



# United States Service Academy Candidate Fitness Assessment

Form Approved -  
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PRIVACY ACT STATEMENT. AUTHORITY: Title 5 USC, Ch 403 Sec 4346, Ch 505 Sec 5031, Ch 603 Sec 6958; Title 44 USC 3101; EO 0397. PRINCIPAL PURPOSE: Collection of data on Academy candidate for opening a file. ROUTINE USE: To gather information on a candidate in order to open a file for admission to West Point. DISCLOSURE IS VOLUNTARY. However, failure to provide information could preclude appointment.

## FOLLOW THESE STEPS IN FILLING OUT THIS QUESTIONNAIRE:

- 1) Use a black ball point pen only. Do not use felt tip pen or pencil. Do not slash your 0's, 7's, or Z's.
- 2) Completely fill in all bubbles: **● Yes** **○ No**
- 3) For optimum accuracy, write block style without touching sides: 

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
- 4) If you make an error, completely cross out entry and re-write.
- 5) Do not send in a photo copy of this form. Only the original will be read.

### To Be Completed By Candidate

First Name

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M.I.

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Social Security Number

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1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Last Name

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Candidate Signature:

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Administering Official Printed Name, Title and Phone:

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Date of Exam

		/			/			
Month			Day			Year		

Administering Official Signature and Date:

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### To Be Completed By Administering Official

The student named above is applying for admission to U.S. Service Academies. Please complete this part of the form as accurately as possible. Return completed form in the business reply envelope provided.

#### Basketball Throw

(Record the best of 3 results in Feet)

1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1

#### Pull-Ups (For Men or Women)

Number of Repetitions

1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>
0	<input type="radio"/>	<input type="radio"/>

2

#### Flexed Arm Hang (For Women only)

Seconds . Tenths

1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

OR

01890



### 40 Yard Agility Run

(4 round-trips required - Record the best of 2 results)

Seconds . Tenths

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- 1 ○ ○ ○
- 2 ○ ○ ○
- 3 ○ ○ ○
- 4 ○ ○ ○
- 5 ○ ○ ○
- 6 ○ ○ ○
- 7 ○ ○ ○
- 8 ○ ○ ○
- 9 ○ ○ ○
- 0 ○ ○ ○

# 3

### Modified Sit-Ups

(Record the best of 2 results)

Number of Repetitions

- 1 ○ ○ ○ ○
- 2 ○ ○ ○ ○
- 3 ○ ○ ○ ○
- 4 ○ ○ ○ ○
- 5 ○ ○ ○ ○
- 6 ○ ○ ○ ○
- 7 ○ ○ ○ ○
- 8 ○ ○ ○ ○
- 9 ○ ○ ○ ○
- 0 ○ ○ ○ ○

# 4

### Push-Ups

Number of Repetitions

- 1 ○ ○ ○ ○
- 2 ○ ○ ○ ○
- 3 ○ ○ ○ ○
- 4 ○ ○ ○ ○
- 5 ○ ○ ○ ○
- 6 ○ ○ ○ ○
- 7 ○ ○ ○ ○
- 8 ○ ○ ○ ○
- 9 ○ ○ ○ ○
- 0 ○ ○ ○ ○

# 5

### 1 Mile Run

Minutes . Seconds

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- 1 ○ ○ ○ ○
- 2 ○ ○ ○ ○
- 3 ○ ○ ○ ○
- 4 ○ ○ ○ ○
- 5 ○ ○ ○ ○
- 6 ○ ○ ○ ○
- 7 ○ ○ ○ ○
- 8 ○ ○ ○ ○
- 9 ○ ○ ○ ○
- 0 ○ ○ ○ ○

# 6

Comments by Administering Official for any Unusual Circumstances

Comments by Candidate who Withdraws