

Firefighter Physical Fitness Test Form

Personal Information

Name

Date

Date of Birth

Department

Examiner

Physical Measurements

Height (cm)

Weight (kg)

BMI

Test Results

Test	Result	Pass/Fail	Comments
1. 1.5 Mile Run (min:sec)			
2. Push-Ups (max reps)			
3. Sit-Ups (max reps in 1 min)			
4. Grip Strength (kg)			
5. Sit and Reach (cm)			
6. Vertical Jump (cm)			
7. Ladder Climb			
8. Hose Drag (sec)			

Examiner's Notes / Recommendations