

April 7, 1943—(Front)

ARMY AIR FORCES

PHYSICAL FITNESS TEST AND RECORD CARD
 (AAF Reg. No. 50-14, Sec. 4, Par. 7c)

 Name L. R. NELSON Rank or grade A/C
 (First) (Last)

Age ___ yrs Height ___ in. Serial No. ___

CUMULATIVE RECORD

TEST No.	STATION	SQUAD- ZON	DATE	WT.	P. Physical F. Fitness R. Rating
1	MAAF	3	9/49		54

(Use the following procedure on opposite side for recording.)

SCORING PROCEDURE.—John Doe makes the following record: He sits-up 37 times, circles score ⑤② (does not circle performance record); chins 8 times, circles score ④⑨; runs the shuttle-run in 53 seconds, circles score ⑤②; adds the three scores: $52 + 49 + 52 = 153$; locates 153 (the nearest number is 156) in "Sum of Scores" in column under P. F. R.; circles the P. F. R. score ⑤②, which is to the right of 156. Thus 52 is the Physical Fitness Rating of John Doe, which places him in the "Good" category. Whenever the number which represents the performance record, or sum of scores is not listed, select the nearest number and properly record.

PHYSICAL FITNESS PROFILE.—To make profile, connect each circle with a straight line.

ACHIEVEMENT SCALES

SIT-UPS		PULL-UPS		SHUTTLE-RUN		Sum of Scores	P. F. R.
No.	Score	No.	Score	Sec.	Score		
114	100	24	100	34	100	300	EXCELLENT
103	98	23	98	35	98	294	
102	96	22	96	36	96	288	
96	95	21	95	37	95	285	
90	93	20	93	38	93	279	
85	90	19	90	39	90	270	
81	85	18	85	40	85	255	
77	81	17	81	41	81	243	
73	78	16	78	42	78	234	
69	75	15	75	43	75	225	VERY GOOD
66	74			44	74	222	
64	73	14	72	44	73	219	
62	72			45	71	216	
60	70			46	67	210	
58	68	13	68	46	67	204	
56	66	12	65	47	65	198	
54	65					195	
52	64					192	
50	63	11	62	43	63	189	GOOD
48	61			49	60	183	
47	60			50	58	180	
45	58	10	58	50	58	174	
44	57			51	56	171	
42	55			52	54	165	
40	54	9	54	52	54	162	
38	52			53	52	156	
36	50			54	50	150	
33	48	8	49	54	48	144	
31	47			55	47	141	
30	46	7	45	56	46	138	POOR
29	45			57	44	135	
28	44			58	42	132	
27	42	6	41	58	42	126	
26	40			59	40	120	
25	38			60	38	114	
24	36	5	38	61	36	108	
22	35			62	34	105	
21	34			63	32	102	
19	33	3	32	63	32	99	VERY POOR
17	30			64	30	90	
15	27			65	27	81	
12	23	2	26	66	23	69	
9	20			67	20	60	
6	17			68	17	51	
3	15	1	17	69	15	45	
1	10			70	10	30	