



**Congressman Phil Gingrey, M.D.**  
11<sup>th</sup> Congressional District of Georgia



**Candidate Fitness Assignment**

Take this worksheet with you when you complete your Fitness Assignment. Have the examiner fill in all the information on the form (and make sure he/she signs and dates the form). Your examiner should be your high school PE teacher or coach. If you are home-schooled you may use your PE teacher (if not your parent), your ROTC instructor (if applicable), or your Military Academy Admissions Liaison Officer. **NO FAMILY MEMBER MAY ADMINISTER THIS EXAMINATION.**

- 1) Basketball Throw: record three attempts to the nearest foot.
  - a. 1<sup>st</sup> attempt (feet)\_\_\_\_\_ b. 2<sup>nd</sup> Attempt (feet)\_\_\_\_\_ c. 3<sup>rd</sup> attempt (feet)\_\_\_\_\_
- 2) Pull-Ups/Flexed Arm Hang : Men must complete the pull-ups. Women may complete EITHER the pull-ups or the flexed arm hang.
  - a. Pull-ups (number completed) \_\_\_\_\_
  - b. Flexed Arm Hang – women only (number of seconds) \_\_\_\_\_
- 3) Shuttle Run: Record two attempts to the nearest tenth of a second
  - a. 1<sup>st</sup> attempt (seconds and tenth of seconds) \_\_\_\_\_:\_\_\_\_\_
  - b. 2<sup>nd</sup> attempt (seconds and tenth of seconds) \_\_\_\_\_:\_\_\_\_\_
- 4) Modified Sit-Ups number completed \_\_\_\_\_
- 5) Push-Ups number completed \_\_\_\_\_
- 6) One Mile Run minutes and seconds \_\_\_\_\_:\_\_\_\_\_

**Examiner Information:**

Name and Title: \_\_\_\_\_

Telephone Number/Type \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ home/business/cell (circle one please)

Email: \_\_\_\_\_

Remarks (any unusual circumstances): \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_