

USMC PFT SCORE WORKSHEET

Name: _____

SSN: _____

Program: _____

PFT Date: _____

	<u>Number</u>	<u>Points</u>
Upper Body (individuals will choose either pull-ups or push-ups)		
- Pull-ups:	_____	_____
- Push-ups:	_____	_____
Crunches:	_____	_____
Run Time: (mm:ss)	_____	_____
Total Score:		_____

Age: _____

Height: _____

Weight: _____

Max Wt: _____

Neck: _____

Waist: _____

Hips: _____

Body Fat: _____

- Applicant meets height, weight, and body fat standards.
- Applicant meets height, weight, and body fat standards, but is within 10 lbs of their max weight.
- Applicant meets height, weight, and body fat standards, but is within 5 lbs of their max weight.
 - Body fat photos are required for males
- Applicant exceeds height and weight standards, but meets body fat standards.
 - Body fat photos are required for males
- Applicant exceeds height, weight, and body fat standards.
 - Body fat photos are required for males

PFT and Ht/Wt monitored by: _____

OSO's Rank, Last Name, First Name, MI

OSO Signature: _____

Date: _____