

5-6 **Cadet Promotions.** To be eligible for promotion cadets must participate actively in the fitness program at their unit.

Phase I cadets. Cadets in Phase I take the CPFT to establish their fitness baseline. It is not required for Phase I cadets to score in the HFZ, but they must take the test to understand their current fitness level and help leaders to identify the appropriate training plan. A cadet must attempt the CPFT to earn Achievement 1. Separate CPFTs are not required for Achievements 2 and 3 as long as the cadet took the CPFT within the past 6 months.



Wright Brothers Award. To earn the Wright Brothers Award cadets must have a valid HFZ credential (Must have taken the CPFT and scored in the HFZ for the run plus at least two other events within the last six months).

Phase II, III, and IV Cadets. After completing Phase I cadets must have a valid HFZ credential to promote.

Spatz Award. As the highest cadet award, the Spatz has a special status in the Cadet Program. Cadets who strive for an elite award must demonstrate an elite level of fitness. See section 5-12.

5-7 **Test Administrators.** The CPFT must be administered by a senior member, who need not be the unit's testing officer, a CAP-USAF member, or a physical education teacher. Cadets may assist in proctoring the CPFT under the supervision of the test administrator.

5-8 **Preparing for the Assessment.** Cadets must have a chance to practice the assessments before taking the test. Announce assessments in advance. Unannounced CPFTs can lead to negative attitudes towards both fitness and physical activity.

5-9 **Recording Results.** CPFT assessment scores are recorded in the Cadet Promotions module of eServices. Cadets and PEOs may also enter personal goals into eServices for tracking.

5-10 Needs Improvement. Cadets who score in the Needs Improvement zone on the run or in two or more other events do not earn a HFZ credential for that quarter’s CPFT. Cadets without a valid HFZ credential are retained in grade. Since the credential is valid for 6 months and the test is done quarterly it’s possible for a cadet to score NI on the CPFT, but continue to promote (see diagram below). Commanders and testing officers may authorize CPFT retesting outside the established quarterly cycle at their discretion. For retests, it is not necessary to complete all four tests; cadets may retake only one or more portions at a time.



Standards for Healthy Fitness Zone

		RUN EITHER		PLUS 2 of 3		
		PACER (20m)	Mile run	Curl-ups	Push-ups	Sit & reach
Age		(no. completed)	(min:sec)	(no. completed)	(no. completed)	(avg. inches)
Males	10	17	11:30	12	7	8
	11	20	11:10	15	8	8
	12	23	10:40	18	10	8
	13	29	9:46	21	12	8
	14	36	9:22	24	14	8
	15	42	9:04	24	16	8
	16	47	8:42	24	18	8
	17	50	8:22	24	18	8
	18+	54	8:04	24	18	8
Females	10	17	11:30	12	7	9
	11	20	11:10	15	7	10
	12	23	10:40	18	7	10
	13	25	10:20	18	7	10
	14	27	10:09	18	7	10
	15	30	9:58	18	7	12
	16	32	9:46	18	7	12
	17	35	9:34	18	7	12
	18+	38	9:22	18	7	12