

SERVICES OF SUPPLY
ARMY SPECIALIZED TRAINING DIVISION
PHYSICAL EFFICIENCY TESTS
REPORT FORM

Unit _____

Number in Class at beginning of
term _____

Institution _____

Date Class Commenced Specialized
Training _____

Number in Class at end of
term _____

Event	Average Performances for Class			
	Tests at Beginning of Term Date _____	Tests at End of Term Date _____	Gain or Loss in Perform- ance	% Gain or Loss in Performance
Push-Ups				
Squat Jumps				
Sit-Ups				
Ball-Ups				
100 Yd. Pick-a-back				
Burpee 20				
300 Yd. Run				
Age				
Height				
Weight				

1. This report is to be submitted (in duplicate) to Commanding General, S.O.S., attention Army Specialized Training Division at the close of each twelve-week term.
2. In column one enter the average performances for the class at the beginning of the term or at the end of the last previous term.
3. In column two enter the average performances for the class at the end of the term.
4. A class is defined as "All trainees who began their specialized training on a given date and who have continued their training in the same group." A separate report is to be submitted for each class.

FORM 2. Phys. Tng.