



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF SPACE OPERATIONS

16 March 2022

MEMORANDUM FOR ALL GUARDIANS

FROM: USSF/S1
United States Space Force Pentagon
Washington, DC 20330-1665

SUBJECT: U.S. Space Force Health, Wellness and Fitness

1. As members of a 21st century military service, we demand that Guardians be bold, innovative and future-focused in finding solutions to the challenges we face. The acuity, agility and decision speed required to compete with near peers and deal with the complexities of the space domain demand Guardians who are mentally and physically prepared. It is time we implement a data-driven, research-informed, holistic health and fitness approach to increase the wellness and readiness of the force to meet these challenges.
2. As a result we are designing a three-part health and fitness program that promotes physical activity, lifestyle/performance medicine principles, and increased education and awareness to ensure all Guardians are mentally and physically prepared to perform. We plan to implement this program in 2023. This initiative will use wearable technology and a software solution paired with fitness/workout regimens and preventative health practices to increase self-awareness, provide continuous visibility into overall health and fitness, and motivate members and their leaders to increase performance. This year we began a year-long test and evaluation period. During this period, every Guardian will be a beta tester, assessing and evaluating tools and methods to promote total fitness, increase individual accountability and enhance unit and personal readiness.
3. In concert with this implementation program, in CY 2022 all Guardians will complete a diagnostic fitness assessment using current guidance in DAFMAN 36-2905, *Air Force Physical Fitness Program*. Commanders will ensure all Guardians assigned to their units complete this assessment by the end of the calendar year.
 - a. Diagnostic assessments will not be used to determine retention or promotion eligibility; nor will they be used as a basis for discipline or administrative action.
 - b. Members transferring from the Army, Navy, or Marine Corps may use physical fitness assessments completed during CY2022 in their losing Service to meet this requirement.
 - c. This guidance does not apply to those in Basic Military Training, ROTC, Officer Training School, the U.S. Air Force Academy, or other accession sources.
4. In the end, every Guardian remains responsible for ensuring they are mentally and physically fit. We will embrace this exciting opportunity to combine leading-edge physiology and technology to foster a culture of wellness. This culture will undoubtedly improve the readiness and performance of all Guardians. Semper Supra!

PATRICIA MULCAHY, SES, USSF
Deputy Chief of Space Operations for Personnel

cc:
SAF/MR
USAF/A1