



**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 – Armstrong 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>Topic</b>		<b>Date</b>		
4: Leadership, Essay & Speech					

**Senior Member Approvals For Completion Of Tasks**

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Moral Leadership			
3: Unit Activity			
4: Leadership, essay & Speech			
5. Review Board, CAPF50-2			

	Sr. Member Signature	CAPID	Date
C/CMSgt (no Promotion)	<b>NA</b>	<b>NA</b>	<b>NA</b>
CAPF 52-2			
All entries into E-Services online record complete			

<b>PHASE II ACHIEVEMENTS 7 – 8 &amp; THE MITCHELL AWARD</b>																
	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