

---

**AFROTC Cadre:** A disqualified DODMERB or MEPS physical supersedes this form. A cadet may not participate in the AFROTC physical training program if they have a disqualified DODMERB or MEPS physical.

**AFROTC Cadre Signature**

**Date**

---

**AFROTC Form 28, 20120712**
### Attachment 13

**TABLE A13.1. MAXIMUM BODY MASS INDEX (BMI) STANDARDS:**

Represents Maximum Allowable Weights for BMI of 25 kg/m² (regardless of age and gender)

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>58</th>
<th>59</th>
<th>60</th>
<th>61</th>
<th>62</th>
<th>63</th>
<th>64</th>
<th>65</th>
<th>66</th>
<th>67</th>
<th>68</th>
<th>69</th>
<th>70</th>
<th>71</th>
<th>72</th>
<th>73</th>
<th>74</th>
<th>75</th>
<th>76</th>
<th>77</th>
<th>78</th>
<th>79</th>
<th>80</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (pounds)</td>
<td>119</td>
<td>124</td>
<td>128</td>
<td>132</td>
<td>136</td>
<td>141</td>
<td>145</td>
<td>150</td>
<td>155</td>
<td>159</td>
<td>164</td>
<td>169</td>
<td>174</td>
<td>179</td>
<td>184</td>
<td>189</td>
<td>194</td>
<td>200</td>
<td>205</td>
<td>210</td>
<td>216</td>
<td>221</td>
<td>227</td>
</tr>
</tbody>
</table>