AFROTC FITNESS SCREENING QUESTIONNAIRE
Pre-PFA

IAW AFI 36-2905, 1 July 2010, Attachment 4

You are being asked these questions for your safety and health. The AF Fitness Assessment is a maximum-effort test. Airmen who have not been exercising regularly and/or have other risk factors for a heart attack (increasing age, smoking, diabetes, high blood pressure, etc.) are at increased risk of injury or death during the test. Answering these questions honestly is in your best interest.

1. Have you experienced any of the symptoms/problems listed below and not been medically evaluated and cleared for unrestricted participation in a physical training program?
   - Unexplained chest discomfort with or without exertion        Yes / No
   - Unusual or unexplained shortness of breath                  Yes / No
   - Dizziness, fainting, or blackouts associated with exertion  Yes / No
   - Other medical problems that may prevent you from safely participating in this test  Yes / No

2. Not applicable to AFROTC cadets due to max age limit

3. Not applicable to AFROTC cadets due to prerequisite of question 2

4. Not applicable to AFROTC cadets due to prerequisite of question 3

If member experiences any of the symptoms listed in Question #1 during the fitness assessment, they should stop the test immediately and seek medical attention immediately.

Signature: ___________________________________ Date: __________
Printed Name: ___________________________________ Rank: __________
Duty Phone: _____________________________________ Office Symbol: __________

Authority: 10 USC 8013. Routine Use: This information is not disclosed outside DoD. Disclosure is Mandatory. Failure to provide this information may result in either administrative discharge or punishment under the UCMJ.