## **Police Officer Physical Fitness Assessment Sheet**

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	Officer Information			
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 Aglitty Run  Assessor Notes  Assessor Notes	Officer Name			
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1.5 Mile Run Push-Ups (1 Minute) Sit-Ups (1 Minute) Vertical Jump Sit and Reach Agility Run  Assessor Notes  Assessor Signature	Physical Fitness Tests			
Push-Ups (1 Minute) Sit-Ups (1 Minute) Vertical Jump Sit and Reach Agility Run  Assessor Notes  Assessor Signature	Test	Requirement	Result	Pass/Fail
Sit-Ups (1 Minute)  Vertical Jump  Sit and Reach  Agility Run  Assessor Notes  Assessor Signature	1.5 Mile Run			
Vertical Jump Sit and Reach Agility Run  Assessor Notes  Assessor Signature	Push-Ups (1 Minute)			
Sit and Reach Agility Run  Assessor Notes  Assessor Signature	Sit-Ups (1 Minute)			
Assessor Notes  Assessor Signature	Vertical Jump			
Assessor Notes Assessor Signature	Sit and Reach			
Assessor Signature	Agility Run			
Assessor Signature				
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	Assessor Signature			
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