

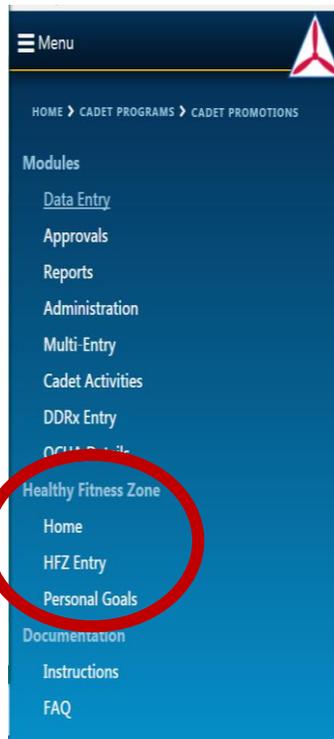
# Active Cadet Fitness Program Administration

The Cadet Promotions module in eServices has been updated to align with the new Active Cadet Fitness Program.

## Overview

Results from Cadet Physical Fitness Tests are entered into the Healthy Fitness Zone module in eServices, rather than directly into the Data Entry screen.

eServices > Cadet Programs > Cadet Promotions > Healthy Fitness Zone > [Home](#)



## Home

The home screen displays CPFT results for the past 180 days. You can also select specific cadets or specific tests dates to view.

## CPFT Entry- Desktop

Conduct CPFT and record scores.

- Select HFZ Entry & Organization (if applicable)
- Select the Date for the CPFT test
- Cadets are displayed in alphabetical order by last name
- Enter CPFT scores
  - PACER Run is entered in laps completed
  - Mile Run is entered in (min:sec)
  - Curl Ups and Push Ups are entered in repetitions
  - Sit and Reach is the lowest scoring side in inches
- Hit Submit at the bottom of the page

Information will autopopulate to the cadets' records.

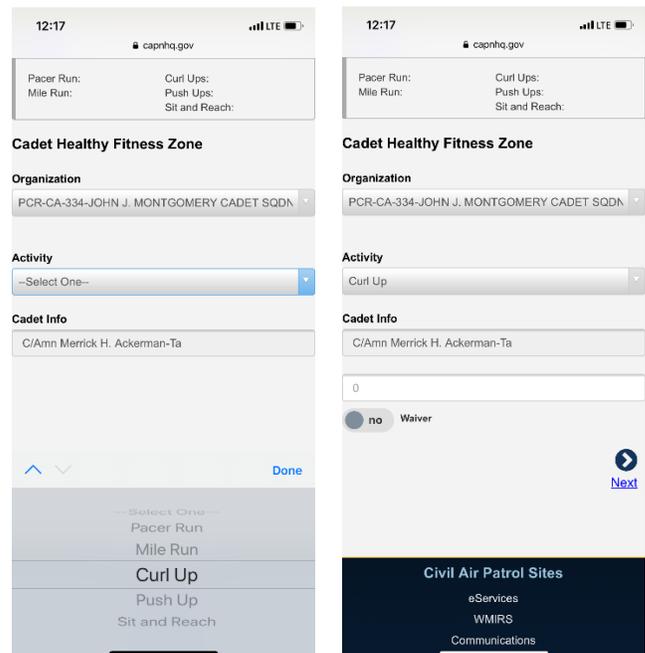
## CPFT Entry- Mobile

Designed for recording scores in real time.

- Conduct first exercise of CPFT
- Select HFZ Entry & Organization (if applicable)
- Select Activity
- Cadets will display one at a time in alphabetical order by last name
- Enter score and select next
- If a cadet is not present, simply select next
- Do the same after each activity

Information will autopopulate to the cadets' records.

Best practice: Teach cadets to line up in this order after each exercise to expedite the data entry.



## Waivers

For cadets in Physical Fitness Categories II-IV who are restricted from certain portions of the CPFT, simply select the Waiver button by the event(s) in which the cadet does not participate. This can be completed from both the desktop and mobile view.

**Weather Waiver-** The HFZ credential is good for six months. With cadets testing quarterly missing a single CPFT should not delay a cadet's progression in the program. It does, however, make the timing of the following CPFT more important. If the CPFT is delayed due to weather issues, adult leaders may use the weather waiver button to give a one-time 30 day extension of the HFZ credential for cadets. The CPFT should be conducted as soon as convenient to avoid further delays in cadet progression.

## Personal Goals

Depending on a cadet's goals in life, most cadets will want to challenge themselves beyond the base HFZ scores needed to continue their cadet progression. The personal goals module allows cadets or adult leadership to enter a stretch goal and monitor their progress easily. Personal goals will display under the cadet's scores in CPFT reports. Personal goals have no effect on the cadet's score.

Questions? [cadets@capnhq.gov](mailto:cadets@capnhq.gov)

## References

[CAPP 60-50 Active Cadet Fitness Guide](#)

[ACFP Resources](#)

[Cadet Healthy Fitness Zone \(eServices\)](#)