

FITNESS PROFILE

Employee Name _____

Date Due: _____

Annual

Date Tested: _____

Retest

Immediate Supervisor _____

District/Bureau Commander _____

Standards

	<i>Actual</i>	Thresholds		
	P	E	O	
AEROBIC CAPACITY (CARDIOVASCULAR) 1.5 MILE RUN _____	16:28	14:36	10:00	
ANAEROBIC POWER (SPRINTING ABILITY) 300 METER RUN _____	71	63	50	
ANAEROBIC POWER (EXPLOSIVE LEG STRENGTH) VERTICAL JUMP _____	16	18.5	24	
MUSCULAR STRENGTH (UPPER BODY) 1 RM BENCH PRESS _____	64%	82%	body wt+50	
MUSCULAR ENDURANCE (UPPER BODY) MAXIMUM PUSH UPS _____	25	28	50	
MUSCULAR ENDURANCE (CORE BODY) 1 MINUTE SIT UPS _____	29	35	50	
FLEXIBILITY SIT & REACH _____	P/F	P/F	P/F	

Any failed standard is circled

WEIGHT (will determine necessary bench press) _____

Re-test required on or before _____ *(within 60 days of this test date)*

Comments

Overall Result

 O E P F

Earned Leave

 None 8hrs 12hrs

 P/F E O

see below

Per Departmental Directive 22.100

Officer delayed his/her fitness test more than thirty (30) calendar days past his/her anniversary date without the required physician's documentation and is **not** eligible to earn administrative leave.

Note: Officers who are more than thirty (30) calendar days overdue for a required test or re-test will lose the privilege of on-duty exercise until testing is completed.

Employee Tested

Fitness Coordinator

Training Sergeant

Professional Standards Bureau Commander