The Coast Guard physical fitness standards are set forth in the COAST GUARD WEIGHT AND BODY FAT STANDARDS PROGRAM MANUAL COMPTINST M1020.8 (series) http://www.uscg.mil/directives/cim/1000-1999/CIM 1020 8G.pdf. As stated in section 1.2.1.3 All Coast Guard military personnel shall, at a minimum, develop an annual basic fitness plan. Further requirements that set quantitative minimums are in program specific manuals. Program examples are Boat Crew standards, DOG standards, Aviation, and Weight Probation. To find specific physical requirements please contact the Program Manager of the specific program, the manual related to the program, or Mr. Tim Merrell Health Promotion Program Manager.