

## **FITNESS STATEMENT or WEIGHT STATEMENT**

### **Commander's Fitness Statement**

If you are currently on active duty status (to include USUHS students and civilian sponsored applicants), the JSGMESB Fitness Statement must be a part of your application. Do not submit a copy of your fitness scorecard. Fitness statements for USUHS students will be uploaded into MODS by the USUHS MSO. Visit your Unit Fitness Program Manager if you have questions on fitness testing.

Applicants in all fitness categories may apply for GME. The JSGMESB President will review all "unsatisfactory" fitness applicants and approve selection for GME on a case by case basis. All active duty applicants with a "satisfactory" or "excellent" score are required to submit a current Fitness Statement which is signed by either the Unit Fitness Monitor or your Squadron or Group Commander indicating your latest test date and test score. **Applicants must be current through the 31 October of the application year**. If your next test expires before the 15 December of the application year, you must retest so that you are submitting a current score as a part of your application prior to the JSGMESB application deadline.

For individuals who are identified as "unsatisfactory" (score < 75) or failed one or more component(s) of the test, the **Squadron or Group Commander** (not the Unit Fitness Monitor) must complete the letter and make his/her specific recommendation for GME consideration. **NOTE:** If selected for GME and your fitness status changes from "unsatisfactory" to "satisfactory" or "excellent" or from "satisfactory" or "excellent" to "unsatisfactory" prior to entering training, Physician Education must be notified with an updated Fitness Statement.

### **Weight Statement**

If you are currently in Deferred/Re-Deferred status, FAP or HPSP, the JSGMESB 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 USEFUL DOCUMENTS section.