

PHYSICAL TRAINING SCORE SHEET

SCHOOL: \_\_\_\_\_ (A-MC-N-AF) TEAM: 1 / 2 DATE: \_\_\_\_\_

| Cadet Name (Last, First) **<br>Legible ** | Sex<br>(M/F) | Max 6 min<br># Push ups | Max 6 min<br>Plank Time | Time<br>1.0 Mile |  | Event<br>Points | Calculated by Score Room<br>(see printout) |          |       |
|-------------------------------------------|--------------|-------------------------|-------------------------|------------------|--|-----------------|--------------------------------------------|----------|-------|
|                                           |              |                         |                         |                  |  | Push Ups        | Plank                                      | 1.0 Mile | Total |
|                                           |              |                         |                         |                  |  |                 |                                            |          |       |
|                                           |              |                         |                         |                  |  |                 |                                            |          |       |
|                                           |              |                         |                         |                  |  |                 |                                            |          |       |
|                                           |              |                         |                         |                  |  |                 |                                            |          |       |
|                                           |              |                         |                         |                  |  |                 |                                            |          |       |

Event points and totals completed by score room.