



Eligibility Requirements



Enhance Air- & Space-minded Leaders

Last Fitness Level[s]

Fitness Category	Composite Score	Date	Composite Exemption Type
Excellent	91.9	4/26/2023	
Satisfactory	88.4	10/24/2022	
Satisfactory	88.7	4/5/2022	
Composite Exempt	0.0	4/22/2021	Commander
Composite Exempt	0.0	12/7/2020	Commander

Recent Exemptions

Cardio Not Exempt	Exp. Not Exempt	Strength Not Exempt	Exp. Not Exempt	Endurance Not Exempt	Exp. Not Exempt

You must have a current and passing PT test with no exemptions that lasts through SOS graduation. If you have an exemption in **any** of these components on your current PT test, you **must** either **retest with no exemptions** or have an **approved ETP*** before attending SOS. This is true even if the profile which led to the exemption has expired. Additionally, if you are on a medical profile, even if it will expire during the class, you cannot attend SOS without an approved ETP. (*ETP not required for exemptions due to pregnancy or 12-month post-partum deferment.)

Primed to prevail in competitive environments