

WHAT ABOUT MY WEIGHT?

To enter the ADF you must have a Body Mass Index (BMI) of between 18.5 (below could be unsafe for training) and 32.9 (29.9 for Pilots). It will be measured on Assessment Day and again on your day of entry to the ADF, so it's important you check your BMI well in advance.

If you are outside the required range, talk to your doctor about any lifestyle changes you may have to consider. You'll find a BMI calculator on the ADF Active app.

If your BMI is outside this range but you still meet the fitness requirements, you may be granted a waiver.

ARE THERE OTHER WAYS TO GET FIT ENOUGH TO JOIN THE ADF?

Women who wish to join the Army but haven't achieved the minimum fitness requirements, may be given the opportunity to join through the 7-week Army Pre-Conditioning Program.

Indigenous candidates for any of the Services may be offered the opportunity to enlist via a 6-week Indigenous Pre-Recruit Program, which focuses on fitness and personal development.



HOW FIT DO I HAVE TO BE?






You'll need a reasonable level of fitness to join the Australian Defence Force. However, you're not expected to be an elite athlete.

We just want to make sure you're ready to start training - which includes quite demanding physical training - without risk of injury.

HOW IS MY FITNESS TESTED?

Shortly before your enlistment, you will be asked to complete a Pre-entry Fitness Assessment (PFA). It takes less than an hour, and you'll be expected to complete a set number of push-ups and sit-ups, and do a shuttle run (also called a beep test).

The requirements are:

	
 <b>NAVY</b>	
6 push-ups 20 sit-ups (feet held) 6.1 shuttle run score	15 push-ups 20 sit-ups (feet held) 6.1 shuttle run score
 <b>ARMY</b>	
8 push-ups 45 sit-ups (feet held) 7.5 shuttle run score	15 push-ups 45 sit-ups (feet held) 7.5 shuttle run score
 <b>AIR FORCE</b>	
4 push-ups 20 sit-ups (feet held) 6.5 shuttle run score	10 push-ups 20 sit-ups (feet held) 6.5 shuttle run score

Navy recruits also have to pass a basic swim test, consisting of a 3-metre platform jump, a 50-metre swim, a 10-metre underwater swim and a 15-minute treading water exercise.

The PFA requirements are higher for a small number of particularly physical roles - search 'ADF fitness' for details.

WHAT IF I'M NOT FIT ENOUGH RIGHT NOW?

The free ADF Active mobile app is a great fitness tool that's designed to help you pass your PFA. Download it now to receive a personalised exercise program plus technique tips that together, will prepare you for success.

Even if you're not considering an ADF career right now, ADF Active will help you improve your fitness and wellbeing, whatever your level.

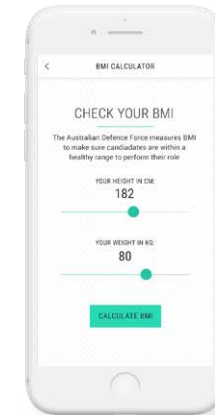
**ADF ACTIVE** 



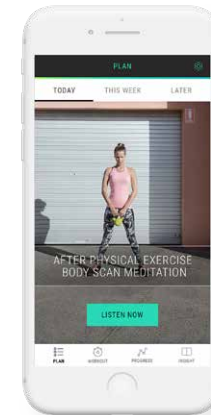
# GETTING FIT ENOUGH TO JOIN THE NAVY, ARMY OR AIR FORCE IS WELL WITHIN MOST PEOPLE'S CAPABILITY.

THE NEW ADF ACTIVE APP IS THE SMARTER, MORE EFFICIENT WAY  
TO HELP YOU REACH THAT LEVEL.



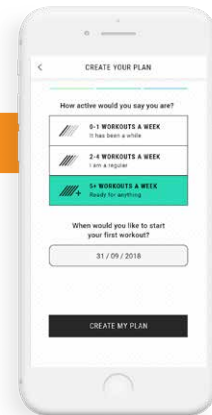
## TAKE AN INITIAL ASSESSMENT

FIND OUT HOW CLOSE YOU ARE  
TO ADF FITNESS AND BODY MASS  
INDEX REQUIREMENTS.



## BE GUIDED AND MOTIVATED

MONITOR YOUR PROGRESS,  
AND GET HELP AND ADVICE  
THROUGH THE TOUGH TIMES.



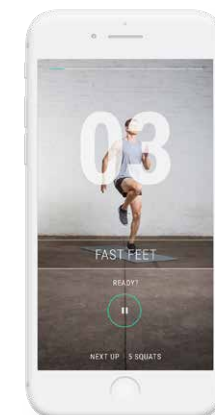
## START YOUR PERSONALISED PROGRAM

STEADILY IMPROVE YOUR FITNESS  
SO THAT YOU PEAK ON THE DAY  
OF YOUR PFA.



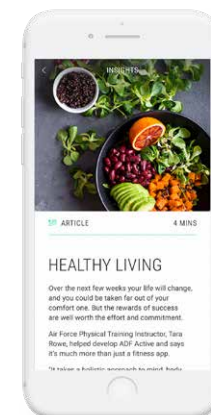
## PREPARE FOR YOUR ASSESSMENT

RECEIVE HANDY TIPS, INCLUDING  
A 'TO DO' CHECKLIST AND ADVICE  
ON HOW TO TACKLE ANY NERVES.



## GET HELP WITH YOUR TECHNIQUE

WATCH VIDEOS DETAILING THE  
ESSENTIAL POINTS OF EVERY EXERCISE,  
INCLUDING THOSE IN THE PFA.



## NURTURE YOUR MIND, BODY AND SOUL

ACCESS PODCASTS AND ARTICLES  
FOCUSED ON ALL-ROUND HEALTH  
AND WELLBEING.



## HOW FIT WILL I HAVE TO BE WHEN SERVING IN THE ADF?

For many recruits into the Navy, Army and Air Force, the physical exercise they do as a part of their jobs is challenging yet rewarding. They enjoy improving their health in a supportive team environment.

The actual level of fitness you'll be expected to maintain varies greatly by role. For instance, in combat roles the highest level is required, while healthcare and business-related roles require less.

Whatever your job, you'll still be encouraged to maintain a good level of fitness, with free access to extensive sports and exercise facilities. Plus, you'll receive friendly guidance and advice from qualified physical training instructors who are keen to help you achieve your goals.

## FIND OUT MORE

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**ADF ACTIVE**

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