

PHYSICAL FITNESS TEST RESULTS



The Physical Fitness Test may be administered throughout the year when needed, in order to complete the criteria to earn the title "Cadet," or in order to qualify for special programs, etc. All attempts are to be documented (two tests may be done on each form), even when the Challenger did not achieve the minimum score on an event. The Push-up and Sit-up events are to be done in two-minute intervals. The two-mile run should be on a flat surface. The Test Administrator may be any Active Duty, Retired, National Guard or Reserve personnel, serving in any branch of service, in the rank of E5 or above. Go to www.XMCCamp.com/pt-test for more information and PT Test standards.

By signing below, you certify that the below information is true and accurate, without enhancement or interpretation, and in accordance with the standards above. Submit this form to admissions@xmccamp.com.

CHALLENGER'S PERSONNEL DATA					
Last Name, First Name, MI	Gender	XMC Rank	Age	Challenger Signature	
	<input type="checkbox"/> Male <input type="checkbox"/> Female				
PHYSICAL FITNESS TEST RESULTS					
Event (one line per event)	Date and Time	# of Rep/Time	Score	Test Administrator Signature	
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
<input type="checkbox"/> Push-ups <input type="checkbox"/> Sit-ups <input type="checkbox"/> 2-Mile Run					
TEST ADMINISTRATOR(S)					
Last Name, First Name, MI	Phone Number	E-mail	Rank	Status(Active, Veteran, Reserve, etc)	
XMC CHAIN OF COMMAND REVIEW					
Last Name, First Name, MI	Accepted	Position	Rank	Signature	Date
	<input type="checkbox"/> Yes <input type="checkbox"/> No				
	<input type="checkbox"/> Yes <input type="checkbox"/> No				