



Pre-Academy Preparation Physical Fitness Program

Name (print): Last, First

Event	Initial Test	P/F
1.5 Mile Run		
Flexibility		
1 Rep Bench Press		
1 Minute Sit Ups		
1 Minute Push Ups		
300 Meter Run		

Week 1 Completion

Instructor: _____ Date: _____

Week 2 Completion

Instructor: _____ Date: _____

Week 3 Completion

Instructor: _____ Date: _____

Week 4 Completion

Instructor: _____ Date: _____