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UNITED STATES SENATOR · GEORGIA



Attachment 3

Candidate Fitness Assignment

Take this worksheet with you when you complete your Fitness Assignment. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). Your examiner should be your high school PE teacher or coach. If you are home-schooled you may use your PE teacher (if not your parent), your ROTC instructor (if applicable), or your Military Academy Admissions Liaison Officer. NO FAMILY MEMBER MAY ADMINISTER THIS EXAMINATION.

- 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/cell (circle one please)

Email: _____

Remarks (any unusual circumstances): _____

Date: _____ Signature: _____