

FOURTH AIR FORCE PHYSICAL ACHIEVEMENT TEST
Record Form

1. _____ 2. _____ 3. _____
 Name (Last name first, print) Group Squadron Company

4. _____ yrs. 5. _____ Ft. _____ Inches. 6. _____
 Age Height Weight

TEST*	First Test		Second Test		Third Test		Fourth Test		Fifth Test	
	Date	Record Score	Date	Record Score	Date	Record Score	Date	Record Score	Date	Record Score
1 Pull-ups										
2 Standing Broad Jp.										
3 Burpee - 20 seconds										
4 Push-ups										
5 Sit-ups										
6 300-Yard Dash										
100-Yard Swim										

REMARKS

Enclosure No. 2