

| Official Physical Fitness Assessment Due Date Matrix<br>EXCELLENT SCORES |  |           |     |
|--|--|-----------|-----|
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT                                | DUE DATE OF NEXT FITNESS ASSESSMENT<br>❖ Dates with an Exempt annotated, were exempt during COVID-19 |           |     |
| Mar 2019   | Mar 2020 (Exempt)  | Mar 2021  | N/A |
| Apr 2019   | Apr 2020 (Exempt)  | Apr 2021  | N/A |
| May 2019   | May 2020 (Exempt)  | May 2021  | N/A |
| Jun 2019   | Jun 2020 (Exempt)  | Jun 2021  | N/A |
| Jul 2019   | Jul 2020 (Exempt)  | Jul 2021  | N/A |
| Aug 2019   | Aug 2020 (Exempt)  | Aug 2021  | N/A |
| Sept 2019  | Sept 2020 (Exempt)   | Sept 2021 | N/A |
| Oct 2019   | Oct 2020   | N/A       | N/A |
| Nov 2019   | Nov 2020   | N/A       | N/A |
| Dec 2019   | Dec 2020   | N/A       | N/A |
| Jan 2020   | Jan 2021   | N/A       | N/A |
| Feb 2020   | Feb 2021   | N/A       | N/A |

| Official Physical Fitness Assessment Due Date Matrix<br>SATISFACTORY SCORES |  |                    |          |
|---|--|--------------------|----------|
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT                                   | DUE DATE OF NEXT FITNESS ASSESSMENT<br>❖ Dates with an Exempt annotated, were exempt during COVID-19 |                    |          |
| Sept 2019   | Mar 2020 (Exempt)  | Sept 2020 (Exempt) | Mar 2021 |
| Oct 2019  | Apr 2020 (Exempt)  | Oct 2020           | N/A      |
| Nov 2019  | May 2020 (Exempt)  | Nov 2020           | N/A      |
| Dec 2019  | Jun 2020 (Exempt)  | Dec 2020           | N/A      |
| Jan 2020  | Jul 2020 (Exempt)  | Jan 2021           | N/A      |
| Feb 2020  | Aug 2020 (Exempt)  | Feb 2021           | N/A      |
| Mar 2020 (Exempt)   | Sept 2020 (Exempt)   | Mar 2021           | N/A      |
| Apr 2020 (Exempt)   | Oct 2020   | N/A                | N/A      |
| May 2020 (Exempt)   | Nov 2020   | N/A                | N/A      |
| Jun 2020 (Exempt)   | Dec 2020   | N/A                | N/A      |

| Official Physical Fitness Assessment Due Date Matrix<br>UNSATISFACTORY and NON-CURRENT SCORES |  |     |     |
|---|--|-----|-----|
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT   | DUE DATE OF NEXT FITNESS ASSESSMENT<br>❖ Dates with an Exempt annotated, were exempt during COVID-19 |     |     |
| Mar – Sept 2019   | Nov 2020*  | N/A | N/A |
| Oct 2019  | Nov 2020*  | N/A | N/A |
| Nov 2019  | Nov 2020*  | N/A | N/A |
| Dec 2019  | Nov 2020*  | N/A | N/A |
| Jan 2020  | Nov 2020*  | N/A | N/A |
| Feb 2020  | Nov 2020*  | N/A | N/A |
| Mar 2020 (Exempt)   | Nov 2020*  | N/A | N/A |
| Apr 2020 (Exempt)   | Nov 2020*  | N/A | N/A |
| May 2020 (Exempt)   | Nov 2020*  | N/A | N/A |
| Jun 2020 (Exempt)   | Nov 2020*  | N/A | N/A |

\* Although fitness tests are to be scheduled in the month of November, scheduled tests will not occur prior to the full 42 days of reconditioning after the 1 Oct 20 start date. The first day of the 42-day reconditioning period begins on 1 October 2020. Airmen may waive the 42-day requirement with commander approval, in order to meet promotion eligibility or other requirements.