

Physical Fitness and Readiness Assessment

Due Date Matrix

Testing Pause: 1 Jan 26 through 28 Feb 26

Testing on the legacy assessment will cease, except for approved exceptions noted below:

- Members who received an unsatisfactory score on their most recent fitness assessment (as of 31 Dec 25) continue to take the legacy assessment on scheduled due dates during the testing pause and baseline period until a passing score is achieved.
- Members overdue for a fitness assessment as of 1 Jan 26 may complete a legacy assessment prior to 28 Feb 26 to rectify their overdue status. Members who remain overdue for a fitness assessment as of their SCOD will be ineligible for stratifications and promotion recommendations.
 - For example: Member was due in December 2025 but did not complete a fitness assessment and was not exempt. Member became overdue on 1 Jan 26 and must record a passing score on an official assessment prior to their SCOD to maintain their eligibility for stratifications and promotion recommendations. Members may choose to complete a legacy assessment prior to 28 Feb 26, or complete an official assessment on the updated standards during the baseline period (see Note 1).
- Members with a SCOD during the baseline period may complete a legacy assessment prior to 28 Feb 26 to update their most recent and current official assessment score for their SCOD.
- ARC members on a UTA weekend may continue to test on legacy assessments through 28 Feb 26.

Members who become due during the testing pause are exempt through the baseline period (use baseline period guidance and attached matrixes to determine next due date for individual tests)

- For example: Member scored a 95% on their legacy assessment on January 15, 2025, and therefore was due for their next test in January 2026. Member's scored assessment from January 2025 remains current through the baseline period and may be used on their evaluation at their respective SCOD through the baseline period, because it remains their most recent and current official fitness assessment score.

Baseline Period: 1 Mar 26 through 30 Jun 26

Testing begins using the updated fitness assessment components and standards. Official scored assessments conducted during this window will mark the beginning of members' updated testing cycle (6 months for RegAF; 12 months for ARC).

- Exception: Members who received an unsatisfactory score on their most recent fitness assessment continue to take the legacy assessment on scheduled due dates during the testing pause and baseline period until a passing score is achieved.
- Diagnostic fitness assessments conducted during the baseline period will now be recorded in the myFitness system. Fitness assessments taken during this time may be recorded as an official fitness test at the discretion of the member.
 - RegAF only - completion of an official fitness test within the baseline period will initiate the member's 6-month testing cycle.
 - For example: Member is currently due July 2026. The member completes a diagnostic test on 15 Mar 26 on the new standards and receives a diagnostic score of 80%. The diagnostic score is entered into myFitness and the member remains due for their official fitness test in July 2026. The diagnostic score is prohibited from being used for any official personnel actions.
 - If the member elects to record the 15 March 26 test as an official test score, it resets the member's next due date to September 2026 (six months after 15 March 2026).
 - ARC only: Completion of an official fitness test within the baseline period will commence the member's 12-month testing cycle
 - For example: Member is currently due July 2026. The member completes a diagnostic test on 15 Mar 26 on the new standards and receives a diagnostic score of 80%. The diagnostic score is entered into myFitness and the member remains due for their official fitness test in July 2026. The diagnostic score is prohibited from being used for any official personnel actions.
 - If the member elects to record the 15 March 26 test as an official test score, it resets the member's next due date to March 2027 (12 months after 15 March 2026).
- Note 1: Only a member can elect to record their own diagnostic score as an official score; this will not be mandated by a commander or other authority. If the member chooses to record the diagnostic score as an official scored assessment, this becomes the member's "most recent and current official assessment score" and the member must use this score for personnel processes that require an official fitness assessment (evaluation, PRF, etc). If the member chooses not to record their diagnostic score as an official score, the member will continue to use their most recent and current official assessment score completed

prior to the baseline period for personnel processes until their next official fitness assessment is completed.

- Members who do not record an official scored assessment during the baseline period will follow the attached matrices to determine their next fitness assessment due date

RegAF Physical Fitness and Readiness Assessment

Individual Testing - Due Date Matrix

Unit testing is the recommended approach for most units. Commanders have full authority to designate unit test dates, which will override the due date shown in the chart below.

Individual testing should be reserved for units with specific operational necessities or approved by the unit commander for personnel with persistent scheduling conflicts (e.g., shift workers, frequent travelers). The below matrix applies to individual testing due dates. NOTE: Members who are approved for individual testing may test multiple times within a cycle to align their next due-date to a time when weather is more conducive to outdoor testing in their region; however, members must be in a “satisfactory/excellent” standing to do so.

If you were or are due this month:	Your next official assessment will be moved to this month:
January and February 2026	July 2026
March and April 2026	August 2026
May and June 2026	September 2026
July and August 2026	October 2026
September and October 2026	November 2026
November and December 2026	December 2026

Official scored assessments conducted during the baseline period will mark the beginning of members’ 6 months testing cycle and override the above due date matrix.

ARC Physical Fitness and Readiness Assessment

Individual Testing - Due Date Matrix

Unit testing is the recommended approach for most units. Commanders have full authority to designate unit test dates, which will override the due date shown in the chart below.

Individual testing should be reserved for units with specific operational necessities or approved by the unit commander for personnel with persistent scheduling conflicts (e.g., shift workers, frequent travelers). The below matrix applies to individual testing due dates. NOTE: Members who are approved for individual testing may test multiple times within a cycle to align their next due-date to a time when weather is more conducive to outdoor testing in their region; however, members must be in a “satisfactory/excellent” standing to do so.

If you were due this month:	Your next official assessment will be moved to this month:
January 2026	July 2026
February 2026	August 2026
March 2026	September 2026
April 2026	October 2026
May 2026	November 2026
June 2026	December 2026
July 2026	January 2027
August 2026	February 2027
September 2026	March 2027
October 2026	April 2027
November 2026	May 2027
December 2026	June 2027

Official scored assessments conducted during the baseline period will mark the beginning of members’ 12 months testing cycle and override the above due date matrix.