

**Civil Air Patrol**  
**Cadet Physical Fitness Test (CPFT) Score Card**  
 (Minimal requirements are based on Age, Gender and Achievement Number)

Cadet Name:	Date:
Current Grade:	President's Challenge: 25th percentile

<b>Phase I - Indicate Achievement: <input type="checkbox"/> 1. Curry   <input type="checkbox"/> 2. Arnold   <input type="checkbox"/> 3. Feik   <input type="checkbox"/> Milestone: Wright Brothers Award</b>												
Cadet Age & Sex (Circle one)	Male						Female					
	12	13	14	15	16	17+	12	13	14	15	16	17+
Actual												
P. 23 Sit & Reach (cm)	21	20	23	24	25	28	25	24	28	31	30	31
P. 24 Sit Ups (60 sec)	34	36	39	38	38	38	29	30	31	30	30	28
P. 25 Push Ups (1 every 3 seconds)	12	16	18	22	24	26	9	9	9	11	11	12
P. 26 Shuttle Run (30 feet) (seconds)	11.2	10.8	10.5	10.2	10.0	9.9	12.1	11.8	11.9	11.7	11.7	11.7
P. 27 Mile Run (minutes)	10:22	9:23	9:10	8:49	8:37	8:06	12:46	12:29	11:52	11:48	12:42	12:11

Indicate:  Pass    Needs to Retest   CPFT Testing Officer: