



**BURLINGTON COMPOSITE SQUADRON / NCR IA 005**

CIVIL AIR PATROL  
 UNITED STATES AIR FORCE AUXILIARY  
 P.O. BOX 515  
 WEST BURLINGTON, IOWA 52655



**Cadet Phase II Qualification – Rickenbacker Achievement**

**NAME:** \_\_\_\_\_

**CAPID:** \_\_\_\_\_

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

**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. 4                                 |                      |       |      |
| 6. Review Board,<br>CAPF50-2                          |                      |       |      |
|   | Sr. Member Signature | CAPID | Date |
| Promoted to C/TSgt                                    |                      |       |      |
| CAPF 52-2   |                      |       |      |
| All entries into E-Services<br>online record complete |                      |       |      |

| PHASE II ACHIEVEMENTS 4 - 6 |       |       |      |      |      |      |      |      |       |         |       |       |       |       |       |       |
|-----------------------------|-------|-------|------|------|------|------|------|------|-------|---------|-------|-------|-------|-------|-------|-------|
| AGE                         | MALES |       |      |      |      |      |      |      |       | FEMALES |       |       |       |       |       |       |
|                             | 10    | 11    | 12   | 13   | 14   | 15   | 16   | 17+  | 10    | 11      | 12    | 13    | 14    | 15    | 16    | 17+   |
| SIT & REACH                 | 22    | 23    | 23   | 23   | 25   | 27   | 27   | 31   | 26    | 26      | 27    | 27    | 30    | 32    | 32    | 33    |
| CURL UPS                    | 32    | 34    | 37   | 39   | 41   | 41   | 40   | 40   | 27    | 29      | 31    | 33    | 34    | 32    | 32    | 30    |
| PUSH UPS                    | 11    | 12    | 14   | 18   | 20   | 25   | 26   | 30   | 10    | 11      | 10    | 10    | 10    | 12    | 13    | 14    |
| SHUTTLE RUN                 | 12.0  | 11.5  | 11.0 | 10.6 | 10.2 | 10.0 | 9.7  | 9.6  | 12.6  | 12.1    | 11.7  | 11.5  | 11.6  | 11.4  | 11.4  | 11.3  |
| MILE RUN                    | 10:58 | 10:25 | 9:40 | 8:54 | 8:30 | 8:08 | 7:53 | 7:35 | 12:08 | 12:21   | 12:01 | 11:40 | 11:10 | 11:00 | 11:24 | 11:20 |

President's  
 Challenge  
**35<sup>th</sup>**  
 percentile