

White Mountain Apache Fire & Rescue

Quarterly Physical Agility Test

General Information

Candidate's Name:	Date of Exercise:
Assessor's Name & Rank:	
Testing Location:	

Exercise	Pass	Fail	Comments
Jumping Jacks (50 single count)			
Sit-Ups/Crunches (40)			
Push-Ups (27 single count)			
Leg Raises (24 single count)			
3 Mile Run (<35 minutes)			

Comments/Recommendations

Does the applicant require testing? <input type="checkbox"/> Yes <input type="checkbox"/> No If, so, by when?			
Applicant's Signature	Date:	Assessor's Signature	Date:

Forward completed form to the Deputy Fire Chief for retention in their personal file.