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New for 2019
Achievements 10, 14, and 15 now celebrate the legacy of Lt Willa Brown, CAP; Col George Boyd, CAP; and Dr. Sally Ride.

CAP Visual Aid 60-100 October 2019
Available in 2' x 3' poster via eServices, and via PDF at GoCivilAirPatrol.com/library for self-printing on two letter-size sheets



PHASE III THE COMMAND PHASE | **PHASE IV THE EXECUTIVE PHASE** | **GENERAL CARL A. SPAATZ AWARD**

ACHIEVEMENT 9	ACHIEVEMENT 10	ACHIEVEMENT 11	AMELIA EARHART AWARD	ACHIEVEMENT 12	ACHIEVEMENT 13	ACHIEVEMENT 14	ACHIEVEMENT 15	ACHIEVEMENT 16	IRA C. EAKER AWARD	CARL SPAATZ AWARD
Currently not named; reserved for a future aerospace pioneer	"Maker of Pilots" and CAP volunteer, her flight school trained the first African-American military pilots	Currently not named; reserved for a future aerospace pioneer	Record-setting female pilot and writer who was lost while attempting to fly around the world	Currently not named; reserved for a future aerospace pioneer	Currently not named; reserved for a future aerospace pioneer	Tuskegee Airman, one of the first African-American USAF officers, veteran of three wars, CAP volunteer	Astrophysicist and first US woman in space who later became a champion of science literacy	Currently not named; reserved for a future aerospace pioneer	Army Air Forces general and advocate of strategic bombardment during World War II	First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board

CADET SECOND LIEUTENANT	CADET FIRST LIEUTENANT	CADET FIRST LIEUTENANT	CADET CAPTAIN	CADET CAPTAIN	CADET CAPTAIN	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET LIEUTENANT COLONEL	CADET COLONEL
No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	Eligible for the International Air Cadet Exchange; eligible for promotion to 1st Lt and the Cadet Programs Officer technician rating	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	No Ribbon Awarded	Eligible to receive credit for Squadron Leadership School and Level II as a senior member at age 21	Eligible for promotion to captain, credit for a Cadet Programs Officer senior rating, and the Yeager Award as a senior member at age 21

LtL Chapter 9 & SDA Service, Writing & Presentation	LtL Chapter 10 & SDA Service, Writing & Presentation	LtL Chapter 11 & SDA Service, Writing & Presentation	Learn to Lead Comprehensive Exam	LtL Chapter 12 & SDA Service, Writing & Presentation	LtL Chapter 13 & SDA Service, Writing & Presentation	LtL Chapter 14 & SDA Service, Writing & Presentation	LtL Chapter 15 & SDA Service, Writing & Presentation	LtL Chapter 16 & SDA Service, Writing & Presentation	Speech & Essay	Learn to Lead Comprehensive Exam
Journey of Flight 3-Chapter Block	Journey of Flight 3-Chapter Block	Journey of Flight 3-Chapter Block	Aerospace Dimensions Comprehensive Exam	No Requirement	No Requirement	Journey of Flight 3-Chapter Block	Journey of Flight 3-Chapter Block	Journey of Flight 3-Chapter Block	No Requirement	Journey of Flight Comprehensive Exam
Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	No Requirement	Essay Exam				
Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	USAF Academy Candidate Fitness Assessment
									Graduate Cadet Officer School or alternative See CAPR 60-1, Ch 5	

INITIAL YOUTH FITNESS PROGRAM HEALTHY FITNESS ZONE (HFZ) STANDARDS

CURL-UPS																		PUSH-UPS																		SIT & REACH (avg. inches)																	
10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+																											
12	15	18	21	24	24	24	24	24	7	8	10	12	14	16	18	18	18	8	8	8	8	8	8	8	8	8																											
12	15	18	18	18	18	18	18	18	7	7	7	7	7	7	7	7	7	9	10	10	10	10	12	12	12	12																											

PLUS 2 of 3

USAF ACADEMY CANDIDATE FITNESS ASSESSMENT

M	F
SIT-UPS 81	78
PUSH-UPS 62	41
MILE RUN 6:29	7:30

Conscious of own performance; takes initiative to develop new skills; self-motivated and able to motivate others	Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement
Fair, just, and consistent in dealing with subordinates; exercises good judgment in knowing which matters should be referred up the chain	Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently
Writes and speaks clearly; presents ideas logically; wins through persuasion	Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues
Given an assignment, takes project from beginning to end; develops appropriate goals, plans, standards, and follows through in execution; demonstrates sense of ownership in all assignments	Completes large projects with little supervision; follows and sets a command intent; self-starter
Actively mentors NCOs; resolves conflicts fairly; criticizes constructively; dissents respectfully when disagreeing with superiors	Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure
Thinks in advance and plans ahead to meet the unit's short-term needs; imaginative and not tied to old ideas	Sets long-term goals for the unit; imaginative and visionary; recognizes unit's long-term needs; mentally agile when faced with unfamiliar problems
Delegates routine tasks effectively and works through NCOs; keeps people informed; makes expectations clear; supervises work of other leaders	Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge

