


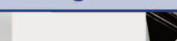




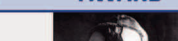



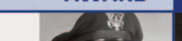





# CADET SUPER CHART

**CAP Visual Aid 60-100 May 2023**  
The only updates for this edition concern CAP branding. The October 2021 edition remains usable.  
This document is available as a 2' x 3' poster via eServices. For self-printing on two letter-size sheets, see GoCivilAirPatrol.com/Library.  
See a web-based version of this chart at GoCivilAirPatrol.com/Ranks  
For full details on all requirements shown here, see CAPR 60-1, ch. 5.

PHASE I					PHASE II					PHASE III					PHASE IV					GENERAL CARL A. SPAATZ AWARD	
NEW CADETS START HERE	ACHIEVEMENT 1	ACHIEVEMENT 2	ACHIEVEMENT 3	WRIGHT BROS. AWARD	ACHIEVEMENT 4	ACHIEVEMENT 5	ACHIEVEMENT 6	ACHIEVEMENT 7	ACHIEVEMENT 8	BILLY MITCHELL AWARD	ACHIEVEMENT 9	ACHIEVEMENT 10	ACHIEVEMENT 11	AMELIA EARHART AWARD	ACHIEVEMENT 12	ACHIEVEMENT 13	ACHIEVEMENT 14	ACHIEVEMENT 15	ACHIEVEMENT 16	IRA EAKER AWARD	
TRIAL PERIOD																					
Prospective cadets must attend three meetings before the commander approves their membership application. Training begins right away using Cadet Great Start. The Cadet Welcome Course should be completed as soon as practical after joining. The New Cadet Kit arrives at the cadet's home about two weeks after joining.	MAJOR GENERAL JOHN F. CURRY First National Commander of the Civil Air Patrol and a strong advocate for female aviators	GENERAL HAP ARNOLD Commanding general of the U.S. Army Air Forces during World War II	COLONEL MARY FEIK Pioneer in the fields of aviation mechanics and engineering, and proud CAP volunteer	ORVILLE & WILBUR WRIGHT First men to achieve powered, controlled, sustained, heavier-than-air flight	CAPTAIN EDDIE RICKENBACKER America's "Ace of Aces" during World War I; he wanted CAP cadets to know him as "Eddie"	CURRENTLY NOT NAMED: reserved for a future aerospace pioneer	PIONEER IN AERONAUTICAL ENGINEERING AND LEADER OF THE WORLD WAR II AIR RAID ON TOKYO	DR. ROBERT H. GODDARD The "Father of Modern Rocketry" and developer of the first liquid-fueled rocket	NEIL ARMSTRONG First man to set foot on the Moon aboard Apollo 11 on July 20, 1969 - "One giant leap for mankind"	BRIGADIER GENERAL BILLY MITCHELL America's first vocal advocate for military aviation; he proved the airplane could sink ships	CURRENTLY NOT NAMED: reserved for a future aerospace pioneer		1ST LT. WILLA BROWN "Maker of Pilots" and CAP volunteer; her flight school trained the first African-American military pilots	AMELIA EARHART Record-setting female pilot and writer who was lost while attempting to fly around the world	CURRENTLY NOT NAMED: reserved for a future aerospace pioneer		CURRENTLY NOT NAMED: reserved for a future aerospace pioneer	COLONEL GEORGE BOYD Tuskegee Airman, one of the first African-American USAF officers, veteran of three wars, CAP volunteer	DR. SALLY RIDE Astrophysicist and first US woman in space who later became a champion of science literacy	CURRENTLY NOT NAMED: reserved for a future aerospace pioneer	GENERAL IRA C. EAKER Army Air Forces general and advocate of strategic bombardment during World War II
																				GENERAL CARL A. SPAATZ First Chief of Staff of the United States Air Force and first Chairman of the CAP National Board	

GRADE, INSIGNIA, & AWARDS					CADET TECHNICAL SERGEANT					CADET SECOND LIEUTENANT					CADET CAPTAIN					CADET LIEUTENANT COLONEL				
CADET AIRMAN BASIC	CADET AIRMAN	CADET AIRMAN FIRST CLASS	CADET AIRMAN SENIOR	CADET STAFF SERGEANT	CADET TECHNICAL SERGEANT	CADET MASTER SERGEANT	CADET SENIOR MASTER SERGEANT	CADET CHIEF MASTER SERGEANT	CADET CHIEF MASTER SERGEANT	CADET SECOND LIEUTENANT	CADET SECOND LIEUTENANT	CADET FIRST LIEUTENANT	CADET FIRST LIEUTENANT	CADET CAPTAIN	CADET CAPTAIN	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET MAJOR	CADET LIEUTENANT COLONEL	CADET LIEUTENANT COLONEL	CADET LIEUTENANT COLONEL	CADET LIEUTENANT COLONEL	CADET LIEUTENANT COLONEL

PROMOTION ELIGIBILITY REQUIREMENTS																					
LEADERSHIP	Learn to Lead ch. 1 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 2 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 3 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 1-3 Comprehensive Closed-Book Exam  Comprehensive Drill & Ceremonies Performance Test	Learn to Lead ch. 4 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 5 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 6 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 7 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test	Learn to Lead ch. 8 Cadet Interactive or Open-Book Test  Drill & Ceremonies Performance Test  Speech & Essay	Learn to Lead ch. 4-8 Comprehensive Closed-Book Exam	Learn to Lead ch. 9 Cadet Interactive or Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 10 Cadet Interactive or Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 11 Cadet Interactive or Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 9-11 Comprehensive Closed-Book Exam	Learn to Lead ch. 12 Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 13 Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 14 Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 15 Open-Book Test  SDA Service, Writing & Presentation	Learn to Lead ch. 16 Open-Book Test  SDA Service, Writing & Presentation	Speech & Essay	Learn to Lead ch. 1-16 Comprehensive Closed-Book Exam
	AEROSPACE	No Requirement	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	No Requirement	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace Dimensions Any Module Cadet Interactive or Open-Book Test	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	No Requirement	No Requirement	No Requirement	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	Aerospace: The Journey of Flight 3-Chapter Block Open-Book Test	No Requirement	Journey of Flight All 18 Chapters Comprehensive Closed-Book Exam
FITNESS	Attempt CPFT as a baseline	Participate in 1 Activity & Have Attempted CPFT in Previous 180 days	Participate in 1 Activity & Have Attempted CPFT in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	Participate in 1 Activity & Have Attained HFZ in Previous 180 days	USAF Academy Candidate Fitness Assessment
CHARACTER	Cadet Wingman Course	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	No Requirement	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Participate in 1 Activity	Essay Exam
SPECIAL	Cadet Welcome Course Cadet Interactive or class									Graduate Encampment (anytime prior)										Graduate from a Leadership Academy (anytime prior)	NOTE: USAFA & PYPF test protocols differ greatly

PRESIDENTIAL YOUTH FITNESS PROGRAM - HEALTHY FITNESS ZONE (HFZ) STANDARDS																							
Fitness training and acclimation period No CPFT performance standards																							
PACER (20m laps)																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
1-MILE RUN																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
CURL-UPS																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
PLUS 2 of 3																							
PUSH-UPS																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
SIT & REACH (avg. inches)																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
USAF ACADEMY CANDIDATE FITNESS ASSESSMENT																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18
MILE RUN																							
AGE	10	11	12	13	14	15	16	17	18+	10	11	12	13	14	15	16	17	18+	10	11	12	13	14
MALE	17	20	23	29	36	42	47	50	54	11:30	11:10	10:40	9:46	9:22	9:04	8:42	8:22	8:04	12	15	18	21	24
FEMALE	17	20	23	25	27	30	32	35	38	11:30	11:10	10:40	10:20	10:09	9:58	9:46	9:34	9:22	12	15	18	18	18

LEADERSHIP EXPECTATIONS					Squadrons provide a feedback meeting using the CAPF 60-90 Series forms at least once per Phase							
ATTITUDE	Displays a positive attitude; optimistic; enthusiastic; is team-oriented			Maintains a positive attitude and encourages good attitudes in others; does not flaunt rank or authority			Conscious of own performance; takes initiative to develop new skills; self-motivated and able to motivate others			Resilient; shows mental discipline in working to achieve long-term goals; welcoming of change; has habit of continual self-improvement		
CORE VALUES	Aware of the Core Values; honest; wears uniform properly; practices customs and courtesies			Displays a commitment to the Core Values; promotes team spirit, professionalism, and good sportsmanship as a team leader			Fair, just, and consistent in dealing with subordinates; exercises good judgment in knowing which matters should be referred up the chain			Uses empathy; recognizes how Core Values relate to new and unfamiliar situations; makes sound and timely decisions independently		
COMMUNICATION SKILLS	Listens actively; attentive; asks good questions			Proficient in informal public speaking (i.e., in giving directions to and training junior cadets)			Writes and speaks clearly; presents ideas logically; wins through persuasion			Articulate; succinct; persuasive; varies message to fit audience; proficient in explaining complex issues		
SENSE OF RESPONSIBILITY	Follows directions; dependable; arrives ready to learn and serve; effective in managing own time			Enforces standards; trustworthy in supervising a small team and leading them in fulfillment of a series of simple tasks; given a plan, is able to carry it out			Given an assignment, takes project from beginning to end; develops goals, plans, standards, and follows through in execution; demonstrates sense of ownership			Completes large projects with little supervision; follows and sets a command intent; self-starter		
INTERPERSONAL SKILLS				Guides and coaches junior cadets; recognizes when junior cadets need help; leads by example; is not a "boss"			Actively mentors NCOs; resolves conflicts fairly; criticizes constructively; dissents respectively when disagreeing with superiors			Actively develops and mentors cadet officers; adapts leadership style to fit situation; calm under pressure		
CRITICAL THINKING							Thinks in advance and plans ahead to meet the unit's short-term needs; imaginative and not tied to old ideas			Sets long-term goals for the unit; imaginative and visionary; recognizes unit's long-term needs; mentally agile when faced with unfamiliar problems		
DELEGATION SKILLS							Delegates routine tasks effectively and works through NCOs; keeps people informed; makes expectations clear; supervises work of other leaders			Directs multiple teams and manages multiple tasks; assigns people to right jobs; delegates well and enables others to take charge		





# PERSONAL CADET TRACKER

## PHASE III

### Achievement 9



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 9 Open-Book Test or Cadet Interactive

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Requirement

No Requirement

N/A

#### Honor Credit

☐ Yes ☐ No

#### Goal Date

Promotion Effective Date

### Achievement 10

Lieutenant Willa Brown



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 10 Open-Book Test or Cadet Interactive

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Requirement

No Requirement

N/A

#### Honor Credit

☐ Yes ☐ No

#### Goal Date

Promotion Effective Date

### Achievement 11



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 11 Open-Book Test or Cadet Interactive

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Requirement

No Requirement

N/A

#### Honor Credit

☐ Yes ☐ No

#### Goal Date

Promotion Effective Date

### Amelia Earhart Award



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 9-11 Comprehensive Closed-Book Exam

**Leadership - Task 2** No Requirement

N/A

#### Aerospace

No Requirement

N/A

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

No Requirement

N/A

#### Special Requirement

No Requirement

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

You have already received the Phase III & IV Kit and so will not receive another shipment of textbooks. Learn to Lead Volume 4 is available only as a PDF at [GoCivilAirPatrol.com/Library](http://GoCivilAirPatrol.com/Library)

CADET NAME

CAPID

UNIT CHARTER NUMBER

## STAFF DUTY ANALYSIS

complete in any order

Item No.	SDA Topic	Service Completed	Writing Completed	Presentation Completed	Ach. No.
1.	Resume				
2.	Background Paper				
3.	Advocacy Paper				
4.	Operations Plan				
5.	Budget				
6.	Media Package				
7.	After Action Review				
8.	Personal Leadership Plan				

## AEROSPACE:

## THE JOURNEY OF FLIGHT

complete in any order

Test No.	Corresponding "Dimensions" Module	Study "Journey" Chapters	Date Completed	Ach. No.
1.	Introduction to Flight	1, 7, 8		
2.	Aircraft Systems & Airports	2, 9, 10		
3.	Air Environment	3, 18, 19		
4.	Rockets	4, 21, 23		
5.	Space Environment	5, 24, 25		
6.	Spacecraft	6, 26, 27		

You must complete one test during Achievements 9, 10, 11, 14, 15, and 16. You may take the tests in any order. If possible, study the *Journey of Flight* chapters corresponding to the *Aerospace Dimensions* module being studied by the cadets you are mentoring or instructing. Some chapters in *Journey of Flight* (11-17, 20, 22) are **not** included in your course of study. Cyber defense is a topic in *Aerospace Dimensions* but not *Journey of Flight*.

## PHASE IV

### Achievement 12



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 12 Open-Book Test

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

No Requirement

N/A

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Suggestion

Begin training for Spaatz Fitness Test

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### Achievement 13



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 13 Open-Book Test

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

No Requirement

N/A

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Suggestion

Continue training for Spaatz Fitness Test

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### Achievement 14

Colonel George Boyd



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 15 Open-Book Test

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Suggestion

Continue training for Spaatz Fitness Test

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### Achievement 15

Dr. Sally K. Ride



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 16 Open-Book Test

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Suggestion

Continue training for Spaatz Fitness Test

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### Achievement 16



#### Eligibility Requirements

Completed

#### Leadership - Task 1

L2L Ch. 16 Open-Book Test

**Leadership - Task 2** Staff Duty Analysis Service, Writing & Presentation

#### Aerospace

Journey of Flight: 3-Chapter Block

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

1 Monthly Forum

#### Special Suggestion

Continue training for Spaatz Fitness Test

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### General Ira C. Eaker Award



#### Eligibility Requirements

Completed

#### Leadership - Task 1

Speech & Essay

**Leadership - Task 2** No Requirement

N/A

#### Aerospace

No Requirement

N/A

#### Fitness

1 Activity & Attained HFZ < 180 Days

#### Character

No Requirement

N/A

#### Special Requirement (Anytime Prior)

Graduate from Leadership Academy

N/A

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

### General Carl A. Spaatz Award



#### Eligibility Requirements

Completed

#### Leadership

Learn to Lead Vols. 1-4

**Leadership - Task 2** Comprehensive Closed-Book Exam

#### Aerospace

Aerospace: Journey of Flight

Comprehensive Closed-Book Exam

**Fitness** USAFA Candidate Fitness Assessment

Sit-Ups: 81 Male 78 Female

Push-Ups: 62 Male 41 Female

Mile Run: 6:29 Male 7:30 Female

#### Character

Essay

#### Honor Credit

N/A

#### Goal Date

Promotion Effective Date

Spaatz Award Certificate Number