



KELLY LOEFFLER

UNITED STATES SENATOR • GEORGIA



Candidate Fitness Assessment

Student Full Name: _____

If you did not complete your Candidate Fitness Assessment at a Summer Seminar, you may use this form to submit your results to our office. The fitness assessment may be administered by academy liaison officers, ROTC instructors, your high school coach, or your physical education teacher. No family member can administer the assessment. Instructions for completion may be found on academy web sites. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). The assessment must have occurred within a year of your nomination application date, but does NOT have to be the assessment you submit directly to the academies if you are still training. If you had the fitness assessment administered while attending a summer seminar, you may upload a scan of the emailed results you received from the academy in lieu of the form.

- 1) Basketball Throw: record three attempts to the nearest foot.
 - a. 1st attempt (feet)_____ b. 2nd Attempt (feet)_____ c. 3rd attempt (feet)_____
- 2) Pull-Ups/Flexed Arm Hang : Men must complete the pull-ups. Women may complete EITHER the pull-ups or the flexed arm hang.
 - a. Pull-ups (number completed) _____
 - b. Flexed Arm Hang – women only (number of seconds) _____
- 3) Shuttle Run: Record two attempts to the nearest tenth of a second
 - a. 1st attempt (seconds and tenth of seconds) _____:_____
 - b. 2nd attempt (seconds and tenth of seconds) _____:_____
- 4) Modified Sit-Ups number completed _____
- 5) Push-Ups number completed _____
- 6) One Mile Run minutes and seconds _____:_____

Examiner Information:

Name and Title: _____

Telephone Number/Type _____ - _____ - _____ home business mobile (please check one)

Email: _____

Remarks (any unusual circumstances): _____

Date: _____ Signature: _____