

# USMC PFT SCORES

NAME: \_\_\_\_\_ SSN: \_\_\_\_\_ PROGRAM: \_\_\_\_\_

DATE: \_\_\_\_\_

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

	<u>NUMBER</u>	<u>POINTS</u>
FLEX HANG	_____	_____
PULL-UPS	_____	_____
SIT-UPS	_____	_____
RUN TIME	_____	_____
<u>TOTAL POINTS</u>		_____

NECK" \_\_\_\_\_ WAIST" \_\_\_\_\_ BODY FAT% \_\_\_\_\_

\_\_\_ Applicant meets height, weight and BF standard.

\_\_\_ Applicant meets height/weight/BF standard but is within 10 lbs of maximum weight.  
(Males only, body fat photos and percent are required)  
(Females only, body fat percent is required)

\_\_\_ Applicant exceeds height/weight/BF standard.  
(Males only, body fat photos and percent are required)  
(Females only, body fat percent is required)

Measured and weighed by: \_\_\_\_\_ Date: \_\_\_\_\_