



Air National Guard (Title 32 AGR/DSG) Fitness Guidance due to COVID-19 Due Date Matrix

Current as of 2 April 2021

ANG (Title 32AGR/DSG) Official Physical Fitness Assessment Due Date Matrix			
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	COVID-19 EXEMPT	COVID-19 EXEMPT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019	Mar 2020	Mar 2021	Mar 2022
Apr 2019	Apr 2020	Apr 2021	April 2022
May 2019	May 2020	May 2021	May 2022
Jun 2019	Jun 2020	Jun 2021	June 2022
Jul 2019	Jul 2020	N/A	July 2021
Aug 2019	Aug 2020	N/A	Aug 2021
Sept 2019	Sept 2020	N/A	Sept 2021
Oct 2019	Oct 2020	N/A	Oct 2021
Nov 2019	Nov 2020	N/A	Nov 2021
Dec 2019	Dec 2020	N/A	Dec 2021
Jan 2020	Jan 2021	N/A	Jan 2022
Feb 2020	Feb 2021	N/A	Feb 2022
Mar 2020	Mar 2021	N/A	Mar 2022

Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES	
DATE OF LAST IN-PERSON FITNESS ASSESSMENT	DUE DATE OF NEXT FITNESS ASSESSMENT
Mar 2019 – Mar 2020	Jul 2021

FITNESS CATEGORIES	
Excellent	All Components have been tested and the member received a score 90 or higher
Satisfactory	All Components have been tested and the member received a score 75 to 89
Pass	Member Passed the Components with an Exemption in one or more Components
Unsatisfactory	All Components have been tested and the member didn't pass one or more components
Fail	Member failed one or more Components with an Exemption in one or more Components
DNF	Didn't finish the Assessment

** The physical fitness assessment will consist of the aerobic and muscular fitness components. Abdominal circumference will not be a scored component, and height/weight will be taken only as a record of measurement for data collection.*

**Waist measurement will be separate from the fitness assessment, but will resume after 1 Oct to comply with the DoD requirement for body mass measurements.*