# Fitness Guidance due to COVID-19 Due Date Matrix

*Current as of 16 Sep 2020*

| Official Physical Fitness Assessment Due Date Matrix EXCELLENT SCORES | | |
| --- | --- | --- |
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT | COVID-19 EXEMPT | DUE DATE OF NEXT FITNESS ASSESSMENT |
| Mar 2019 | Mar 2020 | Mar 2021 |
| Apr 2019 | Apr 2020 | Apr 2021 |
| May 2019 | May 2020 | May 2021 |
| Jun 2019 | Jun 2020 | Jun 2021 |
| Jul 2019 | Jul 2020 | Jul 2021 |
| Aug 2019 | Aug 2020 | Aug 2021 |
| Sept 2019 | Sept 2020 | Sept 2021 |
| Oct 2019 | Oct 2020 | Oct 2021 |
| Nov 2019 | Nov 2020 | Nov 2021 |
| Dec 2019 | Dec 2020 | Dec 2021 |
| Jan 2020 | N/A | Jan 2021 |
| Feb 2020 | N/A | Feb 2021 |

| Official Physical Fitness Assessment Due Date Matrix SATISFACTORY and PASS SCORES | | | |
| --- | --- | --- | --- |
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT | COVID-19 EXEMPT | COVID-19 EXEMPT | DUE DATE OF NEXT FITNESS ASSESSMENT |
| Sept 2019 | Mar 2020 | Sept 2020 | Mar 2021 |
| Oct 2019 | Apr 2020 | Oct 2020 | Apr 2021 |
| Nov 2019 | May 2020 | Nov 2020 | May 2021 |
| Dec 2019 | Jun 2020 | Dec 2020 | Jun 2021 |
| Jan 2020 | Jul 2020 | N/A | Jan 2021 |
| Feb 2020 | Aug 2020 | N/A | Feb 2021 |
| Mar 2020 | Sep 2020 | N/A | Mar 2021 |

| Official Physical Fitness Assessment Due Date Matrix UNSATISFACTORY and NON-CURRENT SCORES | |
| --- | --- |
| DATE OF LAST IN-PERSON FITNESS ASSESSMENT | DUE DATE OF NEXT FITNESS ASSESSMENT |
| Mar 2019 – Mar 2020 | Jan 2021 |

| FITNESS CATEGORIES | |
| --- | --- |
| Excellent | All Components have been tested and the member received a score 90 or higher |
| Satisfactory | All Components have been tested and the member received a score 75 to 89 |
| Pass | Member Passed the Components with an Exemption in one or more Components |
| Unsatisfactory | All Components have been tested and the member didn't pass one or more components |
| Fail | Member failed one or more Components with an Exemption in one or more Components |
| DNF | Didn't finish the Assessment |