## PHASE III: THE COMMAND PHASE

**ACHIEVEMENT 9:** W. BROWN
- "Maker of Pilots" and CAP volunteer, first flight school training the first African-American military pilots.

**ACHIEVEMENT 10:** A. EARHARDT
- Currently not named to receive this Future Astronaut Award.

**ACHIEVEMENT 11:** A. EARHARDT
- Record setting female pilot and author who was last attempting to fly around the world.

**ACHIEVEMENT 12:** A. EARHARDT
- Currently not named to receive this Future Astronaut Award.

## PHASE IV: THE EXECUTIVE PHASE

**ACHIEVEMENT 13:** G. BOYD
- Successfully raised over $1 million for the 1st Air Force Women, CAP member.

**ACHIEVEMENT 14:** S. RIDGE
- Administrative and first US woman in space who later became a champion of science literacy.

**ACHIEVEMENT 15:** S. RIDGE
- Currently not named to receive this Future Astronaut Award.

**ACHIEVEMENT 16:** J. EAKER
- Arms Air Force general and advocate of strategic bombardment during World War II.

## GENERAL C. SPAATZ AWARD
- First Colonel of the United States Air Force and first Chairman of the CAP National Board.

## CADET SECOND LIEUTENANT
- No Ribbon Awarded

## CADET FIRST LIEUTENANT
- No Ribbon Awarded

## CADET FIRST LIEUTENANT
- No Ribbon Awarded

## CADET CAPTAIN
- No Ribbon Awarded

**Journey of Flight 3-Chapter Block**
- Journey of Flight 3-Chapter Block
- Journey of Flight 3-Chapter Block
- Journey of Flight 3-Chapter Block
- Journey of Flight 3-Chapter Block
- Journey of Flight 3-Chapter Block

**Aerospace Dimensions Comprehensive Exam**
- No Requirement

**Participate in 1 Activity**
- Participate in 1 Activity
- Participate in 1 Activity
- Participate in 1 Activity
- Participate in 1 Activity
- Participate in 1 Activity

**Have Attained HZ1 in Previous 180 Days**
- Participate in 1 Activity & Have Attained HZ1 In Previous 180 days
- Participate in 1 Activity & Have Attained HZ1 In Previous 180 days
- Participate in 1 Activity & Have Attained HZ1 In Previous 180 days
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### VHATH YOUTH FITNESS PROGRAM: HEALTHY FITNESS ZONE (HFZ) STANDARDS

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<tr>
<th>CURS-UPS</th>
<th>PUSH-UPS</th>
<th>SIT &amp; REACH (avg. inches)</th>
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### USAF ACADEMY CANDIDATE FITNESS ASSESSMENT

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<th>SFIT-UPS</th>
<th>PUSH-UPS</th>
<th>MILE RUN</th>
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<tbody>
<tr>
<td>81-95</td>
<td>62-76</td>
<td>620-690</td>
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**VITAL YOUTH FITNESS PROGRAM: HEALTHY FITNESS ZONE (HFZ) STANDARDS**

- Consistent with body image and ability to motivate others.
- Fair, just, and consistent in dealing with subordinates; exercises good judgment in knowing what matters should be referred up the chain.
- Wears and speaks clearly; presents ideas logically; wins through persuasion.
- 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.
- Actively mentors NCODs; resolves conflicts fairly; criticizes constructively; dissects respectively when disagreeing with superiors.
- Thinks in advance and plans ahead to meet the unit’s short-term needs; imaginative and not tied to old ideas.
- Delegates routine tasks effectively and works through NCODs; keeps people informed; makes expectations clear; supervises work of other leaders.

- Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement.
- Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently.
- Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues.
- Completes large projects with little supervision; follows and sets a commendable intent; self-starter.
- Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure.
- Sets long-term goals for the unit; imaginative and visionary; recognizes unit’s long-term needs; mentally agile when faced with unfamiliar problems.
- Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge.

## CADET DEPUTY COMMANDER
- 26 months to Ehart

## CADET COMMANDER
- 38 months to Spaatz

- Upon earning Spaatz
- 38 months to Spaatz

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**Notes:**

- Fellows for promotion purposes, used for Cadet Region Office assessment only.

- Speech 
  - Essay

- Learn to Lead Comprehensive Exam
  - Essay Exam

- USAF Academy Candidate Fitness Assessment

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<th>CAPLEAD course: post-test only:</th>
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<td>6-12</td>
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**PMP and CAPLEAD course for promotion purposes:**

- 81-95
- 62-76
- 620-690