



MEDICAL RELEASE

PHYSICAL FITNESS STANDARDS

THIS FORM MUST BE COMPLETED IF YOU ANSWERED YES TO ANY OF THE QUESTIONS ON THE HEALTH SCREENING QUESTIONNAIRE.

Dated _____, it is certified that _____
(Name)

is capable of strenuous physical exercise and is physically capable of attaining the attached physical fitness performance requirements at the ___th percentile based on the applicant's age and gender.

Limitations? (One of the boxes below **must** be checked – attach additional sheets if necessary to explain)

- No
 Yes (please explain)

Physician's Name: _____ Physician's Phone: _____
(Please Print)

Physician's Address: _____

Physician's Signature: _____ Date: _____

(over)

FINANCIAL INCENTIVE TEST (FIT)

Minimum Passing Scores

40th Percentile*

	Males 20-29	Females 20-29
Sit Ups	38	32
Push Ups	29	15
1.5 Mile Run	12:29	15:05
	Males 30-39	Females 30-39
Sit Ups	35	25
Push Ups	24	11
1.5 Mile Run	12:53	15:56
	Males 40 - 49	Females 40- 49
Sit Ups	29	20
Push Ups	18	9
1.5 Mile Run	13:50	17:11
	Males 50 - 59	Females 50-59
Sit Ups	24	14
Push ups	13	12 Modified
1.5 Mile Run	15:14	19:10
	Males 60+	Females 60+
Sit Ups	19	6
Push Ups	10	5 Modified
1.5 Mile Run	17:19	20:55

*Based on the Cooper Standards
Cooper Institute

Wellness & Employment Test (WET)

Age and Gender Scores		
	Males (20-29) 20%	Females (20-29) 20%
Sit Ups (1min)	33	24
Push Ups (1min)	22	10
1.5 Mile Run	13:58	17:11
300m run	66 sec	78 sec
	Males (30-39) 20%	Females (30-39) 20%
Sit Ups (1min)	30	20
Push Ups (1min)	17	8
1.5 Mile Run	14:33	18:18
300m run	68 sec	86 sec
	Males (40-49) 20%	Females (40-49) 20%
Sit Ups (1min)	24	14
Push Ups (1min)	11	6
1.5 Mile Run	15:32	19:43
300m run	83 sec	110 sec
	Males (50-59) 20%	Females (50-59) 20%
Sit Ups (1min)	19	10
Push Ups (1min)	9	6 modified
1.5 Mile Run	17:30	21:57
300m run	95 sec	N/A
	Males (60+) 20%	Females (60+) 20%
Sit Ups (1min)	15	3
Push Ups (1min)	6	2 modified
1.5 Mile Run	20:13	23:55
300m run	N/A	N/A

Swim Test	300 Yards	< 10 Min.
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