



Annual Physical Fitness Test



Working Form

Version 10/12/2004

Date	
Location	

Officer's Name	
Officer's PHS Number	

Evaluator's Name	
Evaluator's PHS Number	
Evaluator's Fax Number	() -

	Level 1 Requirement	Achieved
Push-ups		
Side-Bridge		
Sit-ups		
1.5 mile Run/Walk		
500 Yard Swim		
450 Meter Swim		

Note 1: This form is a working form in that all information must be transferred to the "Official" FORM PHS 7044 - Physical Readiness Standards Report

Note 2: It is recommended that that the Officer fax a copy of the completed form back to the evaluator because OFRD may be contacting a sample of evaluators to verify their results

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Officer's Name	
Participant's Number	

LAP	Level 1 Split Times	Achieved
1		
2		
3		
4 (mile)		
5		
6		