

TEMPLATE FOR FITNESS PROFILE DOCUMENTATION

MEMORANDUM FOR RECORD

SUBJECT: Template for Evaluation by Private Medical Physician

1. Please use the information below for your Private Medical Physician to utilize as a template for documentation required for submission to 315 AMDS for profile consideration. This memorandum in no way implies any financial obligation on the part of the 315 AMDS or the USAF.

2. Please note that all Private Medical Physician documentation must be dated, documented on the physician's letterhead & signed by a credentialed physician. The documentation must also include the following:

- Diagnosis
- Treatment Plan
- Prognosis
- Fitness and Duty Limitations or Restrictions to include the following:
- Current Medications
- Time Limit (if any) for limitations/Restrictions
- Duty Limitations or Restrictions to include the following:
 - Ability to run 100 yards while wearing at least 40 pounds of gear
 - Ability to perform AFSC duties in hot or cold environments
 - Ability to perform AFSC duties for at least 12 hours a day
 - Ability to subsist on field rations for up to 179 days
 - Ability to perform AFSC duties/live in field conditions

3. **The documentation must specifically address whether or not you are capable of completing a 1.5 mile timed run, a 2.0 Kilometer timed walk, timed sit-ups and timed pushups.**

4. Member must hand carry physician's letter to their UHM and have it reviewed and cosigned prior to coming to the 315 AMDS profile clinic.

5. **Fitness Profiles are accomplished Saturday 0800-0900. At the conclusion of evaluation, mbr will only receive a WORKING COPY of the initiated profile. Finalized copy will be forwarded to UHM.**