



DEPARTMENT OF WAR

Date

MEMORANDUM FOR SQUADRON OFFICER SCHOOL

FROM: _____

SUBJECT: Clearance to Attend Squadron Officer School for _____

1. _____ is currently on a profile with an expiration date of _____ and is cleared to attend Squadron Officer School In-Residence.

2. He/She can participate in the following activities during the course:

ACTIVITY	YES	NO
Daily flight physical training (PT) – (self-paced)	☐	☐
Walk 1 mile (self-paced)**	☐	☐
Run 2 miles (formation)	☐	☐
Run 5K (3.1 miles) (self-paced)	☐	☐
Lift or carry up to 25 lbs	☐	☐
Lift or carry up to 50 lbs	☐	☐
Crawl	☐	☐
Jump	☐	☐
Throw objects (5lbs or less)	☐	☐
Climb ladder	☐	☐
Dead hang supporting body weight	☐	☐

**Students typically walk a minimum of 1-2 miles around campus daily

3. If there are any questions or comments, please contact

Name _____ Phone _____

Sign _____

Print _____

Duty Title _____

INSTRUCTIONS:

1. Print out page 1 and give to PCM
2. PCM fills out and returns completed MFR to student
3. Student scans in the completed document as part of their final ETP/Waiver package and emails completed package to SOS Student Services at sos.od.studentservices@us.af.mil

05 January 2026

Date

MEMORANDUM FOR SQUADRON OFFICER SCHOOL

FROM: PCM NAME, ORGANIZATION/UNIT

SUBJECT: Clearance to Attend Squadron Officer School for Capt First Last

1. Capt First Last is currently on a profile with an expiration date of DD-MONTH-YYYY and is cleared to attend Squadron Officer School In-Residence.

2. He/She can participate in the following activities during the course:

ACTIVITY	YES	NO
Daily flight physical training (PT) – (self-paced)	☒	☐
Walk 1 mile (self-paced)**	☒	☐
Run 2 miles (formation)	☒	☐
Run 5K (3.1 miles) (self-paced)	☒	☐
Lift or carry up to 25 lbs	☒	☐
Lift or carry up to 50 lbs	☐	☒
Crawl	☐	☒
Jump	☒	☐
Throw objects (5lbs or less)	☒	☐
Climb ladder	☒	☐
Dead hang supporting body weight	☐	☒

**Students typically walk a minimum of 1-2 miles around campus daily

3. If there are any questions or comments, please contact

Name PCM First M. Last Phone (XXX) XXX-XXXX

Sign PCM SIGNATURE

Print PCM First Last

Duty Title PCM Duty Title