



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: kthatcher@utah.gov or jberg@utah.gov**

Thanks,

Kyle Thatcher or Joshua Berg
Engine Captains
801-232-7157 (Thatcher) 385-254-8010 (Berg)

Candidate's Signature: _____ Assistant's Signature: _____