Candidate Fitness Assessment Scoring Sheet

Candidate Name: _____

Test Date: _____

Height: _____ Weight: _____

START: Basketball Throw (2 minutes time limit):

1st Throw (in Feet): _____2nd Throw: _____ 3rd Throw: _____ * 3-minute rest

5 MINUTES: Pull-Ups OR Flexed-Arm Hang (For Women Only) (2 min time limit):

Number of Repetitions: _____ OR Seconds: _____ * 3-minute rest

10 MINUTES: 40-Yard Agility Run (2 min time limit):

1st Run (to the nearest 10th of a second): _____ 2nd Run: _____ * 3-minute rest

15 MINUTES: Crunches (2 minutes time limit):

Number of Repetitions: _____ * 3-minute rest

20 MINUTES: Push-ups (2 minutes time limit):

Number of Repetitions: _____ * 8-minute rest

30 MINUTES: 1-Mile Run:

Time: _____ minutes _____ seconds

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	BB Throw	Pull-up/ Flexed Hang	Shuttle Run	Crunch	Push-up	1 Mile
Male Max	102’	18 N/A	7.8 sec	95	75	5:20
Male Goal	69’	12 N/A	8.1 sec	81	62	6:29
Female Max	66’	7 63 secs	8.6 sec	95	50	6:00
Female Goal	42’	2 31 sec	9.4 sec	78	41	7:30