



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS SECOND AIR FORCE (AETC)**

DAFMAN36-2905_2AFGM2025-01

14 JULY 2025

MEMORANDUM FOR SECOND AIR FORCE COMMANDERS

FROM: 2 AF/CC

721 Hangar Road, Suite 102
Keesler AFB MS 39534-2327

SUBJECT: Second Air Force (2 AF) Guidance Memorandum (GM) to the Department of the Air Force Manual (DAFMAN) 36-2905, *Department of the Air Force Physical Fitness Program*

By Order of the Commander of Second Air Force, this guidance memorandum immediately supplements DAFMAN 36-2905. Compliance with this guidance memorandum is mandatory. To the extent its directions are inconsistent with other Department of the Air Force (DAF) publications, the information herein prevails, in accordance with Department of the Air Force Instruction (DAFI) 90-160, *Publications and Forms Management*.

DAFMAN 36-2905 incorporates DAF fitness standards. Specific United States Air Force (USAF) fitness guidance for the Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program is included in Attachment 1 of this guidance memorandum. Guardians follow United States Space Force (USSF) specific PT program guidance. Civilian and international students may participate in physical fitness training sessions.

Per DAFMAN 90-161, *Publishing Processes and Procedures*, this GM becomes void after one year has elapsed from the date of this publication, or upon incorporation by interim change to, or rewrite of DAFMAN 36-2905, whichever is earlier.

MATTHEW W. DAVIDSON
Major General, USAF
Commander

Attachment:

Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program

Basic Military Training (BMT) and Technical Training (TT) Physical Fitness Program

The following is supplemental guidance to DAFMAN 36-2905, dated 21 April 2022:

6.1.2.1. (Added-2 AF) Commanders at all levels will develop and execute an integrated physical fitness training plan for 2 AF permanent party, students, and trainees that promotes a culture of physical fitness and warfighter readiness. **(T-2)**

6.1.2.2. (Added-2 AF) Commanders will ensure all BMT trainees and TT students adhere to physical fitness requirements and ensure accountability for those not achieving/maintaining fitness standards. **(T-2)**

6.1.2.3. (Added-2 AF) Basic Military Training.

6.1.2.3.1. (Added-2 AF) Trainees must successfully complete a physical fitness assessment (PFA) prior to BMT graduation. **(T-2)** PFAs do not apply to prior (sister) service students attending the Enlisted Airman Orientation Course (EAOC). **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.3.2. (Added-2 AF) Trainees must meet or exceed the DAF minimum values for standard push-ups, standard sit-ups, and 1.5-mile run, and meet or exceed the DAF minimum composite point total. **(T-2)** Retests will include reassessment of all components with the same minimum requirements for passing. **(T-2)** Points will be tabulated using the PFA calculator in myFitness or through the use of the fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate components is prohibited. **(T-2)**

6.1.2.3.3. (Added-2 AF) BMT PFA results will be documented in eBMT. **(T-2)** **Note:** The results will not be documented in myFitness.

6.1.2.3.4. (Added-2 AF) PT at BMT will be conducted at least six (6) days per week. **(T-2)** PT for EAOC students will be conducted at least three (3) times per week. **(T-2)**

6.1.2.3.5. (Added-2 AF) PT will be implemented as integrated physical activities and curriculum. **(T-2)**

6.1.2.3.6. (Added-2 AF) 37 TRW will establish a human performance cell. **(T-2)**. The cell will:

6.1.2.3.6.1. (Added-2 AF) Ensure warfighter training and readiness. **(T-2)**

6.1.2.3.6.2. (Added-2 AF) Develop a BMT-integrated physical training program that seamlessly incorporates progressive, applied fitness within the existing curriculum. **(T-2)** This program must enhance training physical readiness for military service demands. **(T-2)** Additionally, it will include performance training and injury prevention. **(T-2)**

6.1.2.3.6.3. (Added-2 AF) Capture and analyze data related to trainee physical performance. **(T-2)**

6.1.2.4. (Added-2 AF) Technical Training.

6.1.2.4.1. (Added-2 AF) Non-Prior Service (NPS) Students.

6.1.2.4.1.1. (Added-2 AF) NPS students will complete a passing PFA prior to TT graduation. **(T-2)** Military Training Leaders will administer NPS student PFAs. **(T-2) Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.4.1.1.1. (Added-2 AF) NPS students must meet or exceed the DAF minimum values for standard push-ups, standard sit-ups, and 1.5-mile run, and meet or exceed the DAF minimum composite point total. **(T-2)** Retests will include reassessment of all components with the same minimum requirements for passing. **(T-2)** Points will be tabulated using the PFA calculator in myFitness or through the use of the fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited. **(T-2)**

6.1.2.4.1.1.2. (Added-2 AF) NPS students struggling to meet fitness standards will be directed to attend MTL/PTL-led, small-group physical fitness improvement sessions until assessed with a passing score.

6.1.2.4.1.1.3. (Added-2 AF) NPS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **(T-2) Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.4.1.1.4. (Added-2 AF) NPS students with a valid and current physical profile will undergo PFAs according to their profile limitations. **(T-2)** If the profile exempts all PFA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.4.1.1.5. (Added-2 AF) Conduct NPS student PT sessions at least three (3) times per week in accordance with the commander's integrated physical fitness training plan. **(T-2)**

6.1.2.4.2. (Added-2 AF) Prior Service (PS) Students.

6.1.2.4.2.1. PS students include all officer and enlisted (other than NPS) students attending initial skills, advanced, or supplemental training courses. **Exemption:** The requirements of this guidance memorandum do not apply to Faculty Development courses.

6.1.2.4.2.2. (Added-2 AF) PS students must possess a current and passing/exempt official DAF PFA score based on the standards in DAFMAN 36-2905 upon reporting for TT (unless the home unit has documented myFitness with an extended TDY exemption per **DAFMAN 36-2909, par 4.1.2.4**). **(T-2) Note: DAFMAN 36-2905, paragraph 5.4.7** applies to members enrolled in a Fitness Improvement Program (FIP).

6.1.2.4.2.3. (Added-2 AF) PS students will complete a passing PFA prior to TT graduation from courses in excess of 21 calendar days. **(T-2)** PFAs are not required for PS students in courses lasting 21 calendar days or less. **Note:** This fitness assessment is a training requirement only; results are not officially recorded in myFitness.

6.1.2.4.2.3.1. (Added-2 AF) PS students must meet or exceed the DAF minimum values for standard push-ups, standard sit-ups, and 1.5-mile run, and meet or exceed the DAF minimum composite point total. **(T-2)** Retests will include reassessment of all components with the same minimum requirements for passing. **(T-2)** Points will be tabulated using the PFA calculator in

myFitness or through the use of the fitness charts located at <https://www.afpc.af.mil/Career-Management/Fitness-Program/>. Use of alternate DAF components is prohibited. **(T-2)**

6.1.2.4.2.3.2. (Added-2 AF) PS students with a valid and current physical profile will undergo PFAs according to their profile limitations. **(T-2)** If the profile exempts all PFA components and the trainee's most recent PFA (prior to the profile being issued) met passing standards, commanders may waive the PFA graduation requirement.

6.1.2.4.2.3.3. (Added-2 AF) PS students struggling to meet fitness standards will be directed to attend PTL-led, small-group physical fitness improvement sessions until assessed with a passing score. **(T-2)**

6.1.2.4.2.3.4. (Added-2 AF) PS student PFA results will be documented in unit developed devices until the TTMS-LMS PT enhancement is complete. **(T-2) Note:** The results will not be documented in myFitness.

6.1.2.4.2.4. (Added-2 AF) Conduct PS student PT sessions at least three (3) times per week in accordance with the commanders integrated physical fitness training plan. **(T-2)**

6.1.2.4.2.5. (Added-2 AF) PS students are authorized and may volunteer to complete an official USAF PFA while at the TT location per **DAFMAN 36-2905, paragraphs 3.2.5 and 4.1.2.4.**

6.1.2.5. (Added-2 AF) Failure to Meet Physical Fitness Standards and Graduation Requirements – BMT and TT. **(T-2)**

6.1.2.5.1. (Added- 2 AF) Waiver Authority. The TRG/CC or TRG/CD (on G-series orders) is the waiver authority for trainees/students not meeting minimum physical training standards at BMT and TT. This waiver should only be considered under extraordinary circumstances. **(T-2)**

6.1.2.5.2. (Added-2 AF) BMT Failure Notification. The 737 TRG/CC will notify 2 AF/A3 and the gaining TT TRG commander/gaining operational unit when a trainee/student fails to meet physical fitness standards and the graduation requirement is waived, allowing the trainee/student to proceed to technical training. **(T-2)**

6.1.2.5.3. (Added-2 AF) TT NPS/PS Failure Notification. The TT TRG commanders will notify 2 AF/A3 and the gaining operational unit when a member fails to meet physical fitness standards, and the graduation requirement is waived, allowing the member to proceed to the operational unit. **(T-2)**

6.1.2.6. (Added-2 AF) Military Training Instructors, Military Training Leaders, and PTLs will be present during BMT, TT NPS, and EAOC/TT PS PT sessions, respectively, to ensure compliance with the commanders integrated physical fitness training plan and to facilitate medical responses as needed. **(T-2)**

6.1.2.7. (Added-2 AF) The physical fitness standards for AFSCs/courses requiring higher standards take precedence over the minimum physical fitness standards stated in this Guidance Memorandum. **(T-2)** Air Force students attending sister service or joint courses follow the guidance provided by the sister service or joint training personnel. **(T-2)** Sister service students attending TT provided by 2 AF will follow their respective sister service guidance. Civilian and

international students may participate in physical fitness training sessions with PFAs optional, unless a course requirement.

6.1.2.8. (Added-2 AF) Coordinate with the local Air Reserve Component liaison, as applicable, for guidance pertaining to Air Reserve Component BMT trainees and/or TT students with PFA failures or other physical fitness concerns. **(T-2)**

6.1.2.9. (Added-2 AF) Commanders will capture PFA metrics, and 2 AF Commander will be briefed on BMT and TT PFA metrics on a quarterly basis. **(T-2)** A slide deck template is provided in the quarterly tasker.