MUSCULAR FITNESS ASSESSMENT SCORE SHEET FOR USMEPCOM AIR FORCE MEMBERS

For use of this form, see USMEPCOM Reg 350-1

FOR OFFICIAL USE ONLY

DATA REQUIRED BY THE PRIVACY ACT OF 1974

Authority 5 USC 301
Principal Purpose To provide the Command training coordinator with a form to record physical readiness testing results.
Routine Use For officials and employees of the Department of Defense in performing their official duties of administering the physical training program.
Disclosure Disclosure is necessary to record member's physical fitness test results. This evaluation is to be used as an assessment tool only and may not be used for administrative actions against individual.

1. Name: _____
Last First Middle

2. SSN:

3. Assessment Test I

a. _____
Date

b. _____
Signature - Fitness Assessment Monitor (FAM)

Event	Number completed	Time
Push-Ups	c.	2 minutes
Crunches	d.	2 minutes

4. Assessment Test II

a. _____
Date

b. _____
Signature - FAM

Event	Number completed	Time
Push-Ups	c.	2 minutes
Crunches	d.	2 minutes

5. Assessment Test III

a. _____
Date

b. _____
Signature - FAM

Event	Number completed	Time
Push-Ups	c.	2 minutes
Crunches	d.	2 minutes

6. Assessment Test IV

a. _____
Date

b. _____
Signature - FAM

Event	Number completed	Time
Push-Ups	c.	2 minutes
Crunches	d.	2 minutes

Push-Up and Crunch Goals

Push-Up	Male	Female
Age	2 min	2 min
<24	42	19
25-29	40	17
30-34	36	15
35-39	34	13
40-44	30	12
45-49	25	10
50-54	20	9
55+	18	8

Crunch	Male	Female
Age	2 min	2 min
<24	53	53
25-29	50	50
30-34	42	42
35-39	38	38
40-44	32	32
45-49	30	30
50-54	28	28
55+	27	27