

ARMY AIR FORCES

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

Name _____ Rank or grade A/C
(First) (Last)
Age 21 yrs. Height 70 in. Serial No. 18023599

CUMULATIVE RECORD

TEST No.	STATION	SQUAD- RON	DATE	WT.	P. Physical F. Fitness R. Rating
<u>1</u>	<u>MAAF</u>	<u>4</u>	<u>4/5</u>	<u>150</u>	

(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	78	
69	75	15	75	43	75	225	VERY GOOD	
66	74					222		
64	73			44	73	219		
62	72	14	72	45	71	216		
60	70					210		
58	68	13	68	46	67	204		
56	66					198		
54	65	12	65	47	65	195		
52	64					192	64	
50	63			43	63	189	GOOD	
48	61	11	62			183		
47	60			49	60	180		
45	58	10	58	50	58	174		
44	57			51	56	171		
42	55					165		
40	54	9	54	52	54	162		
38	52			53	52	156		
36	50	8	49	54	50	150		
33	48			55	48	144		
31	47					141		47
30	46			56	46	138		POOR
29	45	7	45			135		
28	44			57	44	132		
27	42			58	42	126		
26	40	6	41	59	40	120		
25	38	5	38	60	38	114		
24	36			61	36	108		
22	35	4	35			105		
21	34			62	34	102	34	
19	33	3	32	63	32	99	VERY POOR	
17	30			64	30	90		
15	27	2	26	65	27	81		
12	23			66	23	69		
9	20			67	20	60		
6	17	1	17	68	17	51		
3	15			69	15	45		
1	10			70	10	30		10