Air Force Fitn

Determining Fitness Score

Fitness level is determined by adding aerobic fitness, body composition, push-up and crunch component points.

Fitness Level	Total Score
Excellent	≥ 90
Good	75 - 89.9
Marginal	70 - 74.9
Poor	< 70

Members must complete all components unless medically exempted. If medically exempted from any component, the total score is calculated as follows:

Take the total component points achieved and divide it by the total possible points, then multiply it by 100.

Component	Possible Points
Aerobic	50
Body comp	30
Push-ups	10
Crunches	10

To measure abdominal circumference, locate the upper hip bone and the top of the right iliac crest. Place a measuring tape in a horizontal plane around the abdomen at the level of the iliac crest. Before reading the tape measure, ensure that the tape is snug, but doesn't compress the skin and is parallel to the floor. The measurement is made at the end of a normal breath.

FIT TO FIGHT

Males younger than 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 9:36	>54	50.00	< 32.5	30.00	>62	10.00	>55	10.00
9:37-9:48	53	47.50	32.50	28.75	61	9.75	53-54	9.50
9:49-10:12	51-52	45.00	33.00	27.50	60	9.50	52	9.00
10:13-10:36	49-50	43.50	33.50	26.25	59	9.25	50-51	8.75
10:37-11:06	47-48	42.00	34.00	25.00	57-58	9.00	48-49	8.50
11:07-11:36	45-46	40.50	34.50	23.75	52-56	8.75	46-47	8.25
11:37-12:12	43-44	39.00	35.00	22.50	49-51	8.50	44-45	8.00
12:13-12:54	41-42	37.50	35.50	22.35	45-48	8.25	42-43	7.75
12:55-13:36	39-40	36.00	36.00	22.20	41-44	8.00	40-41	7.50
13:37-14:24	37-38	34.00	36.50	22.05	37-40	7.75	38-39	7.40
14:25-14:54	36	32.00	37.00	21.90	33-36	7.50	36-37	7.30
14:55-15:18	35	30.00	37.50	21.75	30-32	7.40	35	7.20
15:19-15:48	34	27.00	38.00	21.60	27-29	7.30	33-34	7.10
15:49-16:24	33	24.00	38.50	21.45	24-26	7.20	32	7.00
16:25-16:54	32	21.00	39.00	21.30	21-23	7.10	30-31	6.00
16:55-17:36	31	18.00	39.50	21.25	19-20	7.00	28-29	4.00
17:37-18:12	30	15.00	40.00	21.00	17-18	6.00	27	2.00
18:13-18:54	29	12.00	40.50	18.00	15-16	5.00	<27	0.00
18:55-19:42	28	9.00	41.00	15.00	14	4.00		
19:43-20.36	27	6.00	41.50	12.00	12-13	3.00		
20:37-21:30	26	3.00	42.00	9.00	10-11	2.00		
>21.30	<26	0.00	42.50	6.00	8-9	1.00		
			43.00	3.00	<8	0.00		
			>43.00	0.00				

Males 25-29

Aerobic Fitness			Body Composition		Mus	
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Poi
< 9:36	>54	50.00	< 32.5	30.00	>57	10
9:37-9:48	53	47.50	32.50	28.75	56	9
9:49-10:12	51-52	45.00	33.00	27.50	55	9
10:13-10:36	49-50	43.50	33.50	26.25	54	9
10:37-11:06	47-48	42.00	34.00	25.00	52-53	9
11:07-11:36	45-46	40.50	34.50	23.75	48-51	8
11:37-12:12	43-44	39.00	35.00	22.50	45-47	8
12:13-12:54	41-42	37.50	35.50	22.35	41-44	8
12:55-13:36	39-40	36.00	36.00	22.20	37-40	8
13:37-14:24	37-38	34.00	36.50	22.05	34-36	7
14:25-14:54	36	32.00	37.00	21.90	30-33	7
14:55-15:18	35	30.00	37.50	21.75	27-29	7
15:19-15:48	34	27.00	38.00	21.60	25-26	7
15:49-16:24	33	24.00	38.50	21.45	23-24	7
16:25-16:54	32	21.00	39.00	21.30	20-22	7
16:55-17:36	31	18.00	39.50	21.25	17-19	7
17:37-18:12	30	15.00	40.00	21.00	15-16	6
18:13-18:54	29	12.00	40.50	18.00	13-14	5
18:55-19:42	28	9.00	41.00	15.00	11-12	4
19:43-20.36	27	6.00	41.50	12.00	10	3
20:37-21:30	26	3.00	42.00	9.00	9	2
>21.30	<26	0.00	42.50	6.00	7-8	1
			43.00	3.00	<7	0
			>43.00	0.00		

Males 40-44

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<10:24	>50	50.00	< 32.5	30.00	>40	10.00	>47	10.00
10:25-10:36	49	47.50	32.50	28.75	39	9.75	45-46	9.50
10:37-10:54	48	45.00	33.00	27.50	38	9.50	43-44	9.00
10:55-11:24	46-47	43.50	33.50	26.25	37	9.25	41-42	8.75
11:25-11:54	44-45	42.00	34.00	25.00	36	9.00	39-40	8.50
11:55-12:30	42-43	40.50	34.50	23.75	33-35	8.75	37-38	8.25
12:31-13:12	40-41	39.00	35.00	22.50	31-32	8.50	35-36	8.00
13:13-13:36	39	37.50	35.50	22.35	28-30	8.25	33-34	7.75
13:37-14:24	37-38	36.00	36.00	22.20	26-27	8.00	31-32	7.50
14:25-15:18	35-36	34.00	36.50	22.05	23-25	7.75	29-30	7.40
15:19-15:48	34	32.00	37.00	21.90	21-22	7.50	27-28	7.30
15:49-16:24	33	30.00	37.50	21.75	18-20	7.40	26	7.20
16:25-16:54	32	27.00	38.00	21.60	16-17	7.30	24-25	7.10
16:55-17:36	31	24.00	38.50	21.45	14-15	7.20	22-23	7.00
17:37-18:12	30	21.00	39.00	21.30	12-13	7.10	20-21	6.00
18:13-18:54	29	18.00	39.50	21.25	10-11	7.00	19	4.00
18:55-19:42	28	15.00	40.00	21.00	8-9	6.00	17-18	2.00
19:43-20:36	27	12.00	40.50	18.00	7	5.00	<17	0.00
20:37-21:30	26	9.00	41.00	15.00	6	4.00		
21:31-22:30	25	6.00	41.50	12.00	4-5	3.00		
22:31-23:36	24	3.00	42.00	9.00	3	2.00		
>23:36	<24	0.00	42.50	6.00	1-2	1.00		
			43.00	3.00	<1	0.00		
			>43.00	0.00				

Males 45-49

Aerobic Fitness			Body Composition		Mus	
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Poi
<10:24	>50	50.00	< 32.5	30.00	>40	10
10:25-10:36	49	47.50	32.50	28.75	39	9
10:37-10:54	48	45.00	33.00	27.50	37-38	9
10:55-11:24	46-47	43.50	33.50	26.25	35-36	9
11:25-11:54	44-45	42.00	34.00	25.00	33-34	9
11:55-12:30	42-43	40.50	34.50	23.75	30-32	8
12:31-13:12	40-41	39.00	35.00	22.50	27-29	8
13:13-13:36	39	37.50	35.50	22.35	25-26	8
13:37-14:24	37-38	36.00	36.00	22.20	22-24	8
14:25-15:18	35-36	34.00	36.50	22.05	20-21	7
15:19-15:48	34	32.00	37.00	21.90	18-19	7
15:49-16:24	33	30.00	37.50	21.75	16-17	7
16:25-16:54	32	27.00	38.00	21.60	14-15	7
16:55-17:36	31	24.00	38.50	21.45	12-13	7
17:37-18:12	30	21.00	39.00	21.30	10-11	7
18:13-18:54	29	18.00	39.50	21.25	9	7
18:55-19:42	28	15.00	40.00	21.00	7-8	6
19:43-20:36	27	12.00	40.50	18.00	6	5
20:37-21:30	26	9.00	41.00	15.00	5	4
21:31-22:30	25	6.00	41.50	12.00	4	3
22:31-23:36	24	3.00	42.00	9.00	2-3	2
>23:36	<24	0.00	42.50	6.00	1	1
			43.00	3.00	0	0
			>43.00	0.00		

Females younger than 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 11:06	>46	50.00	<29.5	30.00	>42	10.00	>51	10.00
11:07-11:36	45	47.50	29.50	28.75	41	9.75	50	9.50
11:37-11:54	44	45.00	30.00	27.50	40	9.50	49	9.00
11:55-12:30	42-43	43.50	30.50	26.25	38-39	9.25	46-48	8.75
12:31-13:12	40-41	42.00	31.00	25.00	37	9.00	44-45	8.50
13:13-14:00	38-39	40.50	31.50	23.75	34-36	8.75	42-43	8.25
14:01-14:54	36-37	39.00	32.00	22.50	31-33	8.50	40-41	8.00
14:55-15:18	35	37.50	32.50	22.30	27-30	8.25	37-39	7.75
15:19-15:48	34	36.00	33.00	22.00	24-26	8.00	35-36	7.50
15:49-16:24	33	34.00	33.50	21.80	21-23	7.75	33-34	7.40
16:25-16:54	32	32.00	34.00	21.50	18-20	7.50	30-32	7.30
16:55-17:36	31	30.00	34.50	21.30	16-17	7.40	28-29	7.20
17:37-18:12	30	27.00	35.00	21.00	14-15	7.30	26-27	7.10
18:13-18:54	29	24.00	35.50	18.00	12-13	7.20	24-25	7.00
18:55-19:42	28	21.00	36.00	15.00	10-11	7.10	22-23	6.00
19:43-20:36	27	18.00	36.50	12.25	9	7.00	20-21	4.00
20:37-21:30	26	15.00	37.00	9.00	8	6.00	18-19	2.00
21:31-22:30	25	12.00	37.50	6.00	7	5.00	<18	0.00
22:31-23:36	24	9.00	38.00	3.00	6	4.00		
23:37-24:48	23	6.00	>38.00	0.00	5	3.00		
24:49-26:06	22	3.00			4	2.00		
>26:06	<22	0.00			3	1.00		
					<3	0.00		

Females 25-29

Aerobic Fitness			Body Composition		Mus	
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Poi
< 11:24	≥47	50.00	<29.5	30.00	>41	10
11:25-11:36	45-46	47.50	29.50	28.75	40	9
11:37-11:54	44	45.00	30.00	27.50	38-39	9
11:55-12:30	42-43	43.50	30.50	26.25	36-37	9
12:31-13:12	40-41	42.00	31.00	25.00	35	9
13:13-14:00	38-39	40.50	31.50	23.75	31-34	8
14:01-14:54	36-37	39.00	32.00	22.50	28-30	8
14:55-15:18	35	37.50	32.50	22.30	25-27	8
15:19-15:48	34	36.00	33.00	22.00	22-24	8
15:49-16:24	33	34.00	33.50	21.80	19-21	7
16:25-16:54	32	32.00	34.00	21.50	16-18	7
16:55-17:36	31	30.00	34.50	21.30	14-15	7
17:37-18:12	30	27.00	35.00	21.00	13	7
18:13-18:54	29	24.00	35.50	18.00	11-12	7
18:55-19:42	28	21.00	36.00	15.00	10	7
19:43-20:36	27	18.00	36.50	12.00	8-9	7
20:37-21:30	26	15.00	37.00	9.00	7	6
21:31-22:30	25	12.00	37.50	6.00	6	5
22:31-23:36	24	9.00	38.00	3.00	5	4
23:37-24:48	23	6.00	>38.00	0.00	4	3
24:49-26:06	22	3.00			3	2
>26:06	21	0.00			2	1
					<2	0

Females 40-44

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<12:30	≥42	50.00	<29.5	30.00	>20	10.00	>38	10.00
12:31-12:54	41	47.50	29.50	28.75	19	9.50	36-37	9.50
12:55-13:12	40	45.00	30.00	27.50	18	9.00	34-35	9.00
13:13-14:00	38-39	43.50	30.50	26.25	16-17	8.75	32-33	8.75
14:01-14:54	36-37	42.00	31.00	25.00	15	8.50	30-31	8.50
14:55-15:48	34-35	40.50	31.50	23.75	14	8.25	28-29	8.25
15:49-16:24	33	39.00	32.00	22.50	13	8.00	26-27	8.00
16:25-16:54	32	37.50	32.50	22.30	12	7.75	24-25	7.75
16:55-17:36	31	36.00	33.00	22.00	11	7.50	22-23	7.50
17:37-18:12	30	34.00	33.50	21.80	9-10	7.40	20-21	7.40
18:13-18:54	29	32.00	34.00	21.50	8	7.30	18-19	7.30
18:55-19:42	28	30.00	34.50	21.30	7	7.20	17	7.20
19:43-20:36	27	27.00	35.00	21.00	6	7.10	15-16	7.10
20:37-21:30	26	24.00	35.50	18.00	5	7.00	13-14	7.00
21:31-22:30	25	21.00	36.00	15.00	3-4	6.00	11-12	6.00
22:31-23:36	24	18.00	36.50	12.00	2	4.00	9-10	4.00
23:37-24:48	23	15.00	37.00	9.00	1	2.00	7-8	2.00
24:49-26:06	22	12.00	37.50	6.00	0	0.00	<7	0.00
26:07-27:36	21	9.00	38.00	3.00				
27:37-29:18	20	6.00	>38.00	0.00				
29:19-31:12	19	3.00						
>31:12	<19	0.00						

Females 45-49

Aerobic Fitness			Body Composition		Mus	
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Poi
<12:30	≥42	50.00	<29.5	30.00	≥18	10
12:31-12:54	41	47.50	29.50	28.75	17	9
12:55-13:12	40	45.00	30.00	27.50	16	9
13:13-14:00	38-39	43.50	30.50	26.25	14-15	8
14:01-14:54	36-37	42.00	31.00	25.00	13	8
14:55-15:48	34-35	40.50	31.50	23.75	12	8
15:49-16:24	33	39.00	32.00	22.50	11	8
16:25-16:54	32	37.50	32.50	22.30	10	7
16:55-17:36	31	36.00	33.00	22.00	9	7
17:37-18:12	30	34.00	33.50	21.80	8	7
18:13-18:54	29	32.00	34.00	21.50	7	7
18:55-19:42	28	30.00	34.50	21.30	6	7
19:43-20:36	27	27.00	35.00	21.00	5	7
20:37-21:30	26	24.00	35.50	18.00	4	7
21:31-22:30	25	21.00	36.00	15.00	3	6
22:31-23:36	24	18.00	36.50	12.00	2	4
23:37-24:48	23	15.00	37.00	9.00	1	2
24:49-26:06	22	12.00	37.50	6.00	0	0
26:07-27:36	21	9.00	38.00	3.00		
27:37-29:18	20	6.00	>38.00	0.00		
29:19-31:12	19	3.00				
>31:12	<19	0.00				

Males 30-34

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 9:48	>53	50.00	< 32.5	30.00	>52	10.00	>51	10.00
9:49-10:12	51-52	47.50	32.50	28.75	50-51	9.75	49-50	9.50
10:13-10:24	50	45.00	33.00	27.50	49	9.50	48	9.00
10:25-10:54	48-49	43.50	33.50	26.25	48	9.25	46-47	8.75
10:55-11:24	46-47	42.00	34.00	25.00	46-47	9.00	44-45	8.50
11:25-11:54	44-45	40.50	34.50	23.75	43-45	8.75	42-43	8.25
11:55-12:30	42-43	39.00	35.00	22.50	40-42	8.50	40-41	8.00
12:31-12:54	41	37.50	35.50	22.35	36-39	8.25	38-39	7.75
12:55-13.36	39-40	36.00	36.00	22.20	33-35	8.00	36-37	7.50
13:37-14:24	37-38	34.00	36.50	22.05	30-32	7.75	34-35	7.40
14:25-14:54	36	32.00	37.00	21.90	27-29	7.50	33	7.30
14:55-15:18	35	30.00	37.50	21.75	24-26	7.40	31-32	7.20
15:19-15:48	34	27.00	38.00	21.60	22-23	7.30	30	7.10
15:49-16:24	33	24.00	38.50	21.45	20-21	7.20	28-29	7.00
16:25-16:54	32	21.00	39.00	21.30	17-19	7.10	26-27	6.00
16:55-17:36	31	18.00	39.50	21.25	15-16	7.00	25	4.00
17:37-18:12	30	15.00	40.00	21.00	13-14	6.00	23-24	2.00
18:13-18:54	29	12.00	40.50	18.00	12	5.00	<23	0.00
18:55-19:42	28	9.00	41.00	15.00	10-11	4.00		
19:43-20:36	27	6.00	41.50	12.00	8-9	3.00		
20:37-21:30	26	3.00	42.00	9.00	7	2.00		
>21.30	<26	0.00	42.50	6.00	5-6	1.00		
			43.00	3.00	<5	0.00		
			>43.00	0.00				

Males 35-39

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 9:48	>53	50.00	< 32.5	30.00	>46	10.00	>49	10.00
9:49-10:12	51-52	47.50	32.50	28.75	45	9.75	47-48	9.50
10:13-10:24	50	45.00	33.00	27.50	44	9.50	46	9.00
10:25-10:54	48-49	43.50	33.50	26.25	42-43	9.25	44-45	8.75
10:55-11:24	46-47	42.00	34.00	25.00	41	9.00	42-43	8.50
11:25-11:54	44-45	40.50	34.50	23.75	38-40	8.75	40-41	8.25
11:55-12:30	42-43	39.00	35.00	22.50	35-37	8.50	38-39	8.00
12:31-12:54	41	37.50	35.50	22.35	32-34	8.25	36-37	7.75
12:55-13.36	39-40	36.00	36.00	22.20	30-31	8.00	34-35	7.50
13:37-14:24	37-38	34.00	36.50	22.05	27-29	7.75	32-33	7.40
14:25-14:54	36	32.00	37.00	21.90	24-26	7.50	30-31	7.30
14:55-15:18	35	30.00	37.50	21.75	21-23	7.40	29	7.20
15:19-15:48	34	27.00	38.00	21.60	19-20	7.30	27-28	7.10
15:49-16:24	33	24.00	38.50	21.45	17-18	7.20	25-26	7.00
16:25-16:54	32	21.00	39.00	21.30	15-16	7.10	23-24	6.00
16:55-17:36	31	18.00	39.50	21.25	13-14	7.00	22	4.00
17:37-18:12	30	15.00	40.00	21.00	11-12	6.00	20-21	2.00
18:13-18:54	29	12.00	40.50	18.00	9-10	5.00	<20	0.00
18:55-19:42	28	9.00	41.00	15.00	8	4.00		
19:43-20:36	27	6.00	41.50	12.00	6-7	3.00		
20:37-21:30	26	3.00	42.00	9.00	5	2.00		
>21.30	<26	0.00	42.50	6.00	3-4	1.00		
			43.00	3.00	<3	0.00		
			>43.00	0.00				

Males 50-54

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<11:06	≥47	50.00	< 32.5	30.00	>39	10.00	>43	10.00
11:07-11:24	46	47.50	32.50	28.75	37-38	9.75	41-42	9.50
11:25-11:36	45	45.00	33.00	27.50	35-36	9.50	39-40	9.00
11:37-12:12	43-44	43.50	33.50	26.25	32-34	9.25	37-38	8.75
12:13-12:54	41-42	42.00	34.00	25.00	30-31	9.00	35-36	8.50
12:55-13:36	39-40	40.50	34.50	23.75	27-29	8.75	32-34	8.25
13.37-14:24	37-38	39.00	35.00	22.50	25-26	8.50	30-31	8.00
14:25-15:18	35-36	37.50	35.50	22.35	22-24	8.25	28-29	7.75
15:19-15:48	34	36.00	36.00	22.20	20-21	8.00	26-27	7.50
15:49-16:54	32-33	34.00	36.50	22.05	17-19	7.75	24-25	7.40
16:55-17:36	31	32.00	37.00	21.90	15-16	7.50	22-23	7.30
17:37-18:12	30	30.00	37.50	21.75	13-14	7.40	21	7.20
18:13-18:54	29	27.00	38.00	21.60	12	7.30	19-20	7.10
18:55-19:42	28	24.00	38.50	21.45	10-11	7.20	17-18	7.00
19:43-20:36	27	21.00	39.00	21.30	9	7.10	15-16	6.00
20:37-21:30	26	18.00	39.50	21.25	7-8	7.00	14	4.00
21:31-22:30	25	15.00	40.00	21.00	6	6.00	12-13	2.00
22:31-23:36	24	12.00	40.50	18.00	5	5.00	<12	0.00
23:37-24:48	23	9.00	41.00	15.00	4	4.00		
24:49-26.06	22	6.00	41.50	12.00	3	3.00		
26:07-27:36	21	3.00	42.00	9.00	2	2.00		
>27:36	<21	0.00	42.50	6.00	1	1.00		
			43.00	3.00	0	0.00		
			>43.00	0.00				

Males 55+

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<11:06	≥47	50.00	< 32.5	30.00	>35	10.00	>41	10.00
11:07-11:24	46	47.50	32.50	28.75	33-34	9.75	39-40	9.50
11:25-11:36	45	45.00	33.00	27.50	31-32	9.50	37-38	9.00
11:37-12:12	43-44	43.50	33.50	26.25	29-30	9.25	34-36	8.75
12:13-12:54	41-42	42.00	34.00	25.00	28	9.00	32-33	8.50
12:55-13:36	39-40	40.50	34.50	23.75	26-27	8.75	30-31	8.25
13.37-14:24	37-38	39.00	35.00	22.50	24-25	8.50	27-29	8.00
14:25-15:18	35-36	37.50	35.50	22.35	21-23	8.25	25-26	7.75
15:19-15:48	34	36.00	36.00	22.20	19-20	8.00	23-24	7.50
15:49-16:54	32-33	34.00	36.50	22.05	17-18	7.75	21-22	7.40
16:55-17:36	31	32.00	37.00	21.90	15-16	7.50	20	7.30
17:37-18:12	30	30.00	37.50	21.75	13-14	7.40	18-19	7.20
18:13-18:54	29	27.00	38.00	21.60	11-12	7.30	16-17	7.10
18:55-19:42	28	24.00	38.50	21.45	10	7.20	15	7.00
19:43-20:36	27	21.00	39.00	21.30	8-9	7.10	13-14	6.00
20:37-21:30	26	18.00	39.50	21.25	6-7	7.00	12	4.00
21:31-22:30	25	15.00	40.00	21.00	5	6.00	10-11	2.00
22:31-23:36	24	12.00	40.50	18.00	4	5.00	<10	0.00
23:37-24:48	23	9.00	41.00	15.00	3	4.00		
24:49-26.06	22	6.00	41.50	12.00	2	3.00		
26:07-27:36	21	3.00	42.00	9.00	1	2.00		
>27:36	<21	0.00	42.50	6.00	0	0.00		
			43.00	3.00				
			>43.00	0.00				

Females 30-34

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 11:54	≥44	50.00	<29.5	30.00	>40	10.00	>42	10.00
11:55-12:30	42-43	47.50	29.50	28.75	39	9.75	41	9.50
12:31-12:54	41	45.00	30.00	27.50	37-38	9.50	40	9.00
12:55-13:12	40	43.50	30.50	26.25	35-36	9.25	37-39	8.75
13:13-13:36	39	42.00	31.00	25.00	33-34	9.00	35-36	8.50
13:37-14:24	37-38	40.50	31.50	23.75	29-32	8.75	33-34	8.25
14:25-14:54	36	39.00	32.00	22.50	26-28	8.50	31-32	8.00
14:55-15:18	35	37.50	32.50	22.30	23-25	8.25	29-30	7.75
15:19-15:48	34	36.00	33.00	22.00	20-22	8.00	27-28	7.50
15:49-16:24	33	34.00	33.50	21.80	17-19	7.75	25-26	7.40
16:25-16:54	32	32.00	34.00	21.50	14-16	7.50	23-24	7.30
16:55-17:36	31	30.00	34.50	21.30	12-13	7.40	22	7.20
17:37-18:12	30	27.00	35.00	21.00	11	7.30	20-21	7.10
18:13-18:54	29	24.00	35.50	18.00	10	7.20	18-19	7.00
18:55-19:42	28	21.00	36.00	15.00	9	7.10	16-17	6.00
19:43-20:36	27	18.00	36.50	12.00	7-8	7.00	13-15	4.00
20:37-21:30	26	15.00	37.00	9.00	6	6.00	11-12	2.00
21:31-22:30	25	12.00	37.50	6.00	5	5.00	<11	0.00
22:31-23:36	24	9.00	38.00	3.00	4	4.00		
23:37-24:48	23	6.00	>38.00	0.00	3	3.00		
24:49-26:06	22	3.00			2	2.00		
>26:06	<22	0.00			1	1.00		
					0	0.00		

Females 35-39

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
< 11:54	≥44	50.00	<29.5	30.00	>30	10.00	>40	10.00
11:55-12:30	42-43	47.50	29.50	28.75	29	9.75	38-39	9.50
12:31-12:54	41	45.00	30.00	27.50	28	9.50	37	9.00
12:55-13:12	40	43.50	30.50	26.25	27	9.25	35-36	8.75
13:13-13:36	39	42.00	31.00	25.00	26	9.00	33-34	8.50
13:37-14:24	37-38	40.50	31.50	23.75	23-25	8.75	31-32	8.25
14:25-14:54	36	39.00	32.00	22.50	21-22	8.50	29-30	8.00
14:55-15:18	35	37.50	32.50	22.30	19-20	8.25	27-28	7.75
15:19-15:48	34	36.00	33.00	22.00	17-18	8.00	25-26	7.50
15:49-16:24	33	34.00	33.50	21.80	15-16	7.75	23-24	7.40
16:25-16:54	32	32.00	34.00	21.50	13-14	7.50	21-22	7.30
16:55-17:36	31	30.00	34.50	21.30	11-12	7.40	20	7.20
17:37-18:12	30	27.00	35.00	21.00	10	7.30	18-19	7.10
18:13-18:54	29	24.00	35.50	18.00	9	7.20	16-17	7.00
18:55-19:42	28	21.00	36.00	15.00	8	7.10	14-15	6.00
19:43-20:36	27	18.00	36.50	12.00	6-7	7.00	12-13	4.00
20:37-21:30	26	15.00	37.00	9.00	4-5	6.00	9-11	2.00
21:31-22:30	25	12.00	37.50	6.00	3	4.00	<9	0.00
22:31-23:36	24	9.00	38.00	3.00	1-2	2.00		
23:37-24:48	23	6.00	>38.00	0.00	0	0.00		
24:49-26:06	22	3.00						
>26:06	<22	0.00						

Females 50-54

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<14:24	≥37	50.00	<29.5	30.00	≥16	10.00	≥30	10.00
14:25-14:54	36	47.50	29.50	28.75	15	9.50	29	9.00
14:55-15:18	35	45.00	30.00	27.50	14	9.00	27-28	8.75
15:19-16:24	33-34	43.50	30.50	26.25	13	8.75	25-26	8.50
16:25-16:54	32	42.00	31.00	25.00	12	8.50	23-24	8.25
16:55-17:36	31	40.50	31.50	23.75	11	8.25	21-22	8.00
17:37-18:12	30	39.00	32.00	22.50	10	8.00	19-20	7.75
18:13-18:54	29	37.50	32.50	22.30	9	7.75	17-18	7.50
18:55-19:42	28	36.00	33.00	22.00	8	7.50	15-16	7.40
19:43-20:36	27	34.00	33.50	21.80	7	7.40	13-14	7.30
20:37-21:30	26	32.00	34.00	21.50	6	7.30	11-12	7.20
21:31-22:30	25	30.00	34.50	21.30	5	7.20	9-10	7.10
22:31-23:36	24	27.00	35.00	21.00	4	7.10	7-8	7.00
23:37-24:48	23	24.00	35.50	18.00	3	7.00	5-6	6.00
24:49-26:06	22	21.00	36.00	15.00	2	6.00	3-4	4.00
26:07-27:36	21	18.00	36.50	12.00	1	3.00	1-2	2.00
27:37-29:18	20	15.00	37.00	9.00	<1	0.00	<1	0.00
29:19-31:12	19	12.00	37.50	6.00				
31:13-33:18	18	9.00	38.00	3.00				
33:19-35:48	17	6.00	>38.00	0.00				
35:49-38:36	16	3.00						
>38:36	<16	0.00						

Females 55+

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-mile run	Bike test	Points	Abdominal Circumference	Points	1-minute push-ups	Points	1-minute crunch	Points
<14:24	≥37	50.00	<29.5	30.00	≥14	10.00	≥27	10.00
14:25-14:54	36	47.50	29.50	28.75	13	9.50	26	9.50
14:55-15:18	35	45.00	30.00	27.50	12	9.00	25	9.00
15:19-16:24	33-34	43.50	30.50	26.25	10-11	8.50	23-24	8.75
16:25-16:54	32	42.00	31.00	25.00	9	8.00	21-22	8.50
16:55-17:36	31	40.50	31.50	23.75	7-8	7.50	19-20	8.25
17:37-18:12	30	39.00	32.00	22.50	6	7.40	18	8.00
18:13-18:54	29	37.50	32.50	22.30	5	7.30	16-17	7.75
18:55-19:42	28	36.00	33.00	22.00	4	7.20	14-15	7.50
19:43-20:36	27	34.00	33.50	21.80	3	7.10	12-13	7.40
20:37-21:30	26	32.00	34.00	21.50	2	7.00	10-11	7.30
21:31-22:30	25	30.00	34.50	21.30	1	6.00	8-9	7.20
22:31-23:36	24	27.00	35.00	21.00	<1	0.00	6-7	7.10
23:37-24:48	23	24.00	35.50	18.00			4-5	7.00
24:49-26:06	22	21.00	36.00	15.00			3	6.00
26:07-27:36	21	18.00	36.50	12.00			2	4.00
27:37-29:18	20	15.00	37.00	9.00			1	2.00
29:19-31:12	19	12.00	37.50	6.00			<1	0.00
31:13-33:18	18	9.00	38.00	3.00				
33:19-35:48	17	6.00	>38.00	0.00				
35:49-38:36	16	3.00						
>38:36	<16	0.00						

Identity theft: what to do if you're a victim

By Capt. Joseph Esparza
20th Fighter Wing Legal Office

Recently, the legal office helped a Team Shaw member who noticed unauthorized transactions on an existing bank account. Upon contacting the bank, the member was told someone had her information because the withdrawals appeared legitimate. She came to the Legal Office for advice because she realized new accounts could be created and her credit could be destroyed. But what should one do if faced with a similar situation?

Unlike other crimes, identity theft makes the real victim the "deadbeat," who must prove they did not commit any wrongdoing. The way to prove it is with proper documentation to the right people.

Step 1: Contact the three major credit bureaus and request a fraud alert be placed on your file. The credit bureaus are Equifax (**1-800-525-6285**), Experian (**1-888-397-3742**) and TransUnion (**1-800-680-7289**). Tell them you believe you are victim of identity theft and would like to submit a victim's statement asking creditors to call you before opening new accounts or changing current accounts. This step is necessary to stop the identity thief from opening new accounts.

Also order copies of your credit report from all three bureaus. By law, the "Big 3" must provide a free copy if fraud is the reason for seeking the report. It is necessary to ask for the report over the phone and in writing for the report to be free. Check the credit reports for other unauthorized activities in any accounts.

The Federal Trade Commission advises looking at the inquiries segment of the reports. If there are any inquiries from companies believed to be fraudulent, request they be removed from the report. Three or four months later, re-order copies of the credit reports to ensure the requests have been handled. It is worth noting that fraud alerts and victim statements are voluntary services of the three bureaus. Ultimately, if a creditor wanted to extend credit to you or someone pretending to be you, they could do so despite the alert in the file. However, the alert makes it easier to clear your name because it shows a record of proper protective measures after learning of the theft.

Step 2: Close any accounts believed to have been tampered with or opened fraudulently. Someone's already demonstrated they can take your money or charge things to you whenever they feel like it, so why allow that to continue? The FTC has produced an Identity Theft Affidavit any victim can fill out, get notarized and submit to the institution of their choice. The Legal Office has copies of this affidavit and can assist in filling it out correctly. If the company involved refuses to accept it, ask what forms they will accept, or if they have an internal form they prefer. Send the institution a copy via certified mail with a return receipt requested.

Step 3: Get a police report regarding the incident. This step can sometimes be the most difficult because police departments don't always know how to treat this request. To them it may sound like a civil matter, or the transaction may have occurred at a different jurisdiction. However, creditors will often ask for a police report as proof of the crime in order to erase the debts created by the identity thief. Also, credit bureaus will only block bad debts and bad accounts if you provide a police report. To improve chances of getting a report, come prepared with documentation to prove the case. If the police say it isn't an offense, ask for an incident report (the type one would receive at a traffic accident) to record the complaint. If you can't get a report, get a report number to relay to the bank and credit card companies.

Step 4: File a complaint with the FTC. This can be done at **www.ftc.gov/idtheft**, or by calling **1-877-438-4338**. The FTC keeps an Identity Theft Data Clearinghouse, a federal database of complaints, and the information is shared between law enforcement agencies, attorneys, and consumer groups, all in an attempt to resolve identity theft issues.

As a precautionary measure, never give out personal information over the phone or the Internet, unless you have initiated the contact with the business or know the person who will be receiving the information. If you believe yourself to be a victim of ID theft, contact Shaw's Legal Office at **895-1560**.

Shaw hones skills during Phase I

Photo by Staff Sgt. Nathan Bevier

Senior Airman Marcus Wimberly, 77th Aircraft Maintenance Unit weapons loader, loads ordnance Wednesday on an F-16 jet during Shaw's Phase I exercise.

Photo by Staff Sgt. Nathan Bevier

A Shaw F-16 jet sits on the ramp during the on-going Phase I exercise.

Photo by Staff Sgt. Nathan Bevier

Senior Airman Reohcus Lamb Keys, 77th Aircraft Maintenance Unit crew chief, changes a fuselage floodlight on an F-16 jet here during the Phase I exercise Wednesday.

Photo by Master Sgt. Paul Holcomb

Left, Senior Airman Damaine Threatt and Master Sgt. Terry Windham, both of the 20th Fighter Wing Command Post, field calls and act as an information hub during the exercise.

Spirit Spotlight

Airman 1st Class Bobby Domanski

Organization: 55th Aircraft Maintenance Unit
Duty title: Weapons load crew member and support technician
Job duties: Maintaining tool accountability and serviceability
Hometown: San Benito, Texas
Time in service: Two years
Family: Wife, Alma and daughter, Kaitlyn
Off-duty interests: Break dancing and working on cars

Words I live by: "If you are going to do something, do it right or don't do it at all."

Staff Sgt. Brian Scoggins

Organization: 20th Communications Squadron
Duty title: NCO in charge of air traffic control radar maintenance
Job duties: Performing maintenance on air traffic control and weather radar equipment
Hometown: Biloxi, Miss.
Time in service: 10 years
Family: Wife, Stacy and children, Brittany, Brandon and Andrew
Off-duty interests: Snowboarding, attending and watching NASCAR events and spending time with family

Words I live by: "If you tell the truth, you don't have to remember what you said."

A breath of clean air

Airman 1st Class Pablo Jiminez, 79th Fighter Squadron, has his first gas mask fitted Wednesday. Five one-minute tests measured the amount of air particles entering the mask to determine proper fit.

Photo by Staff Sgt. Alicia Prakash