

CADET PHYSICAL FITNESS TEST REQUIREMENTS

Phase I Achievements 1-3 and Wright Brothers Award

Cadets Name _____

CAP ID _____

Date _____

Grade _____

Age _____

Achievement Attempting _____

Males

Females

Age	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
Sit & Reach	20	21	21	20	23	24	25	28	24	24	25	24	28	31	30	31
Curl Ups	30	31	34	36	39	38	38	38	25	27	29	30	31	30	30	28
Push Ups	10	11	12	16	18	22	24	26	10	10	9	9	9	11	11	12
Shuttle Run	12.4	12	11.2	10.8	10.5	10.2	10	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
Mile Run	12.4	12	11.2	10.8	10.5	10.2	10.9	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7

	<u>1st Attempt</u>	<u>2nd Attempt</u>	<u>Pass/Fail</u>
Sit & Reach	_____	_____	_____
Curl Ups	_____	_____	_____
Push Ups	_____	_____	_____
Shuttle Run	_____	_____	_____
Mile Run	_____	_____	_____

Did the Cadet pass 2 out of 3 events, plus the shuttle run or mile run for an overall passing score?

If yes, record this date on the Cadet's CAPF 66 and destroy this sheet. If not, retain for future reference.

Testing Officer _____

Date _____

