



## Self-Administered Physical Fitness Test

This document is provided to establish a consistent testing and documentation protocol. The test includes the 1.5 mile run followed by push-ups, sit-ups, and finally pull-ups. Please follow the format carefully to ensure consistent results.

You will need the following items to perform the test:

- Watch with seconds
- Assistant i.e. counter, witness, timer
- Running venue, High school track or other measured location
- Pull-up Bar
- Flat surface for push-ups and sit-ups

After indentifying the location for your test and assembling the needed items, document the following with the help of your assistant:

1. Record running location and time of day: \_\_\_\_\_
2. Warm-up, stretch and make any final preparations as you see fit.
3. Perform the 1.5 mile run and record time in minutes and seconds: 00:\_\_\_\_ :\_\_\_\_
4. Cool down and rest no more than **five minutes**.
5. Perform push-ups
  - a. Elbows fully extended, toes on floor, legs, hips, and back straight
  - b. Assistant places upright fist below your chest
  - c. Make contact with testers fist on each repetition
  - d. Record # of reps completed in **one minute**: \_\_\_\_\_
6. Rest no more than **one minute**.
7. Perform sit-ups
  - a. feet anchored by partner
  - b. knees bent 90°
  - c. hands clasped behind neck
  - d. elbows travel beyond or make contact with knees
  - e. back of shoulders must return to floor
  - f. Record # of reps completed in **one minute**: \_\_\_\_\_
8. Perform Pull-ups (if no pull-up bar available at location, skip to step 9. Perform pull-ups at earliest opportunity)
  - a. Pull body up until neck reaches height of hands.
  - b. Lower body until arms and shoulders are fully extended. Repeat.
  - c. Record # of reps completed without stopping \_\_\_\_\_
9. Record finish time of day \_\_\_\_\_

Congratulations you've completed the self administered fitness test. Please sign it to state that the information in this form is accurate and **email to: tcasperson@utah.gov**

Thanks,

Tim Casperson  
Twin Peaks  
801-367-7444

Candidate's Signature: \_\_\_\_\_ Assistant's Signature: \_\_\_\_\_