



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 – Goddard 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 7 | | | | | |

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. 7 | | | |
| 6. Review Board, CAPF50-2 | | | |
| | Sr. Member Signature | CAPID | Date |
| Promoted to C/CMSgt | | | |
| CAPF 52-2 | | | |
| All entries into E-Services online record complete | | | |

| PHASE II ACHIEVEMENTS 7 – 8 & THE MITCHELL AWARD | | | | | | | | | | | | | | | | |
|--|-------|------|------|------|------|------|------|------|---------|-------|-------|-------|-------|------|-------|-------|
| | MALES | | | | | | | | FEMALES | | | | | | | |
| AGE | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17+ |
| SIT & REACH | 25 | 25 | 26 | 26 | 28 | 30 | 30 | 34 | 28 | 29 | 30 | 31 | 33 | 36 | 34 | 35 |
| CURL UPS | 35 | 37 | 40 | 42 | 45 | 45 | 45 | 44 | 30 | 32 | 35 | 37 | 37 | 36 | 35 | 34 |
| PUSH UPS | 14 | 15 | 18 | 24 | 24 | 30 | 30 | 37 | 13 | 11 | 11 | 11 | 11 | 15 | 12 | 16 |
| SHUTTLE RUN | 11.5 | 11.1 | 10.6 | 10.2 | 9.9 | 9.7 | 9.4 | 9.4 | 12.1 | 11.5 | 11.3 | 11.1 | 11.2 | 11.0 | 10.9 | 11.0 |
| MILE RUN | 9:48 | 9:20 | 8:40 | 8:06 | 7:44 | 7:30 | 7:10 | 7:04 | 11:22 | 11:17 | 11:05 | 10:23 | 10:06 | 9:58 | 10:31 | 10:22 |

President's
 Challenge
50th
 Percentile