

Police Officer Physical Fitness Assessment Sheet

Officer Information

Officer Name

Badge Number

Date of Assessment

Assessor Name

Assessment Location

Physical Fitness Tests

Test	Requirement	Result	Pass/Fail
1.5 Mile Run			
Push-Ups (1 Minute)			
Sit-Ups (1 Minute)			
Vertical Jump			
Sit and Reach			
Agility Run			

Assessor Notes

Assessor Signature

Date