CPFT Score Sheet

Unit: _____ Date: _____

	CAPID Optional	Name	Age	Sex (M or F)	Phase I?	PACER (# laps)	One-Mile Run (min: sec)	Curl-Ups	Push-Ups (#)	Back-Saver Sit & Reach (in.) Left	 Right	HFZ Credential? Run + 2/3
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												

	CAPID Optional	Name	Age	Sex (M or F)	Phase I?	PACER (# laps)	One-Mile Run (min: sec)	Curl-Ups (#)	Push-Ups (#)	Back-Saver Sit & Reach (in.) Left	 Right	HFZ Credential? Run + 2/3
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												
32												
33												
34												
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36												
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38												
39												
40												