

# ASHLAND FIRE DEPARTMENT PHYSICAL FITNESS EVALUATION SHEET

NAME \_\_\_\_\_ DATE OF TEST \_\_\_\_\_

DATE OF EMPLOYMENT \_\_\_\_\_ AGE \_\_\_\_\_

TEST LOCATION \_\_\_\_\_

TEST PERFORMED BY \_\_\_\_\_

1 MINUTE SET-UPS \_\_\_\_\_ SCORE \_\_\_\_\_

1 MINUTE PUSH-UPS \_\_\_\_\_ SCORE \_\_\_\_\_

1 ½ MILE RUN TIME \_\_\_\_\_ SCORE \_\_\_\_\_

OVERALL SCORE (TOTAL OF ALL THREE) \_\_\_\_\_

EVALUATION \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

KEY	
0-1	POOR
2-4	BELOW AVERAGE
5-7	AVERAGE
8-10	GOOD
10-12	EXCELLENT