

Air Force Duty Badges



Air Education and Training Command Instructor Badge



Air Force Recruiting Service Badge



Commander Badge



Fire Protection Shield



Joint Chiefs of Staff Identification Badge



Office of the Secretary of Defense Badge



Permanent Professor Air Force Academy Badge



Presidential Service Badge



Security Forces Shield



Vice Presidential Service Badge

Air Force Fitness Standards

Determining Fitness Score

Fitness level is determined by adding aerobic fitness, body composition, push-up and crunch component points.

| Fitness Level | Total Score |
|---------------|-------------|
| Excellent | ≥ 90 |
| Good | 75 - 89.9 |
| Marginal | 70 - 74.9 |
| Poor | <70 |

Members must complete all components unless medically exempted. If medically exempted from any component, the total score is calculated as follows:

$$\frac{\text{Total component points achieved}}{\text{Total possible points}} \times 100$$

Component Points

| Component Points | Possible |
|------------------|----------|
| Aerobic Fitness | 50 |
| Body Composition | 30 |
| Push-ups | 10 |
| Crunches | 10 |

To find the fitness charts, visit www.af.mil/news/LISAF_Fitness_Charts.pdf.