

PHYSICAL FITNESS TEST (PFT) SELF EVALUATION

This is a self evaluation to assess your preparedness for the FBI administered Physical Fitness Test (PFT) needed to advance in the Special Agent Selection System. Please visit our website at www.fbijobs.gov/1113.asp for information and a video regarding the PFT administration protocols, scoring scales, and applicable strength and conditioning guidelines. If you have questions regarding the PFT, please contact your Applicant Coordinator.

YOU WILL BE CONSIDERED FOR PHASE II ONCE YOU HAVE NOTIFIED THE FBI THAT YOU HAVE MAINTAINED A LEVEL OF FITNESS THAT WILL ALLOW YOU TO OBTAIN A PASSING SCORE ON THE PFT. A PASSING SCORE REQUIRES A MINIMUM OF 12 TOTAL POINTS ON THE PFT WITH AT LEAST ONE POINT IN EACH EVENT. (THE PASSING SCORE FOR TACTICAL RECRUITMENT CANDIDATES IS 20 POINTS AND THE PFT INCLUDES PULL-UPS). ALL EVENTS MUST BE CONDUCTED IN THE ORDER LISTED IN THE CHART BELOW WITH NO MORE THAN A FIVE MINUTE BREAK IN BETWEEN EACH EVENT.

PLEASE NOTE

- If you FAIL an official FBI administered PFT (after Phase II) with less than six points, you must wait a minimum of one year before retesting.
- If you FAIL your 1st PFT with a total of six or more points, you must wait a minimum of 30 days and no more than 90 days to take a 2nd PFT.
- If you FAIL your 2nd PFT with a total of six or more points, then you must wait 90 days and no more than 120 days to attempt a 3rd and final PFT.
- After your 3rd PFT failure or failure to test within the maximum 90 day (1st retest) or 120 day (2nd retest) guideline, your application will be terminated. (Note: If a documented medical injury/illness precludes you from taking the PFT, you will NOT be held to the maximum 90/120 day requirement).
- All applicants are required to have a recent passing PFT score on file prior to entering New Agents' Training Class at Quantico. Therefore, it may be necessary for applicants to take and pass more than one PFT during processing.

Please complete the chart below, sign the form, and submit it to the FBI office processing your application. List the number/time for each event under "Total" and the corresponding score under "Points."

SIT-UPS		300 METER		PUSH-UPS		1.5 MILE		*PULL-UPS	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points

***Required for Tactical Recruitment (TRP) Candidates only**

- I have viewed the PFT protocol video on the FBI's website, conducted a PFT self assessment, and understand that I must submit this form to the Applicant Coordinator in the FBI field office processing my application. With my signature, I certify that I achieved the scores set forth above and that each event was administered and scored in strict accordance with the FBI's testing protocols. I understand failure to have consistent scores during an official PFT could be viewed as a lack of candor during my background processing.

Applicant's Printed Name: _____ Date: _____

Applicant's Signature: _____