**AS 400 / SCL**

**Senior Cadet Leaders**

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**Fall Semester**

1. Enroll for AS 401 Class and LLAB
2. Did you go on temporary duty this past summer?
   - YES
     - AFROTC 48 Planned Academic Program - Reevaluate and have signed by your advisor. Due 30 days after start of semester
   - NO
     - Semester Counseling with Instructor
     - Height/Weight Check
     - AF Form 53 Base Selections
     - Commissioning Physicals

   - Attend minimum 80% of PT sessions provided
     - Attempt PFD/PFT Prior to the 30th day of the semester.

3. Are you Commissioning in December?
   - YES
     - Pre-Commissioning Preparation
     - Quality Fitness Review (QFR) (20 - 30 days prior)
     - CONGRATS!
   - NO
     - End of Fall Semester
     - CONGRATS!

**Spring Semester**

1. Enroll for AS 402 Class and LLAB
2. Semester Counseling with Instructor
3. Height/Weight Check
4. Attempt PFD/PFT Prior to the 30th day of the semester.
5. Attend minimum 80% of PT sessions provided

6. AFROTC FSQ Fitness Screening Questionnaire (must be completed within 30 but NLT 7 days prior to PFD/PFT)
7. Waist Measurement (must be completed NLT 3 days prior to PFD/PFT)

8. Are you Commissioning in December?
   - YES
     - Pre-Commissioning Preparation
     - Quality Fitness Review (QFR) (20 - 30 days prior)
     - CONGRATS!
   - NO
     - End of Spring Semester