

FITNESS STATEMENT or WEIGHT STATEMENT

Fitness Statement

Outlined below are the yearly JGMESB requirements. Applicants to the 2023 JGMESB MUST have a “satisfactory” or “excellent” fitness score within the current fitness guidance.

If you are currently on active duty status (to include USUHS students and civilian sponsored applicants), the Commander’s Fitness Statement must be a part of your application.

**** In addition, you must provide your individual fitness report in PDF from myFitness. This report can be created as a PDF file using the “Fitness Tracker Report” in myFitness. Do not submit a copy of your fitness scorecard.**

Fitness Statements for USUHS students will be uploaded into MODS by the USUHS Medical School Official (MSO). Visit your Unit Fitness Program Manager if you have questions on fitness testing.

To apply for GME, applicants MUST have a “satisfactory” or “excellent” fitness score.

EXCEPTION: Medical students are required to apply for GME regardless of their fitness score. For applicants identified as “unsatisfactory” (score < 75) or who have failed one or more component(s) of the test, this information will be considered by the Board President.

The Fitness Statement must be signed by either the Unit Fitness Monitor or the Squadron/Group Commander indicating your latest test date and test score. A template for the Fitness Statement can be found in the Other Resources section of the [Physician Education website](#).

NOTE: If selected for GME and your fitness status changes from “satisfactory” or “excellent” to “unsatisfactory” prior to entering training, Physician Education must be notified with an updated Fitness Statement. Your training offer will be revoked if you do not have a current “satisfactory” or “excellent” fitness score prior to proceeding to training.

Weight Statement

If you are currently in Deferred/Re-Deferred status, FAP, or HPSP, the Weight Statement must be a part of your application. The Weight Statement is a form that must be completed and endorsed by medical personnel other than yourself.

The form can be found in the Other Resources section of the [Physician Education website](#).