

Civil Air Patrol
Cadet Physical Fitness Test (CPFT) Score Card
 (Minimal requirements are based on Age, Gender and Achievement Number)

Cadet Name:		Date:	
Current Grade:		President's Challenge: 25th percentile	

Phase I - Indicate Achievement: <input type="checkbox"/> 1. Curry <input type="checkbox"/> 2. Arnold <input type="checkbox"/> 3. Feik <input type="checkbox"/> Milestone: Wright Brothers Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	21	20	23	24	25	28	25	24	28	31	30	31
	P. 24 Sit Ups (60 sec)	34	36	39	38	38	38	29	30	31	30	30	28
	P. 25 Push Ups (1 every 3 seconds)	12	16	18	22	24	26	9	9	9	11	11	12
	P. 26 (30 feet) Shuttle Run (seconds)	11.2	10.8	10.5	10.2	10.0	9.9	12.1	11.8	11.9	11.7	11.7	11.7
	P. 27 Mile Run (minutes)	10:22	9:23	9:10	8:49	8:37	8:06	12:46	12:29	11:52	11:48	12:42	12:11
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 35th percentile	

Phase II - Indicate Achievement: <input type="checkbox"/> 4. Rickenbacker <input type="checkbox"/> 5. Lindberg <input type="checkbox"/> 6. Doolittle													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	23	23	23	27	27	31	31	27	30	32	32	33
	P. 24 Sit Ups (60 sec)	37	39	41	41	40	40	31	33	34	32	32	30
	P.25 Push Ups (1every 3 seconds)	14	18	20	25	56	30	10	10	10	12	13	14
	P. 26 (30 feet) Shuttle Run (seconds)	11.0	10.6	10.2	10.0	9.7	9.6	11.7	11.5	11.6	11.4	11.4	11.3
	P. 27 Mile Run (minutes)	9:40	8:54	8:30	8:08	7:53	7:35	12:01	11:40	11:10	11:00	11:24	11:20
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 50th percentile	

Phase II - Indicate Achievement: <input type="checkbox"/> 7. Goddard <input type="checkbox"/> 8. Armstrong <input type="checkbox"/> Milestone: Mitchell Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	26	26	28	30	30	34	30	31	33	36	34	35
	P. 24 Sit Ups (60 sec)	40	42	45	45	45	44	35	37	37	36	35	34
	P.25 Push Ups (1every 3 seconds)	18	24	24	30	30	37	11	11	11	15	12	16
	P. 26 (30 feet) Shuttle Run (seconds)	10.6	10.2	9.9	9.7	9.4	9.4	11.3	11.1	11.2	11.0	10.9	11.0
	P. 27 Mile Run (minutes)	8:40	8:06	7:44	7:30	7:10	7:04	11:05	10:23	10:06	9:58	10:31	10:22
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 60th percentile	

Phase III - Indicate Achievement: <input type="checkbox"/> 9. Flight CO <input type="checkbox"/> 10. Admin Officer <input type="checkbox"/> 11. PAO <input type="checkbox"/> Milestone: Earhart Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	27	27	30	32	32	36	32	32	35	37	36	37
	P. 24 Sit Ups (60 sec)	43	45	48	49	48	46	38	40	40	39	37	36
	P.25 Push Ups (1every 3 seconds)	22	28	28	34	35	42	14	15	15	16	17	19
	P. 26 (30 feet) Shuttle Run (seconds)	10.4	10.1	9.7	9.5	9.2	9.2	11.0	10.9	10.9	10.7	10.7	10.7
	P. 27 Mile Run (minutes)	8:14	7:41	7:19	7:06	6:50	6:50	10:26	9:50	9:27	9:23	9:48	9:51
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 70th percentile	

Phase IV - Indicate Achievement: <input type="checkbox"/> 12. Leadership Officer <input type="checkbox"/> 13. Aerospace Ed Officer <input type="checkbox"/> 14. Operations Officer <input type="checkbox"/> 15. Logistics Officer <input type="checkbox"/> 16. Cadet Commander <input type="checkbox"/> Milestone: Eaker Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	28	29	32	33	35	39	33	34	37	70	38	39
	P. 24 Sit Ups (60 sec)	46	48	51	52	50	49	40	41	42	42	40	39
	P.25 Push Ups (1every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

Equipment needed: Stopwatch; meter ruler; 2 chalkboard erasers; copy of CAPR50-18 1April 2003

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 75th percentile	

SPAATZ AWARD													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	29	30	33	34	36	40	34	36	38	41	39	40
	P. 24 Sit Ups (60 sec)	47	50	52	53	51	51	41	42	43	44	41	40
	P.25 Push Ups (1every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52

Indicate: Pass Needs to Retest CPFT Testing Officer: