



BURLINGTON COMPOSITE SQUADRON / NCR IA 005

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

Achieving Greater Heights

Cadet Phase II Qualification – Mitchell Achievement

NAME: _____

CAPID: _____

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Encampment		Date		
2: Activity					
	Module	Exam Score	Date		
3: Aerospace Exam	Comp				
	Exam Score	Date			
4: Leadership, Comprehensive					

Senior Member Approvals For Completion Of Tasks

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Activity Encampment			
3: Aerospace Exam			
4: Leadership Exam			
5. Review Board, CAPF50-2			

	Sr. Member Signature	CAPID	Date
Promoted to C/2d Lt			
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