Cadet Physical Fitness Test Scorecard

Print Name (Last, First Middle Initial)	CAP Serial Number	Sex

Test # _____			Test # _____			Test # _____		
Date	Grade	Age	Date	Grade	Age	Date	Grade	Age
S&R Raw Score	Initials	Points	S&R Raw Score	Initials	Points	S&R Raw Score	Initials	Points
SU Raw Score	Initials	Points	SU Raw Score	Initials	Points	SU Raw Score	Initials	Points
1M Raw Score	Initials	Points	1M Raw Score	Initials	Points	1M Raw Score	Initials	Points
Swim Raw Score	Initials	Points	Swim Raw Score	Initials	Points	Swim Raw Score	Initials	Points
Events Pass or Fail		Total Points	Events Pass or Fail		Total Points	Events Pass or Fail		Total Points
S&R	SU		S&R	SU		S&R	SU	
1M	Swim		1M	Swim		1M	Swim	
CPFT OIC Signature and Grade			CPFT OIC Signature and Grade			CPFT OIC Signature and Grade		
Comments			Comments			Comments		

Legend:
S&R - Sit and Reach
SU - Sit-ups
1M - 1 Mile Run
Swim - Alternative Event

Cadet Physical Fitness Test Point Standards

Cadet Level	Point Score	Mile Run Male	Mile Run Female	Sit & Reach Male	Sit & Reach Female	Sit-Ups Male	Sit-Ups Female	Swim Alternative Male	Swim Alternative Female
Spaatz Award	100	6:30	8:00	10 inches	10 inches	81	79	8:42	9:12
	99	6:33	8:03			80	78	8:45	9:15
	98	6:36	8:06			79	77	8:48	9:18
Achievement 15	97	6:39	8:09	9.75 inches	9.75 inches	78	76	8:51	9:21
	96	6:42	8:12			77	75	8:54	9:24
	95	6:45	8:15			76	74	8:57	9:27
	94	6:48	8:18			75	73	9:00	9:30
	93	6:51	8:21			74	72	9:03	9:33
Achievement 14	92	6:54	8:24	9.5 inches	9.5 inches	73	71	9:06	9:36
	91	6:57	8:27			72	70	9:09	9:39
	90	7:00	8:30			71	69	9:12	9:42
	89	7:03	8:33			70	68	9:15	9:45
	88	7:06	8:36			69	67	9:18	9:48
Achievement 13	87	7:09	8:39	9 inches	9 inches	68	66	9:21	9:51
	86	7:12	8:42			67	65	9:24	9:54
	85	7:15	8:45			66	64	9:27	9:57
	84	7:18	8:48			65	63	9:30	10:00
	83	7:21	8:51			64	62	9:33	10:03
Achievement 12	82	7:24	8:54	8.5 inches	8.5 inches	63	61	9:36	10:06
	81	7:27	8:57			62	60	9:39	10:09
	80	7:30	9:00			61	59	9:42	10:12
	79	7:33	9:03			60	58	9:45	10:15
	78	7:36	9:06			59	57	9:48	10:18
Achievement 11 & Earhart Award	77	7:39	9:09	8 inches	8 inches	58	56	9:51	10:21
	76	7:42	9:12			57	55	9:54	10:24
	75	7:45	9:15			56	54	9:57	10:27
	74	7:48	9:18			55	53	10:00	10:30
	73	7:51	9:21			54	52	10:03	10:33
Achievement 10	72	7:54	9:24	7.5 inches	7.5 inches	53	51	10:06	10:36
	71	7:57	9:27			52	50	10:09	10:39
	70	8:00	9:30			51	49	10:12	10:42
	69	8:03	9:33			50	48	10:15	10:45
	68	8:06	9:36			49	47	10:18	10:48
Achievement 9	67	8:09	9:39	7 inches	7 inches	48	46	10:21	10:51
	66	8:12	9:42			47	45	10:24	10:54
	65	8:15	9:45			46	44	10:27	10:57
	64	8:18	9:48			45	43	10:30	11:00
	63	8:21	9:51			44	42	10:33	11:03
Achievement 8	62	8:24	9:54	6.5 inches	6.5 inches	43	41	10:36	11:06
	61	8:27	9:57			42	40	10:39	11:09
	60	8:30	10:00			41	39	10:42	11:12
	59	8:33	10:03			40	38	10:45	11:15
	58	8:36	10:06			39	37	10:48	11:18
Achievement 7 & Mitchell Award	57	8:39	10:09	6 inches	6 inches	38	36	10:51	11:21
	56	8:42	10:12			37	35	10:54	11:24
	55	8:45	10:15			36	34	10:57	11:27
	54	8:48	10:18			35	33	11:00	11:30
	53	8:51	10:21			34	32	11:03	11:33
Achievement 6	52	8:54	10:24	5.5 inches	5.5 inches	33	31	11:06	11:36
	51	8:57	10:27			32	30	11:09	11:39
	50	9:00	10:30			31	29	11:12	11:42
	49	9:03	10:33			30	28	11:15	11:45
	48	9:06	10:36			29	27	11:18	11:48
Achievement 5	47	9:09	10:39	5 inches	5 inches	28	26	11:21	11:51
	46	9:12	10:42			27	25	11:24	11:54
	45	9:15	10:45			26	24	11:27	11:57
	44	9:18	10:48			25	23	11:30	12:00
	43	9:21	10:51			24	22	11:33	12:03
Achievement 4	42	9:24	10:54	4.5 inches	4.5 inches	23	21	11:36	12:06
	41	9:27	10:57			22	20	11:39	12:09
	40	9:30	11:00			21	19	11:42	12:12
	39	9:33	11:03			20	18	11:45	12:15
	38	9:36	11:06			19	17	11:48	12:18
Achievement 3	37	9:39	11:09	4 inches	4 inches	18	16	11:51	12:21
	36	9:42	11:12			17	15	11:54	12:24
	35	9:45	11:15			16	14	11:57	12:27
	34	9:48	11:18			15	13	12:00	12:30
	33	9:51	11:21			14	12	12:03	12:33
Achievement 2	32	9:54	11:24	3.5 inches	3.5 inches	13	11	12:06	12:36
	31	9:57	11:27			12	10	12:09	12:39
Achievement 1	30	10:00	11:30	3 inches	3 inches	11	9	12:12	12:42
	29	10:03	11:33			10	8	12:15	12:45
	28	10:06	11:36			9	7	12:18	12:48
	27	10:09	11:39			8	6	12:21	12:51
	26	10:12	11:42			7	5	12:24	12:54
	25	10:15	11:45			6	4	12:27	12:57