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 better of the two times will be submitted):

1<sup>st</sup> Run (to the nearest 10<sup>th</sup> of a second): ________
2<sup>nd</sup> Run: ________

4. Crunches:

Number of Repetitions: ________

5. Push-ups:

Number of Repetitions: ________

6. 1-Mile Run:

Time: ________ minutes, ________ seconds