

# HAF/A1 Air Force Physical Fitness Readiness Program

## Frequently Asked Questions (FAQs)

### Glossary and Terms

#### **Q1: What is the updated fitness assessment test called?**

**A1.** The updated fitness assessment is called the Physical Fitness Readiness Assessment (PFRA) to emphasize the assessment is no longer just a fitness test but a measure of an Airman's overall readiness. The official term is PFRA, but other terms like PFA and fitness assessment can be used interchangeably.

#### **Q2: What changes are coming to myFitness beginning 1 Mar 26?**

**A2.** Beginning 1 Mar 26, myFitness will record scores for diagnostic fitness tests as well as official fitness tests. Additionally, members' due dates will be aligned to the updated testing cycles (6 months for RegAF, 12 months for ARC). (See Q23) for unit testing.

#### **Q3: What is a diagnostic test and how many times can I take one?**

**A3.** A diagnostic fitness test is an unofficial physical fitness assessment conducted under official conditions (by a certified Physical Fitness and Readiness Assessment (PFRA) Administrator). It is a non-attribution assessment aimed to provide feedback and help members identify and improve any problem areas. Diagnostic test scores, regardless of score, will not be used for any official personnel actions to include Enlisted Forced Distribution Panel (EFDP) promotion recommendation, stratification, or recorded on the member's evaluation, unless the member chooses to document as their official score (see Q9). AFMAN 36-2905 limits the number of times a member may complete a diagnostic test within a 365-day period. However, diagnostic tests taken during the baseline period do not count against the number of times an Airman may complete a diagnostic test in a given year. Airmen are encouraged to take a diagnostic test during the baseline period, conducted under official conditions, with the opportunity to convert that diagnostic score to an official score if the member chooses.

#### **Q4: What is mass testing or unit testing?**

**A4.** These terms are used interchangeably. Unit testing is an opportunity for commanders to conduct physical fitness testing for their entire unit. Unit testing is not limited to a single day, in order to meet mission needs and FAC/UFAC availability. Wing Commanders will determine how units should conduct unit testing, and will ensure commanders schedule unit tests no later than 30 days prior to allow members time to prepare. Unit testing is the recommended approach for most units, and individual testing should be reserved for units with specific operational necessities or approved by the unit commander for specific personnel with persistent scheduling conflicts (shift workers, frequent travelers, etc). During the baseline period, units may conduct mass-diagnostic tests, however, after the baseline period, unit testing is reserved for official fitness assessments. After the baseline period, members are authorized in AFMAN 36-2905 to take a diagnostic fitness test one month prior to a scheduled unit assessment and may use the diagnostic assessment as their official assessment in place of the scheduled unit test.

**Q5: What is a Combat Field Test (CFT)?**

**A5.** The Combat Field Test is an umbrella term used for those Air Force combat related AFSC specific fitness tests to include the Air Force Special Warfare Operator Fitness Test (OSPFA) (1ZXXX and 19ZXXX) and the Explosive Ordnance Disposal (EOD) Occupationally Specific Physical Fitness Assessment (OSPFA) (3E8XX and 32EXH).

**Q6: What Air Force combat related AFSCs are included in the guidance?**

**A6.** Air Force combat related AFSCs include the following AFSCs: 19ZXA Special Tactics Officer; 19ZXB Tactical Air Control Party Officer; 19ZXC Combat Rescue Officer; 1Z1X1 Pararescue; 1Z2X1 Combat Control; 1Z3X1 Tactical Air Control Party; 1Z4X1 Special Reconnaissance; 3E8X1 Explosive Ordnance Disposal; 32EXH Explosive Ordnance Disposal Engineer.

**Diagnostic Testing**

**Q7: Is a diagnostic test the same as a mock test? How do I know which test my unit is hosting?**

**A7.** A diagnostic test is defined in AFMAN 36-2905 and is conducted by a certified PFRA Administrator. During a diagnostic test, members wear authorized physical training gear and results of the fitness assessment are recorded on a DAF Form 4446 and uploaded to myFitness. Members can elect to save the score from a diagnostic test as their official fitness score (see Q9). Mock tests are not formally authorized and are not recorded in myFitness. Additionally, results from a mock test cannot be recorded as an official test score.

**Q8: If my commander directs a diagnostic test, does that count as one of the allowed DPFRA's within a 365-day period?**

**A8.** During the baseline period, Airmen may complete unlimited diagnostic tests, both unit-directed and individually scheduled. After the baseline period, unit tests are considered official fitness tests. Members may schedule diagnostic tests one month prior to your due date or scheduled unit assessment (see AFMAN 36-2905).

**Q9: Can members record their diagnostic score as their official PFA if they would like to?**

**A9.** Yes. A member may voluntarily elect to record a diagnostic test score as an official fitness test score. This can be done upon completion of a certified diagnostic test. Once a score is recorded as an official score, it becomes your most recent and current official fitness test, and as such, will be the score used on your evaluation as of your SCOD. Once a diagnostic test is recorded as an official score, this action cannot be undone. Beginning in March 2026, diagnostic scores will also be recorded in myFitness, but will not be used for personnel actions.

**Q10: Will diagnostic testing still be available when official testing starts in July or will members receive only one opportunity for diagnostic testing?**

**A10.** After the baseline period, Airmen will have the option to take a diagnostic fitness assessment no earlier than one month prior to their due date or unit's scheduled assessment. Additional details will be provided in AFMAN 36-2905, to include limits on the number of times members may complete a diagnostic test within a 365-day period.

**Q11: My unit is not facilitating a diagnostic testing opportunity during the baseline period. How can I participate so I can understand my performance under the new standards?**

**A11.** Airmen whose units are not conducting a unit test during the baseline period may schedule a diagnostic test with the FAC/UFAC. Airmen whose units are conducting unit testing during the baseline period will complete the test with their unit as required by their commander but may also schedule an individual diagnostic test if they would like an additional opportunity to record a diagnostic or official score.

### **Baseline Period**

**Q12: When the baseline period begins in March, how do I know when to test (i.e. should members who are due in those months test first, etc)? Who will be due to test in July and the following months?**

**A12.** If units elect to conduct unit testing, they may schedule their test(s) anytime during the baseline period. Additionally, members who elect to take an individual diagnostic test may schedule their test anytime during the baseline period. Members are not required to test during the baseline period, but those who do test during the baseline period and elect to convert a certified diagnostic test to an official score during the baseline period will reset their due date according to their testing cycle (6 months for RegAF, or 12 months for ARC members). Members who conduct a diagnostic but do not record an official, scored assessment during the baseline period will follow the PFRA Due-Date Matrices, which will be released, to determine their next fitness assessment due date when the baseline period ends.

**Q13: Is the baseline period mandatory? Are we required to take the updated test before the official implementation begins in July?**

**A13.** No, the baseline period is not mandatory. Units are encouraged, but not required, to participate by completing unit wide diagnostic tests conducted by a certified PFRA Administrator. Your unit commander determines if and when diagnostic testing will occur during the designated baseline period. Additionally, Airmen may also complete a diagnostic test individually by contacting the FAC/UFAC.

You are not required to complete a fitness test before the official implementation begins in July. The baseline period is an opportunity for units to familiarize members with the new assessment and gather helpful data ahead of official implementation.

**Q14: When will testing be administered after the baseline period?**

**A14.** Official testing will be administered bi-annually for Regular Air Force members, and annually for all Air Reserve Component members. Commanders will determine if testing is conducted as a unit or on an individual basis.

## Testing Currency & Due Dates

### **Q15: How can I tell when I'm due for my next official fitness test?**

**A15.** You can find your due date in myFitness. During the baseline period, members are not required to take an official fitness test, and fitness assessment due dates will be manually adjusted in myFitness (see Q16). For all other questions, refer to the PFRA Due-Date Matrix to understand when you will be due for your next fitness test.

### **Q16: MyFitness shows me that I'm due for a test during the baseline period. When and how do I take my test so I am not overdue?**

**A16.** Airmen 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 until a passing score is achieved or the end of the baseline period. Airmen who had a current and passing score on file as of 1 Jan 26 are not required to test through the baseline period and will remain current through the baseline period. myFitness will assign new due dates to keep Airmen current through the baseline period and will stagger the roll out of assessments to reduce burden on FACs and UFACs (see PFRA Due Date Matrix). If your unit participates in unit testing during the baseline period, your unit will notify you when to test. Any diagnostic test completed during the baseline period, whether as a unit or individual, will not change your assigned myFitness due date. Airmen who do not complete a fitness test during the baseline period will not be penalized.

### **Q17: How should I document an assessment for an Airman who is not current?**

**A17.** If, as of the closeout date of the evaluation or TR, the member is overdue or not current, the rater will document by annotating "Required - Not Current." **Example:** PFA: Required – Not Current

### **Q18: Do members within 12 months of retirement/separation remain exempt from the PFA if they are current?**

**A18.** Members with an approved retirement or separation within 12 months are exempt from the fitness assessment. For guidance on how to document this on an evaluation (see Q30).

## PCS, Deployments & PME Requirements

### **Q19: For service members who are scheduled for a PCS between now and July 2026, should they complete a fitness assessment to ensure their status is current before they depart? Will the results of a diagnostic test be reflected on their Fitness Report in myFitness?**

**A19.** Members who were current prior to the baseline period and are scheduled to PCS during the baseline period do not require a fitness assessment prior to their projected departure date. Additionally, members who were current as of 1 Jan 26 who have an RNLTD in July 2026 will remain current through the prescribed acclimatization period (found in AFMAN 36-2905). For members with an RNLTD in August and thereafter,

they will follow PCS guidance and may require an official test to be completed prior to their PDD. Both diagnostic and official tests completed after 1 Mar 26 will be recorded and visible in myFitness. If a member completes a diagnostic fitness test, it will be reflected on their Fitness Report in myFitness.

**Q20: Do members deploying at the end of March have to complete a diagnostic test before leaving?**

**A20.** The baseline period is not mandatory. Airmen are encouraged, but not required, to complete a diagnostic test during the baseline period to understand their performance under the new standards. Certain deployment locations do not support fitness testing. Members assigned to those locations will be granted a deployment exemption in myFitness for the duration of the deployment. For these members, fitness will be documented using the approved term for a full mission-related exemption. **Example:** PFA: Not Required. (See Q30)

**Q21: Will PME students test on the legacy assessment or the new assessment during the baseline period?**

**A21.** The schoolhouse will determine if students are required to take a diagnostic fitness test during the baseline period. If a diagnostic test is conducted, it will not be used on the member's training report. Only official fitness scores will be recorded on a member's evaluation or training report. A member can elect to record their own diagnostic score as an official score; this will not be mandated by a commander or PME authority. If members do not record a new official fitness score while attending PME during the baseline period, they will use their most current and recent official fitness score for all official personnel actions.

### Mass Testing

**Q22: Is the Wing Commander permitted to implement a hybrid testing model in which unit commanders decide whether to use mass testing?**

**A22.** Yes. While unit testing is the recommended approach for most units, 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).

**Q23: If a unit conducts mass testing, how will that impact due dates for members that are due prior to the unit test date?**

**A23.** If a commander directs mass unit testing, the member's due date will be updated to reflect the unit's scheduled assessment month as their next due date. If a unit conducts mass testing during the baseline period, the next due date will not change if the assessment is a diagnostic test. For members that opt to have their test recorded as an official assessment, the next due date will be set based on the frequency requirements for their specific component (RegAF or ARC).

### Testing and Components

**Q24: Can non 3F1s be considered for the Master Fitness Leader (MFL) course?**

**A24.** The primary AFSC that is being leveraged for MFL duties is the 3F1 due to a core requirement in physical fitness. Installations that do not have a 3F1 or do not meet course qualifications may explore any AFSC (including Fitness Center APF civilians and NAF employees that are on an APF funded MOA) on the installation to assume the duties of the MFL.

**Q25: Why did the Air Force transition from a 1.5-mile run to a 2-mile run?**

**A25.** Both the 1.5-mile and 2-mile run tests are highly valid field assessments for predicting VO2 max and aerobic capacity. The **2-mile run** is a validated predictor of aerobic capacity, specifically favored in military settings to assess both cardiorespiratory endurance and leg muscle endurance.

**Q26: Can I complete my WHtR measurement separate from the remaining PFRA components?**

**A26.** Airmen may decouple the body composition component of the remaining components NET 5 days prior (not after) to the Physical Fitness Readiness Assessment (UTA/RSD prior to assessment); however, may not be directed to do so.

**Q27: I am approved to take the 2.0 Kilometer Walk. How do I document this on my evaluation?**

**A27.** The 2.0 kilometer walk is an alternative to the Cardiorespiratory Fitness component. When authorized, it is not considered an exemption and should be documented no differently than members who complete the 2.0 mile run or the 20 meter HAMR. The PRFA Score Card contains a field to record the 2 kilometer walk score in the Cardiorespiratory Fitness section.

### **Documenting Fitness on Evaluations, TRs**

**Q28: Where will the ratee's fitness assessment score be documented?**

**A28.** The rater will document the ratee's most recent and current official fitness assessment score in the mandatory fitness comments section.

RATER ASSESSMENT		STRATIFICATION	REFERRAL REPORT
<b>EXECUTING THE MISSION</b>		<i>Effectively uses knowledge, initiative, and adaptability to produce timely, high quality/quantity results to positively impact the mission.</i>	
<b>LEADING PEOPLE</b>		<i>Fosters cohesive teams, effectively communicates, and uses emotional intelligence to take care of people and accomplish the mission.</i>	
<b>MANAGING RESOURCES</b>		<i>Manages assigned resources effectively and takes responsibility for actions/behaviors to maximize organizational performance.</i>	
<b>IMPROVING THE UNIT</b>		<i>Demonstrates critical thinking and fosters innovation to find creative solutions and improve mission execution.</i>	
<b>MANDATORY FITNESS COMMENTS</b>		<small>Enter appropriate fitness score, category, and exemptions IAW AFM 36-2406. Note: References to conduct as a fitness representative will NOT be included in this section.</small>	
PFA: 91.7; Excellent; Exemptions: None		<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
RATER NAME, GRADE, BRANCH OF SERVICE		RATER DUTY TITLE	
RATER ORGANIZATION AND COMMAND		TYPE OF SIGNATURE	RATER SIGNATURE
		Digital	

**Q29: How do I document the fitness assessment score on an evaluation?**

**A29.** The fitness assessment will be documented using the following format. The comment will be limited to: the score achieved, the fitness category, and all component exemptions using the following format:

PFA: [score]; Category; Exemptions: [list any component exemptions].

<b>MANDATORY FITNESS COMMENTS</b>	<small>Enter appropriate fitness score, category, and exemptions IAW AFM 36-2406. Note: References to conduct as a fitness representative will NOT be included in this section.</small>
PFA: 88.5; Satisfactory; Exemptions: Muscular Strength	

**Examples:**

- PFA: 91.7; Excellent; Exemptions: None
- Satisfactory Score – PFA: 88.5; Satisfactory; Exemptions: Muscular Strength
- Unsatisfactory Score – PFA: 64.2; Unsatisfactory; Exemptions: None
- Passing Score but Failed Component(s) – PFA: 79.4; Unsatisfactory; Exemptions: None

**Q30: How should I document an assessment for an Airman with a full exemption?**

**A30.** For Airmen with full exemptions who receive no score, raters will include the authorized exemption status in the mandatory comments section. Raters will not include any narrative beyond the exemption status and may not reference any diagnosis, symptoms, treatment, or underlying personal condition. The full exemption status must be limited to the following standard terms:

- **Not Required** – use this exemption status if the ratee is fully exempt from all components, to include the WHtR, due to mission reasons (i.e., deployment), pregnancy and post-partum, or approved military separations/retirements. Do not use this term for any other reasons, such as partial medical exemptions or commander exemptions. **Example:** PFA: Not Required.
- **Medical Restriction** – use this exemption status if the ratee receives no score due to a medical profile, unless otherwise noted above under “Not Required.” **Example:** PFA: Medical Restriction.

**Q31: How do I document an assessment for an Airman with a partial exemption?**

**A31.** You will annotate the fitness score as recorded in the system and then explicitly list the component(s) that were exempted. Evaluations will refer to components as outlined on the fitness assessment: Cardiorespiratory Fitness, Muscular Strength, Core Endurance, and Waist to Height Ratio. Example: PFA: 96; Excellent; Exemptions: Cardiorespiratory Fitness.

**Q32: How should I document an assessment for an Airman who is not current?**

**A32.** If, as of the closeout date of the evaluation or TR, the member is overdue or not current, the rater will document by annotating “Required - Not Current.” **Example:** PFA: Required – Not Current

**Q33: What are the consequences of a member who is overdue and therefore not current or receives an Unsatisfactory fitness score?**

**A33.** Airmen who are overdue for their fitness test and are therefore not current, or have an unsatisfactory score as of the SCOD are not authorized to be considered for stratification, forced distribution, and the following promotion recommendations: “Definitely Promote” for officers; “Must Promote” and “Promote Now” for enlisted members. Refer to AFI 36-2406, para 1.11 for referral procedures. For AFR only: While the ability to award “Definitely Promote” promotion recommendation for officers will be tied to the PRF cutoff date, an officer who is overdue for a fitness test or received an unsatisfactory fitness assessment as of the SCOD will be factored into the overall promotion recommendation.

Note: Individuals who were due prior to the testing pause and went non-current or overdue are ineligible for stratification and promotion recommendations, unless they take an official scored fitness assessment prior to the applicable cutoff date. However, if an Airman is due during the testing pause or baseline period, their last official scored assessment remains current, and they will remain eligible for stratifications and “Definitely Promote” recommendations for officers and “Must Promote” and “Promote Now” consideration for enlisted members on SCODs through the baseline period.

**Q34: Will an overdue fitness test or Unsatisfactory fitness score cause the evaluation to be a referral?**

**A34.** A supervisor must make a determination IAW AFI 36-2406 1.11.3.1 When considering the Airman's ability to meet standards, consider unacceptable performance as actions that are incompatible with, and/or Airmen who have routinely (i.e., a repeated inability to meet standards that would render the aggregated performance assessment over the entire reporting period as below AF standards and expectations) and/or significantly (i.e., a single instance where failure to meet standards is either egregious in nature or so far short of a standard that it impacts overall aggregated performance assessment) failed to adhere to established AF standards and expectations.

**Q35: Will myEval default the promotion-statement block for EPBs to a specific value if a member is overdue/not current?**

**A35.** The myFitness system is not linked to the myEval system at this time. Commanders must be diligent in their review of a member's fitness information when completing evaluations. We're actively evaluating long-term system enhancements that would enable these capabilities as part of our broader roadmap.

**Q36: Are there special requirements for Airmen in combat-related career fields?**

**A36.** Yes. For Airmen in designated combat-related AFSCs, you must document results for both the PFA and the Combat Field Test (CFT) in the mandatory fitness comments section. Designated combat-related AFSCs can be found in the AFGM to AFI 36-2406.

**Examples:**

- PFA: 99.8; Excellent; Exemptions: None / CFT: 95.2; Excellent; Exemptions: None
- If a valid CFT is not on file due to exemption or authorized non-participation, the evaluator will indicate the reason. **Example:** "CFT: Not Required".

**Q37: Will myEval enforce the stratification and promotion recommendation rules automatically, or will it rely on supervisors to comply?**

**A37.** MyEval currently cannot be modified to automatically enforce these rules; therefore, supervisors must be diligent in their review of member's fitness information to ensure compliance. Additionally, CSSs will review each evaluation for compliance and provide a copy of fitness information to MPFs for examination during their review. It is recommended to upload members' fitness reports into myEval to allow review of this information at all levels.

**Q38: If the promotion recommendation block on an EPB is left unchecked due to ineligibility, will the system allow routing and signature?**

**A38.** Yes, ineligibility and routing are not linked in myEval; therefore, if left unchecked, it will still allow for routing and signatures.

**Q39: Where can I put fitness-related comments in the evaluation?**

**A39.** All scores, categories, and exemption details must only be documented in the mandatory fitness comments section. No additional verbiage is authorized.

**Exception:** Comments may be included elsewhere if they are related to conduct, attitude, or performance that impacts readiness or mission execution. These comments must be specific, objective, and fact-based.

- Comments regarding contributions to the unit fitness program (e.g., Physical Training Leader duties) are authorized but must be placed elsewhere, not in the mandatory fitness comments block.

**Q40: Which score is used if an Airman has results from both the old and new fitness standards?**

**A40.** During the baseline period (1 Mar 26 through 30 Jun 26) fitness tests completed on the new fitness standards are considered diagnostic and nonpunitive. During this time, members will use their most recent and current official fitness score of record from their last legacy assessment prior to the baseline period. However, members have the option to use the score from the new fitness assessment, achieved during the baseline period, if the following conditions are met:

- The test was completed prior to the SCOD.
- The member achieved a passing score on the new assessment and chooses to have it recorded as an official fitness test.

**Enlisted SNCO Stratification, Promotions & Force Distribution**

**Q41: What are the enlisted grades that are exempt from this requirement until the SCOD?**

**A41.** Staff Sergeants (SSgt) are exempt from this requirement until the 31 January 2027 static closeout date (SCOD), and senior airmen (SrA) and below are exempt until the 31 March 2027 SCOD.

**Q42: What is required to be eligible for a promotion recommendation or stratification on my evaluation?**

**A42.** To be eligible for a promotion recommendation or stratification, an Airman must meet all the following criteria:

- Be promotion eligible based on Time-in-Grade (TIG) and Time-in-Service (TIS).
- As of the Static Close-Out Date (SCOD), member has a current fitness assessment (member is not overdue) and meets minimum fitness standards.

**Q43: Does an Airman's fitness status affect their eligibility for promotion recommendation?**

**A43.** Individuals who are not current on their fitness assessment or have failed to meet minimum standards as of the SCOD are ineligible to be considered for “Must Promote” and “Promote Now” promotion recommendations.

**Q44: Are Airmen with component exemptions eligible for stratification and promotion consideration?**

**A44.** Fitness exemptions alone are not disqualifying factors for stratification and promotion recommendation consideration, provided they meet all other requirements and have a valid exemption recorded in the official fitness system.

**Q45: As a SMSgt, my SCOD is 31 July 26, after the baseline period ends. What fitness assessment score am I authorized to use in the mandatory fitness comments section of my EPB?**

**A45.** The first thing members should do is review the Physical Fitness and Readiness Assessment Due-Date Matrix, to determine their updated due date. If a member was previously due in January 2026, that due date will be automatically updated in myFitness to reflect a new due date of July 2026. SMSgts who are now due in July 2026 must complete an official fitness assessment prior to the SCOD to remain current. If your unit conducts a unit diagnostic test during the baseline period, you may voluntarily elect to convert the diagnostic score to an official score, which will reset your next due date according to your testing cycle. In this case, if the SMSgt converted a diagnostic test during the baseline period to an official test score, they would no longer be due in July 2026 and would use this score on their EPB.

If your unit is not participating in unit testing during the baseline period, Airmen may elect to complete a diagnostic test individually, and once complete, may elect to convert that diagnostic score to an official score. Members will capture their most recent and current official fitness test score as of the SCOD, on their EPB.

If you are current as of the SCOD and not due until after July 2026, you will continue to use your most recent and current official fitness score on your EPB. For example, a SMSgt who received a Satisfactory score in November 2025 would have been due in May 2026. According to the PFRA Due-Date Matrix, RegAF members who were due in May 2026 have been moved to September 2026. The member’s last official fitness test in November 2025 remains current for the 31 Jul 26 SCOD. The member’s unit conducts a diagnostic test in April 2026, and the member scores a passing score. The member may elect to convert this new score to an official test and record this on their SCOD, only if they choose to do so.

### **Officer Evaluations**

**Q46: How is fitness information documented on an officer's DAF Form 475 (Training Report)?**

Current as of 26 Feb 26

**A46.** For officers receiving a DAF Form 475 from a formal education or training course that is 20 weeks or more, and the closeout date is within 120 days of the SCOD, fitness will be documented in the “Professional Qualities” block of the form. The comment must reflect the most recent and current, official fitness assessment on file as of the closeout date of evaluation or TR.

**Q47: How does an officer's fitness status impact their consideration for a stratification on an Officer Performance Brief (OPB) or Promotion Recommendation Form (PRF)?**

**A47.** Officers who are overdue and therefore not current or have an "Unsatisfactory" fitness score as of the SCOD or PRF cutoff date are ineligible to be considered for stratification on the applicable OPB or PRF and are ineligible for “Definitely Promote” promotion recommendations on the PRF. For AFR only: While the ability to award “Definitely Promote” promotion recommendation for officers will be tied to the PRF cutoff date, an officer ALQ evaluation with a not current or unsatisfactory fitness assessment as of the SCOD will be factored into the overall promotion recommendation. Refer to AFI 36-2406, para 8.2.1.3.1 and 8.2.1.3.2 for AFR PRFs.

**Q48: Are Airmen with exemptions eligible for stratification and promotion consideration?**

**A48.** Fitness exemptions alone are not disqualifying factors for stratification and promotion recommendation consideration, provided they meet all other requirements and have a valid exemption recorded in the official fitness system.

**Q49: Where can I find answers to questions regarding fitness scores being documented on Airmen evaluations?**

**A49.** Please review the following myFSS knowledge article - [Evaluations Fitness Policy Update](#)

**Additional**

**Q50: The Secretary of War released a memo in December 2025 regarding changes to body composition, including a requirement for members who have a WHtR of 0.55 or above to be further evaluated. How will these members be evaluated?**

**A50.** Details for the Tier 2 Body Fat Assessment (BFA) measurement will be provided in AFMAN 36-2905.

**Q51: When will myFitness functionality be restored?**

**A51.** System updates for myFitness are ongoing, and adjustments may continue to roll out during the baseline period. Airmen are encouraged to keep a copy of their AF Form 4446 as a backup until all updates are completed and system functionality is fully restored.

**Q52: I have other questions about the AF Physical Fitness Readiness Program changes. When will more information be released?**

**A52.** More information on the AF Physical Fitness Readiness Program will be available once updates are published to AFMAN 36-2905 in March 2026. Information regarding evaluations is now published in the new [Air Force Guidance Memorandum to AFI 36-2406](#), available on e-pubs.