



## Air Force updates fitness test requirements

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**ARLINGTON, Va. (AFNS) --** The Air Force announced an update to its physical fitness assessment standards and implementation timeline.

Changes from the September 2025 announcement include a shortened physical fitness diagnostic testing period to end in June and the option for either the 2-mile run or the 20-meter High Aerobic Multi-shuttle Run every six months.

"We care about the long-term health of our Airmen and that starts with physical fitness," said Air Force Chief of Staff **Gen. Ken Wilsbach**. "The habits Airmen build by working out daily directly impact their quality of life in and out of uniform. I am confident our commanders will continue to implement a culture of fitness so our warfighters are healthy and ready."

The components of the updated bi-annual PFA offer Airmen a choice between traditional and alternative exercises:

**Cardiovascular:** 2-mile run or 20-meter HAMR.

**Strength:** One minute of push-ups or two minutes of hand-release push-ups.

**Core:** One minute of sit-ups, two minutes of cross-leg reverse crunches, or a timed forearm plank.

**Body Composition:** Waist-to-Height Ratio measurement.

From March 1 through June 30, 2026, all fitness tests will be diagnostic to provide Airmen time to adapt to the new standards. Beginning July 1, 2026, the Air Force will resume official testing under the new PFA standards.

Fitness testing is currently paused to facilitate the transition to the updated program.

Per the Secretary of War's guidance, PFA scores will be included in officer and enlisted performance briefs beginning in February 2026. The first groups to be affected by this change will be colonels in February 2026, then lieutenant colonels, majors, and chief master sergeants in May 2026. Senior airman EPBs closing out in March 2026 will not include PFA scores.

The most recent PFA score included on an Airman's performance brief may include tests accomplished on previous standards.

"Your physical health is important to us, not just as a readiness metric but as a human being as well," Chief Master Sgt. of the Air Force **David R. Wolfe** said. "When you're physically healthy, you are not only happier, but in a better position to excel at your job."

Updated fitness score charts incorporating feedback from the field and a thorough review of score distributions will be released soon. Additionally, an updated AFMAN 36-2905, Air Force Physical Fitness Program, will be published soon.



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