



BURLINGTON COMPOSITE SQUADRON / NCR IA 005  
 CIVIL AIR PATROL  
 UNITED STATES AIR FORCE AUXILIARY  
 P.O. BOX 515  
 WEST BURLINGTON, IOWA 52655



Cadet Phase I Qualification – Arnold Achievement

NAME: \_\_\_\_\_ CAPID: \_\_\_\_\_

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Topic		Date		
2: Moral Leadership					
	Activity		Date		
3: Unit Activity					
	Module	Exam Score	Date		
4: Aerospace Exam					
	Exam Score	Date			
5: Leadership, Chap 2					

Senior Member Approvals For Completion Of Tasks

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Moral Leadership			
3: Unit Activity			
4: Aerospace Exam			
5: Leadership Chap. 2			

	Sr. Member Signature	CAPID	Date
Promoted to C/A1C			
CAPF 52-1			
All entries into E-Services online record complete			

PHASE I ACHIEVEMENTS 1 – 3 & THE WRIGHT BROTHERS AWARD																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	20	21	21	20	23	24	25	28	24	24	25	24	28	31	30	31
CURL UPS	30	31	34	36	39	38	38	38	25	27	29	30	31	30	30	28
PUSH UPS	10	11	12	16	18	22	24	26	10	10	9	9	9	11	11	12
SHUTTLE RUN	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
MILE RUN	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11

President's  
 Challenge  
 25th  
 percentile