



Fitness Guidance due to COVID-19 Due Date Matrix

Current as of 16 Sep 2020

Official Physical Fitness Assessment Due Date Matrix EXCELLENT SCORES		
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021
Apr 2019	Apr 2020	Apr 2021
May 2019	May 2020	May 2021
Jun 2019	Jun 2020	Jun 2021
Jul 2019	Jul 2020	Jul 2021
Aug 2019	Aug 2020	Aug 2021
Sept 2019	Sept 2020	Sept 2021
Oct 2019	Oct 2020	Oct 2021
Nov 2019	Nov 2020	Nov 2021
Dec 2019	Dec 2020	Dec 2021
Jan 2020	N/A	Jan 2021
Feb 2020	N/A	Feb 2021

Official Physical Fitness Assessment Due Date Matrix SATISFACTORY SCORES			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Sept 2019	Mar 2020	Sept 2020	Mar 2021
Oct 2019	Apr 2020	Oct 2020	Apr 2021
Nov 2019	May 2020	Nov 2020	May 2021
Dec 2019	Jun 2020	Dec 2020	Jun 2021
Jan 2020	Jul 2020	N/A	Jan 2021
Feb 2020	Aug 2020	N/A	Feb 2021
Mar 2020	Sep 2020	N/A	Mar 2021

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jan 2021

FITNESS CATEGORIES	
Excellent	All Components have been tested and the member received a score 90 or higher
Satisfactory	All Components have been tested and the member received a score 75 to 89
Pass	Member Passed the Components with an Exemption in one or more Components
Unsatisfactory	All Components have been tested and the member didn't pass one or more components
Fail	Member failed one or more Components with an Exemption in one or more Components
DNF	Didn't finish the Assessment



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 16 Sep 2020

Q1: Are there any installation/environments this guidance does not apply?

A1: No, this guidance applies to ALL military members regardless of their location.

Q2: I am due for my fitness assessment between 1 March 2020 and 31 December 2020; do I need to take my fitness assessment?

A2: No, effective immediately, official fitness assessments have been suspended until 31 December 2020 and will resume on 1 January 2021. Please review the *Official Physical Fitness Assessment Due Date Matrix* to verify your next fitness due date.

Q3: How do I make sure my record is updated in AFFMS II?

A3: Please contact your UFPM or FAC to verify that AFFMS II has been updated. FACs must ensure AFMMS II is updated to reflect a Commander Composite Exemption on each member who is due for their Official Fitness Assessment 1 March 2020 through 31 December 2020.

Q4: Does a Commander Composite Exemption render a member ineligible for promotion?

A4: No, however, please refer to the Enlisted Promotions FAQs during COVID-19 Restrictions located on myPers.

Q5: I had a failure or was non-current prior to the COVID Fitness Exemptions. Am I now eligible for promotion?

A5: This is at a commander's discretion. Please refer to the Enlisted Promotions FAQs during COVID-19 Restrictions located on myPers.

Q6: I am a guardsmen and had a failure or was non-current prior to the COVID Fitness Exemptions. Am I eligible for promotion?

A6: NGB/A1 will publish an updated Policy Guidance Memorandum (PGM) for promotion impacts due to FA suspension for guardsmen.

Q7: If I am overdue (non-current) for my Fitness Assessment or received an Unsatisfactory score prior to the COVID Fitness Exemptions (1 March 2020), when will I be required to take my Fitness Assessment?

A7: Airmen who are non-current or have an unsatisfactory official physical fitness assessment will test in January 2021.

Q8: If I am due to PCS between 1 January 2021 and 28 February 2021 and will be due to accomplish my Fitness Assessment, will I receive 42-days for reacclimation?

A8: Yes, members who are due to accomplish their Fitness Assessment and PCS between 1 January 2021 and 28 February 2021, will receive a 42-day reacclimation at the new duty location. Airmen who PCSd during COVID exemptions will test in accordance with the matrix. Starting 1 March 2021, Airmen will follow FA currency guidelines for PCS in accordance with AFI 36-2905, *Fitness Program*, paragraph 5.2.5.



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 16 Sep 2020

Q9: I completed my Fitness Assessment prior to my deployment and will be due during the COVID exemptions (1 March thru 31 December 2020) which includes the 42 days for Post Deployment Reconstitution (90-days for non-AGR/ARC). Will I be placed in an exemption status due to the current COVID restrictions and when am I required to complete an in-person Fitness Assessment?

A9: Airmen who returned, or will return, from deployment between 1 February 2020 to 31 December 2020, and are due for a fitness assessment either upon their return or during the COVID-19 fitness suspension (1 March thru 31 December 2020), will be given an exemption in AFFMS II. Airmen will resume testing after their 42-days reacclimation period (90-days for non-AGR/ARC) or in-line with the matrix, whichever is later. Example: If Airman returned from deployment on 25 February 2020, and received a composite deployment exemption while deployed, Airman will accomplish fitness assessment in-line with fitness matrix. FACs must ensure that AFMMS II is updated to reflect a Commander Composite Exemption for these applicable Airmen.

Q10: I failed my Fitness Assessment before deploying and was marked Exempt for the duration of my deployment. I would normally be due to complete my Fitness Assessment upon return from the deployment (adding 42 days for post deployment reconstitution [90-days for non-AGR/ARC]). This would make me due during the current COVID exemptions (1 March – 31 December 2020). Since I am unable to complete my Fitness Assessment at that time, when will I be required to complete an in-person Fitness Assessment?

A10: Airmen who were non-current or had an unsatisfactory official physical fitness assessment prior to deployment will accomplish their FA at the conclusion of their 42-day reacclimation period (90-day for non-AGR/ARC) or starting 1 January 2021, whichever is later. Example: If Airman returns December 2020 from deployment, their test will resume at the conclusion of their reacclimation period. If Airman returned September 2020, testing will occur in January 2021.

Q11: Will any other category of Airmen receive 42-days reacclimation once these exemptions are lifted?

A11: No, all other Airmen will not receive 42-days for reacclimation unless PCSing between 1 January 2021 and 28 February 2021, or having returned from deployment as outlined in Q9 and Q10.

Q12: Can members volunteer to complete their Fitness Assessment in lieu of the current exemption?

A12: Fitness assessments conducted before 1 January 2021 should be by exception only and based on the member's request and commander's approval. Commanders should consider appropriate health and safety guidelines, available personal protective equipment, and other required equipment.

Q13: Are exemption MFRs required for each member?

A13: No, FAC personnel will use this updated guidance to place members in a Commander Composite Exemption status.



Fitness Guidance due to COVID-19 Frequently Asked Questions

Current as of 16 Sep 2020

Q14: What actions should Commanders take prior to resuming physical fitness assessments?

A14: Before resuming official physical fitness assessments, commanders should:

- Perform local risk assessments in consultation with Public Health authorities.
- Adhere to current Centers for Disease Control and Prevention, Environmental Protection Agency, Force Health Protection and local and state official's guidance.
- Establish and implement appropriate physical distancing procedures as it pertains to official fitness assessments and ensure they are rigorously followed.
- Elevate any risk to force through existing processes and procedures.
- Procure appropriate personal protective equipment for health and safety (gloves, masks, and sanitizing supplies).

Q15: What are the testing timelines?

A15: Please refer to the Official Physical Fitness Assessment Due Date Matrix.

Q16: I completed my last in-person fitness assessment in September 2019 and received a satisfactory score. My next test was due in March 2020 but I was exempt due to COVID restrictions. When is my next in-person fitness assessment due?

A16: Your next Fitness Assessment is due March 2021. Please refer to the *Official Physical Fitness Assessment Due Date Matrix*.

Q17: What is the guidance for updating the abdominal circumference measurements in AFFMS II since it will not be assessed until 1 October 2021 or until further notice?

A17: All Airmen will receive the maximum allowable points (20 pts) for their abdominal circumference. This includes Airmen who have a profile exempting them from completing the abdominal circumference.

Q18: I was on a pregnancy exemption and my last Physical Fitness Assessment was conducted prior to March 2019, when will I be required to complete my Fitness Assessment?

A18: Members who received a satisfactory or excellent score on their last fitness assessment and whose postpartum profile has or will expire during the COVID-19 fitness suspension (1 March 2020 thru 31 December 2020), will test one year after expiration of the postpartum profile. For example, if your postpartum profile expired in July 2020 and you received an excellent or satisfactory score on your last assessment, the new due date will be July 2021. If you received an unsatisfactory score on your last assessment and your postpartum profile expires during the COVID-19 fitness suspension (March thru 31 December 2020), you will test in March 2021.