



PHYSICAL FITNESS STANDARDS ASSESSMENT

ID CHECKED SCRIPT READ BY _____

OVERALL TEST						
P	<input type="checkbox"/>	40%	50%	60%	F	<input type="checkbox"/>

Name _____
 (Last) _____ (First) _____ (MI) _____

Division _____ Work Location _____
 (Office, Park, or District)

Gender M F DOB _____ Age _____

Testing Location _____ Date of Test _____

Mandatory Assessment
 Test # 1 2 3

Voluntary Assessment

Pre-Employment
 50% Mandatory

Split Time Counter (optional)			
Lap	Time	Lap	Time
1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	

Track Length	ft.	M. yd.
Laps Required	miles	for 1 1/2

Age and Gender Scores						
Males (20-29)			Females (20-29)			
40%	50%	60%	40%	50%	60%	
Sit Ups (1min)	38	40	42	32	35	38
Push Ups (1min)	29	33	37	15	18	21
1.5 Mile Run	12:29	11:58	11:27	15:05	14:15	13:25
Males (30-39)			Females (30-39)			
40%	50%	60%	40%	50%	60%	
Sit Ups (1min)	35	36	39	25	27	29
Push Ups (1min)	24	27	30	11	14	15
1.5 Mile Run	12:53	12:25	11:49	15:56	15:14	14:33
Males (40-49)			Females (40-49)			
40%	50%	60%	40%	50%	60%	
Sit Ups (1min)	29	31	34	20	22	24
Push Ups (1min)	18	21	24	9	11	13
1.5 Mile Run	13:50	13:05	12:25	17:11	16:13	15:17
Males (50-59)			Females (50-59)			
40%	50%	60%	40%	50%	60%	
Sit Ups (1min)	24	26	28	14	17	20
Push Ups (1min)	13	15	19	12*	13*	17*
1.5 Mile Run	15:14	14:33	13:53	19:10	18:05	17:19
Males (60+)			Females (60+)			
40%	50%	60%	40%	50%	60%	
Sit Ups (1min)	19	20	22	6	8	11
Push Ups (1min)	10	15	18	5*	8*	12*
1.5 Mile Run	17:19	16:19	15:20	20:55	20:08	18:52

* Modified Push-ups

Sit Ups					
#		P	<input type="checkbox"/>	F	<input type="checkbox"/>

Push Ups					
#		P	<input type="checkbox"/>	F	<input type="checkbox"/>

1.5 Mile Run					
Time		P	<input type="checkbox"/>	F	<input type="checkbox"/>

I acknowledge that this information is a true and accurate representation of events occurring on this date:

Fitness Specialist _____
 Signature _____ Print Name _____

Officer/Candidate _____
 Signature _____ Print Name _____