



DEPARTMENT OF THE AIR FORCE
WASHINGTON, DC

OFFICE OF THE SECRETARY

22 November 2022

MEMORANDUM FOR DACOWITS

FROM: HQ USAF
1720 Air Force Pentagon
Washington DC 20330-1720

SUBJECT: DAF DACOWITS RFI 7

QUESTION #7

In 2016, the Committee recommended that the “Secretary of Defense should require a complete review and update of the 2002 DoD Physical Fitness and Body Fat Programs Procedures (DoDI 1308.3) with the recent opening of more than 200,000 positions to servicewomen.” Following up in 2019, the Committee recommended that the “Secretary of Defense should conduct a comprehensive, scientific review of height and weight standards as well as body fat measurement techniques and use the findings as a baseline for setting a Department-wide standard for measurement and acceptable levels.” In March 2022, the Defense Department published a revised DoDI 1308.3.

The Committee requests a briefing from the Army, Navy, Marine Corps, Air Force, Space Force, and Coast Guard on the following:

a. In March 2019, DACOWITS RFI 6, asked the Military Services to provide update to physical fitness training programs. The Committee requests an update to this 2019 RFI. Provide all changes and modifications to your Service’s physical fitness instructions since March 2019, to include any updates to body composition measurements (e.g., height, weight, and body fat). In addition, provide the justification for each change/modification that has been implemented since March 2019.

- On May 26, 2021, the Department of the Air Force announced a new fitness test score breakdown and reiterated fitness assessments would begin following a pause for COVID-19 in July 2021. The DAF added alternative cardio and strength components to the newly revised Physical Fitness Assessment (PFA). Airmen and Guardians now have three options for the cardio, three options for the sit-up component, and two options for the push-up component. New component options for the PFA include a 20m High Aerobic Multi-Shuttle Run (20M HAMR), crossed-leg reverse crunch, plank, and hand-release push-up. In addition, the body composition program, required by Department of Defense Instruction 1308.3, is still under review and will resume in early 2023 but will remain separate from the PFA. Additionally, fitness assessment charts were revised to go from 10-year age brackets to 5-year age brackets for both males and females.

- The DAF moved away from a one-size-fits-all model. More testing options put flexibility in the hands of our Airmen – where it belongs. As CSAF stated, “we know not all Airmen maintain their fitness the same way and may excel in different areas. Alternate components provide choices while still providing a mechanism to determine overall fitness.” These changes are a result of Airmen providing feedback to DAF leaders through the physical fitness working group in conjunction with looking at the way other services complete their physical fitness programs. From the data collected, the Air Force fitness working group conducted research and testing on the health benefits of the current fitness components and various other components to come up with the alternative options.

b. Based on the newly revised DoDI 1308.3, what changes or modifications to your Service’s physical fitness instruction have been or will be updated in the future? Include revisions to body composition measurements. In addition, provide projected implementation timelines for each change or modification.

- In April 2022 the Department of the Air Force published DAFMAN 36-2905, *Department of the Air Force Physical Fitness Program*, which capture the revisions announced in 2021. Prior to publication, a cross-functional Total Force team reviewed the DoDI requirements to ensure all revisions fell in line with the newly published DoDI. The body composition measurement remains separate from the fitness program and a final determination on the policy is forthcoming. A revised body composition program is expected to be released early 2023.