

## FITNESS SCREENING QUESTIONNAIRE

You are being asked these questions for your safety and health. The AF Fitness Assessment (FA) 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.

<b>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?</b>		
a. Unexplained chest discomfort with or without exertion	<input type="checkbox"/> Yes	<input type="checkbox"/> No
b. Unusual or unexplained shortness of breath	<input type="checkbox"/> Yes	<input type="checkbox"/> No
c. Dizziness, fainting, or blackouts associated with exertion	<input type="checkbox"/> Yes	<input type="checkbox"/> No
d. Other medical problems that have not been evaluated, optimally treated, or not already addressed in an AF Form 469, that may prevent you from safely participating in this test (e.g. heart disease, sickle cell trait, asthma, etc.)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
e. Family history of sudden death before the age of 50 years	<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Yes: Stop.</b> Notify your UFPM and contact your PCP/MLO for evaluation/recommendations (or for ARC, contact the MLO for Duty Limiting Conditions (DLC) documentation and referral to PCP). Hand carry this form to medical evaluation.	<input type="checkbox"/> Yes	
<b>No:</b> Proceed to next question.		<input type="checkbox"/> No

<b>2. Are you 35 years of age or older?</b>		
<b>Yes:</b> Proceed to next question.	<input type="checkbox"/> Yes	
<b>No: Stop.</b> Sign form and return to your UFPM. Member may take the FA.		<input type="checkbox"/> No

<b>3. Have you engaged in vigorous physical activity (i.e., activity causing sweating and moderate to marked increases in breathing and heart rate) averaging at least 30 minutes per session, 3 days per week, over the last 2 months?</b>		
<b>Yes: Stop.</b> Sign form and return to your UFPM. Member may take the fitness assessment.	<input type="checkbox"/> Yes	
<b>No:</b> Proceed to the next question		<input type="checkbox"/> No

<b>4. Do one (1) or more of the following risk factors apply to you?</b>		
a. Smoked tobacco products in the last 30 days	<input type="checkbox"/> Yes	<input type="checkbox"/> No
b. Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> No
c. High blood pressure that is not controlled	<input type="checkbox"/> Yes	<input type="checkbox"/> No
d. High cholesterol that is not controlled	<input type="checkbox"/> Yes	<input type="checkbox"/> No
e. Family history of heart disease (developed in father/brother before age 55 or mother/sister before age 65)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
f. Age > 45 years for males; > 55 years for females		
<b>Yes: Stop</b> and notify UFPM.	<input type="checkbox"/> Yes	
<b>No:</b> Stop. Sign form and return to your UFPM. Member may take the FA.		<input type="checkbox"/> No

### Notes:

**RegAF or ANG (Title 10)** statutory tour and AGR: If member was cleared for entry into a fitness program at his/her last Physical Health Assessment (PHA) and his/her PHA is current, the member will take the fitness assessment. If not cleared, member will be referred to PCM for evaluation, and, if medically cleared for unrestricted fitness program, the member will take the FA.

**AFR:** If member was cleared for participation into a fitness program at a PHA within the last 12 months, the member will take the fitness assessment. If not previously cleared, member will be referred to PCP for evaluation, and, if medically cleared for unrestricted fitness program, the member will take the fitness assessment. Refer to MLO if there is any combination of smoking, diabetes, uncontrolled high blood pressure, and/or uncontrolled high cholesterol. MLO will update medical records and/or initiate DLC documentation.

**ANG (Title 32):** Refer to MLO if there is any combination of smoking, diabetes, uncontrolled high blood pressure, and/or uncontrolled high cholesterol. MLO will update medical records and/or initiate DLC documentation.

**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.**

(OVER)

Member Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Member 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.

**Medical Evaluation (Only applicable to those who marked Yes on Question 1)**

If medical evaluation is required IAW this FSQ, the provider will complete the following.

\*\*\*\*\* |

medically evaluated \_\_\_\_\_ on \_\_\_\_\_.  
(rank, name) (date)

Medical recommendations are:

Member (is/is not) medically cleared for the maximal effort 1.5-mile run. Member

(is/is not) medically cleared for the maximal effort 1.0-mile walk. Member (is/is not)

medically cleared for push-ups.

Member (is/is not) medically cleared for sit-ups.

**NOTE:** An AF Form 469 has been initiated if appropriate. Airmen with fitness limitations greater than 30 days must be referred to the EP/FPM for fitness prescription IAW AFI 36-2905.

\_\_\_\_\_  
(Signature/Stamp of Provider)

*UFPM: MSgt Rebekah Hemming*

*Section Commander: Lt Col James R. Fee Jr.*