PHYSICAL FITNESS STANDARDS ASSESSMENT

ID CHECKED ☐ **SCRIPT READ BY** _____

Name _____
(Last) (First) (MI)

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

Gender ☐ M ☐ F DOB _____ Age _____

Testing Location _____ Date of Test _____

Mandatory Assessment ☐ Voluntary Assessment ☐ Pre-Employment ☐
Test # ☐ 1 ☐ 2 ☐ 3 50% Mandatory

FINANCIAL INCENTIVE TEST (FIT)

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	M. yd. ft.		
Laps Required	for 1 ½ miles		

Sit Ups					
#		P	☐	F	☐

Push Ups					
#		P	☐	F	☐

1.5 Mile Run					
Time		P	☐	F	☐

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

FINANCIAL INCENTIVE TEST						
P	☐	**40%**	**50%**	**60%**	**F**	☐

Fitness Specialist _____
Signature **Print Name**

Officer/Candidate _____
Signature **Print Name**

Wellness & Employment Test (WET)

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		M. yd. ft.	
Laps Required		for 1 ½ miles	

Sit Ups					
#		P	☐	F	☐

Push Ups					
#		P	☐	F	☐

1.5 Mile Run					
Time		P	☐	F	☐

300 M Run					
Time		P	☐	F	☐

Swim Test	Time	Laps completed
300 yards-10 min max		

Swim Test					
Time		P	☐	F	☐

Age and Gender Scores

	Males (20-29) 20%	Females (20-29) 20%
Sit Ups (1min)	**33**	**24**
Push Ups (1min)	**22**	**10**
1.5 Mile Run	**13:58**	**17:11**
300m run	**66 sec**	**78 sec**
	Males (30-39) 20%	**Females (30-39) 20%**
Sit Ups (1min)	**30**	**20**
Push Ups (1min)	**17**	**8**
1.5 Mile Run	**14:33**	**18:18**
300m run	**68 sec**	**86 sec**
	Males (40-49) 20%	**Females (40-49) 20%**
Sit Ups (1min)	**24**	**14**
Push Ups (1min)	**11**	**6**
1.5 Mile Run	**15:32**	**19:43**
300m run	**83 sec**	**110 sec**
	Males (50-59) 20%	**Females (50-59) 20%**
Sit Ups (1min)	**19**	**10**
Push Ups (1min)	**9**	**6 modified**
1.5 Mile Run	**17:30**	**21:57**
300m run	**95 sec**	**N/A**
	Males (60+) 20%	**Females (60+) 20%**
Sit Ups (1min)	**15**	**3**
Push Ups (1min)	**6**	**2 modified**
1.5 Mile Run	**20:13**	**23:55**
300m run	**N/A**	**N/A**

WELLNESS & EMPLOYMENT TEST						
P	☐		**20%**		**F**	☐

Fitness Specialist _____

Signature **Print Name**

Officer/Candidate _____

Signature **Print Name**