

3. Physical Fitness. Maintains Air Force physical fitness standards. Discuss current AF Fitness Program and set goals.		
<input type="checkbox"/> Does Not Meet	<input type="checkbox"/> Meets	<input type="checkbox"/> Exempt
Next FA Due <input style="width: 100px;" type="text"/>		
4. Training Requirements. Consider upgrade, ancillary, OJT, and readiness. (For SSgt/TSgt also consider PME, off-duty education, technical growth, and upgrade training.)		
<input type="checkbox"/> N/A Initial Feedback	<input type="checkbox"/> Does Not Meet	<input type="checkbox"/> Meets
<input type="checkbox"/> Above Average	<input type="checkbox"/> Clearly Exceeds	
5. Teamwork and Followership. Consider team building, support of team and followership. (For SSgt/TSgt also consider leadership, team accomplishments, recognition/reward others.)		
<input type="checkbox"/> N/A Initial Feedback	<input type="checkbox"/> Does Not Meet	<input type="checkbox"/> Meets
<input type="checkbox"/> Above Average	<input type="checkbox"/> Clearly Exceeds	
6. Other Comments. Consider promotion, future duty, assignments, education recommendations and safety, security and interpersonal skills.		
VII. KNOWING YOUR AIRMAN (To be discussed by Ratee and Rater during the feedback session)		
1. How do you think you are <i>performing</i> in the unit? How can your unit help you <i>perform better</i> ?		
2. What are some of your <i>goals</i> for self-improvement? (Goals should be SMART -- <u>S</u> pecific, <u>M</u> easurable, <u>A</u> ttainable, <u>R</u> ealistic, and <u>T</u> ime-bound).		
2a. Do you have <i>personal</i> (family, financial, fitness, etc.) goals? Would you like to discuss?		
2b. What are your <i>professional</i> (assignments, academic and professional education, etc.) goals (i.e. ALS, NCOA, CCAF, etc)?		
3. What are the <i>stressors</i> in your life? What are your goals for <i>reducing</i> them? How can we help?		
4. Who are your Wingmen and mentors? Do you have a mentor?		
5. How would you rate yourself as a Wingman and a mentor? Can you provide some specific examples?		
6. Would you like to offer any suggestions/feedback? (e.g., unit improvements, safety, productivity enhancements, existing programs, living conditions)		
7. Expectations for unit and ratee (Areas for Improvement, strengths and weaknesses; recommendations to improve.)		
RATEE SIGNATURE	RATER SIGNATURE	DATE