

\*\*\*\*\*FITNESS STATEMENT TEMPLATE\*\*\*\*\*

1. **Must be completed by appointed Unit Fitness Monitor or Commander**
2. **If your current fitness score is below 75 or you failed any component of the test, you may not apply to the JGMESB.**
3. **Fitness statements for USUHS students will be uploaded into MODS by the USUHS MSO.**
4. **You must submit your individual fitness report in PDF from myFitness with this letter. 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.**

<<LETTERHEAD>>

Date \_\_\_\_\_

MEMORANDUM FOR 2024 JGMESB

FROM: UNIT FITNESS MONITOR or COMMANDER

SUBJECT: Fitness Statement for *(Applicant Rank Name)*

1. \_\_\_\_\_ is applying to the 2024 JGMESB for consideration for Graduate Medical Education.
2. The member completed their fitness test on \_\_\_\_\_ and has a composite score of \_\_\_\_\_. The member is / is not current in the Air Force fitness program.
3. If the member’s fitness status changes prior to entering GME, I will alert AFPC Physician Education at [afpc.dpmnp.physicianeducation@us.af.mil](mailto:afpc.dpmnp.physicianeducation@us.af.mil) and make recommendations accordingly.
4. Additional comments, if necessary:

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SIGNATURE BLOCK  
Squadron Fitness Representative or  
Squadron or Group Commander