



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
UNITED STATES AIR FORCE
WASHINGTON DC 20330

JUL 13 2026

Airmen,

Every day, our Nation depends on the United States Air Force to deter aggression and, if called upon, to fight and win. Meeting that responsibility starts long before we launch aircraft or execute missions. It begins with the high standards we uphold.

Standards are the foundation of discipline and readiness. Consistently holding ourselves accountable builds trust within our formations, reinforces confidence in our teammates, and ensures we are prepared to answer our Nation's call.

To strengthen our readiness, every Airman must focus on fitness and appearance standards. Start by familiarizing yourself with the updated physical fitness regulation and prepare to meet them. Fitness remains essential to every Airman's ability to execute the mission under challenging conditions.

The Waist-to-Height Ratio (WHtR) assessment is an important component of our overall fitness program and provides commanders another tool to understand the readiness and health of the force. You must have a current WHtR assessment uploaded in myBodyComp. Unless medically exempt from the WHtR component, all Airmen must complete this action no later than 31 July 2026 (Active Duty) or 31 August 2026 (ARC members).

Finally, continue to uphold our dress and appearance standards. A professional image reflects discipline, pride, and attention to detail. That same mindset drives excellence across every career field and should be evident in how we present ourselves.

Let's continue to hold ourselves to the highest standards that make us the world's most capable Air Force. Thank you for your professionalism and commitment to excellence.
Fight's On!

A handwritten signature in black ink, reading "Kenneth S. Wilsbach".

KENNETH S. WILSBACH
General, USAF
Chief of Staff