



# United States Naval Academy

## Candidate Fitness Assessment Scoring Sheet

This form is to be used as a recording tool only. Official scores must be submitted to the Naval Academy via electronic CFA module.

Candidate Name: \_\_\_\_\_

Test Date: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

**1.** Basketball Throw (Only the best of the three scores will be submitted):

1<sup>st</sup> Throw (in Feet): \_\_\_\_\_

2<sup>nd</sup> Throw: \_\_\_\_\_

3<sup>rd</sup> Throw: \_\_\_\_\_

**2.** Pull-Ups (For Men or Women) OR Flexed-Arm Hang (For Women Only)

Number of Repetitions: \_\_\_\_\_ OR Seconds: \_\_\_\_\_

**3.** 40-Yard Agility Run (Only the best of two times will be submitted):

1<sup>st</sup> Run: \_\_\_\_\_.\_\_\_\_

2<sup>nd</sup> Run: \_\_\_\_\_.\_\_\_\_

**4.** Crunches:

Number of Repetitions: \_\_\_\_\_

**5.** Push-ups:

Number of Repetitions: \_\_\_\_\_

**6.** 1-Mile Run:

Time: \_\_\_\_\_ minutes, \_\_\_\_\_ seconds