

**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.
- Applicant exceeds height and weight standards, but meets body fat standards.
- Applicant exceeds height, weight, and body fat standards.

PFT and Ht/Wt monitored by: \_\_\_\_\_

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

OSO Signature: \_\_\_\_\_

Date: \_\_\_\_\_