Cadet Physical Fitness Category Assignment

Physical fitness is a component of the Civil Air Patrol Cadet Program. Unless restricted by a physician, cadets participate in a variety of calisthenics, sports, and other vigorous physical activity. Periodically, in their quest to progress through the program, cadets take a physical fitness assessment.

Please check the appropriate box to let CAP know that your patient is able to participate in, or is restricted from, these activities.

Not Restricted. Cadet is determined to be in good health and may participate in physical fitness exercises without restriction.

Temporarily Restricted. Medical condition or injury is temporary in nature. Normally, cadets will remain in this category for six months or less.

Indefinitely Restricted. Medical condition or injury is chronic or permanent in nature. Conditions lasting more than six months are considered chronic. The cadet is indefinitely restricted from this activity.

Test Event	Not Restricted	Temporarily Restricted	Indefinitely Restricted
Sit and Reach			
Curl-Ups			
Push-Ups			
Mile Run / PACER			

Please explain the nature of any restrictions:

Are there any other activities this individual is restricted from? Please explain.

The information on this request may be shared with Department of Defense agencies. By submitting this form, the cadet and cadet's parent(s) authorize CAP to discuss the information above with the physician.

Physician's Name:	Physician's Telephone:
Physician's Signature:	Date:
Cadet's Name:	CAPID: