



Department of Transportation and Communication  
PUNONG HIMPILAN TANOD BAYBAYIN NG PILIPINAS  
(Headquarters Philippine Coast Guard)  
139 25<sup>th</sup> Street Port Area  
1018 Manila



HPCG

25 May 2010

STANDING OPERATING PROCEDURE  
NUMBER 10-10

**PCG STANDARD PHYSICAL FITNESS TEST**

**1. REFERENCES:**

- a. HPN SOP Nr 04 dated 06 January 2009, Conduct of PN Physical Fitness Test and the Awarding of Corresponding PFT badges
- b. GHQ SOP Nr 12 dated 10 July 2008 AFP Standard Physical Fitness Test

**2. OBJECTIVE:** To provide a common standard in the conduct of Physical Fitness Test in the PCG and provide programs that would help in the development and improvement of physical fitness and overall wellness.

**3. SCOPE:** This SOP applies to all members of the PCG and individuals applying in the Coast Guard service.

**4. DEFINITION OF TERMS:**

**Physical Fitness Test (PFT)** – is a set of physical exercises used as a standard capacity of one's skill to function effectively in physical work, training and other activities. Physical fitness as one of the foundation of operational readiness must be maintained as an integral part of a Coastguardian.

**Regular PFT** – is the standard physical fitness test conducted by the Coast Guard Special Service Office (CGSSO) at a specified period as an evaluation of the individual's ability to perform physical work, training and coast guard service.

**Special PFT** – is the physical fitness test, utilizing the PFT Assessment Standard, conducted to officers who are considered for promotion in the PCG and enlisted personnel who are considered for promotion and reenlistment.

**Remedial PFT** - is the physical fitness test, utilizing the PFT Assessment Standard, conducted to individuals who failed in the regular or special PFT.

**5. POLICIES:**

- a. The Physical Fitness Test (PFT) shall be conducted to all members of the PCG in order to determine one's capability to face the rudiments and rigors of the coast guard service as they pursue their progressive coast guard career. The PFT shall be composed of four (4) events designed to determine the individual's upper,

tenure/reenlistment, service career schooling and related local or foreign mission, unless excused or exempted temporarily for valid reasons of sickness or injury.

**d. Frequency of Test**

d.1. Regular PFT for officers and enlisted personnel shall be conducted semi-annually on the months of May and November to ensure that the minimum physical fitness requirements are being maintained.

d.2. Special PFT shall be conducted as directed by Higher Headquarters.

**e. Physical Fitness Waiver**

All PCG personnel shall take the Physical Fitness Test (Regular/Special/Remedial) except those who fall under the following conditions:

e.1. Those personnel with certain medical deficiency and/or permanent/partial disabilities due to disease, wound or injury sustained in line of duty or confined in hospital. However, they shall take the PFT after their confinement or after the expiration of his/her medical certificate, unless duly given a waiver by the Command Surgeon, PCG to be incapable of performing any strenuous physical fitness activity.

e.2. Pregnant female personnel who have a medical proof of their current health condition duly signed by any medical practitioner.

e.3. Those personnel who are engaged in actual operation or underway on a mission aboard ship, in which case, they shall take the PFT upon termination of such activity.

**f. Unsatisfactory Performance:**

f.1. Individuals who fail the regular and special PFT are allowed to undergo a maximum of two (2) remedial PFT's within fifteen (15) days after the scheduled regular and special PFT.

f.2. For remedial PFT's, the examinee shall again undertake all the exercises following the initial PFT failure.

**g. Sanctions and Penalties:**

Any individual who fails the passing requirements after the final remedial PFT shall be imposed corresponding sanction and penalties namely:

g.1. For officers, he/she shall be referred to the appropriate Efficiency and Separation Board (ESB) to determine his/her fitness to remain in the service.

g.2. On the other hand, for enlisted personnel, he/she shall not be recommended for reenlistment/promotion.

g.3. For Special PFT, failure to pass the Remedial PFT shall be a ground for deferment for the officer's promotion. While for enlisted personnel, shall be a ground for deferment of promotion and denial for reenlistment.

**h. Validity of PFT:**

The validity of PFT results is as follows:

h.1. For officers and EPs – six (6) months starting from the date of testing.

h.2. Regular PFT taken within one (1) month prior to the scheduled Special PFT shall be considered as a valid Special PFT.

**7. PROCEDURES:**

a.) For Regular and Remedial PFT's, the major Unit Special Services shall conduct the Physical Fitness Test.

b.) In instances where a separate tenant unit in a major camp or base is lower than captain or its equivalent, the camp / base Special Services shall supervise the conduct of PFT.

c.) For Special PFT, CGSSO shall conduct the PFT to all concerned personnel. The Chairman of the Board of Senior of Officers (BOSO) / selection Board (for promotion of O-5 below) must designate a regular member to supervise the conduct of the Special PFT. The designated supervisor from the BOSO / Selection Board shall sign the individual PFT Score Sheet certifying that she /he personally supervised the conduct of Physical Fitness Test.

**6. RESPONSIBILITY:**

- a. The CGSSO is the designated lead Staff in the implementation of this SOP.
- b. Commanding Officers of units, heads of offices and chairmen of created PCG Boards requiring the submission of PFT shall be responsible in the compliance of this SOP as required by their respective functions.
- c. Other than the periodic requirement for Physical Fitness Test, CGSSO shall be responsible for the conducting and issuing of physical fitness test clearances.

**7. RESCISSION:**

All other pertinent publications in conflict with this SOP are hereby rescinded.

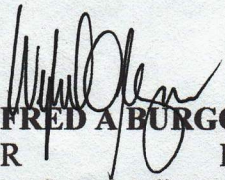
**8. EFFECTIVITY:**

This SOP takes effect upon publication.

**BY COMMAND OF ADMIRAL TAMAYO:**

OFFICIAL:

**ENRICO EFREN A EVANGELISTA**  
Commodore PCG  
Chief of Coast Guard Staff

  
**WIFRED A BURGOS**  
CDR PCG  
Coast Guard Adjutant

OTNA/ON1

06 January 2009

**STANDING OPERATING PROCEDURES  
NUMBER 04****CONDUCT OF PN PHYSICAL FITNESS TEST AND THE AWARDING OF  
CORRESPONDING PFT BADGES****1. REFERENCES:**

- a. HPN SOP Nr 10 dated 24 July 2003, Policy Guidelines in the conduct of Physical Fitness Test
- b. GHQ SOP Nr 12 dated 10 July 2008, 2008, AFP Standard Physical Fitness Test
- c. Marine Service Regulations 131-242, Marine Annual Combat PFT
- d. HPA Letter Directive dated 28 July 199; Subject: Command Policy #01-8/99 PA Physical Fitness Test.

**2. GENERAL:**

One's capability to face the rudiments and rigors of the military service depends to a great extent on the following aspects: technical, mental, emotional, and physical. The last of which determines his/her ability and state of readiness to cope up and carry out demanding tasks in out of combat, with confidence and vigor. It is, therefore, imperative that Sailors and Marines, or Navy personnel in general should stay healthy and be in their best physical condition at all times.

To maintain this standard of physical fitness, all Navy personnel must be their best effort in maintaining such standard or attaining the physical ability above common man.

**3. SCOPE AND PURPOSE**

This SOP applies to all Philippine Navy sailors and marines, both officers and enlisted personnel. This SOP mainly prescribes the policies and guidelines on the implementation and management of the PN Physical conditioning and fitness test Conducted on all Philippine Navy Officers and Enlisted Personnel, as required by GHQ SOP Nr 12 dated 10 July 2008, AFP Standard Physical Fitness Test. In addition, sets the minimum standard of physical fitness and prescribes the awarding of the Physical Fitness Badge for those deserving Navy Personnel who strived for excellence, in order to stay fit at all times.

#### 4. OBJECTIVES:

- a. To ensure maintenance of the physical condition of all PN personnel, and to assist in determining the accurate profile of the physical fitness structure of the Command through periodic test to be conducted and submitted to FOIC, PN (Attr: TNSO).
- b. To provide a common standard in the conduct of Physical Fitness Test in the Philippine Navy and promote physical fitness excellence through the awarding of a Badge commensurate to his physical ability based on the set standards.

#### 5. DEFINITION OF TERMS:

- a. Physical Fitness Test (PFT)—is a set of physical exercises used as a standard of measurement of one's ability to function effectively in physical work, training and other activities. Physical fitness as one of the foundations of combat readiness must be maintained as an integral part of a soldier's life.
- b. Regular PFT—is the standard physical fitness test conducted by The Navy Special Service Office(TNSO) at a specified period as an evaluation of the individual's ability to perform physical work, training and military service.
- c. Special PFT—is the standard physical fitness test, utilizing the PFT Evaluation Standard conducted to officers who are considered for promotion and designation to key positions in the AFP and enlisted personnel who are considered for promotion and reenlistment.
- d. Remedial PFT—is the standard physical fitness test, utilizing the PFT Evaluation Standard conducted to individuals who failed in the regular and special PFT.

#### 6. POLICIES

- a. Applicability:
  - 1) All PN military personnel shall the Physical Fitness Test (Regular/Special/Remedial) except those who fall under the following conditions:
    - a) Those personnel who are engaged in actual combat operations or underway on a mission aboardship, in which case, they shall take the PFT upon termination of such activity.
    - b) Pregnant female personnel who have a medical proof of their current health condition duly signed by any medical practitioner.
    - c) Those personnel, who are medically ill, temporarily disabled or confined in hospital (military or private). However, they shall take the PFT after their confinement unless duly given a waiver by The Surgeon General, AFP or The Command Surgeon Navy (TCSN) to be incapable of performing any strenuous physical fitness activity. On the other hand, alternative events may be determined by the Head,

Department of Rehabilitation and Physical Fitness, AFP Medical Center on a case-to-case basis and in coordination with the Chief, SPS, AFP and TNSO, to facilitate the evaluation of their physical profile.

d) Personnel with physical profile of P2 and P3 as certified in their Annual Physical Examination Reports, must secure first a waiver from The Surgeon General, AFP or The Command Surgeon Navy (TCSN). Otherwise, alternative exercises shall be determined for them as prescribed at para 7a1)(c).

2) The Physical Fitness Report will also be a mandatory requirement as a supporting document for deliberations in promotion, ETAD/security of tenure/re-enlistment, service career schooling and related local or foreign mission, unless excused or exempted temporarily for valid reasons of sickness or injury as provided for above.

b. Physical Fitness Events:

1) The PFT shall be composed of three (3) events designed to determine the individual's upper, mid-section and lower body strength as well as endurance, namely: push-up, bent-leg sit up and 3.2 kilometer run.

a) **Push-up**—intended to test the upper body strength.

Male

Starting position will be, with palms flat to the ground, the individual's body forms a straight line and at right angle with his stretched arms. Assuming a front leaning position, the individual puts his legs together with his toes supporting the legs. One complete repetition is counted when the individual bends (flexes) his elbows and lowers his body until his chest is one fist away from the ground. The arms are then straightened (extended) back to starting position. The score is the number of repetitions completed in two (2) minutes.

Female

Starting position will be, with palms flat to the ground, the individual's body forms a straight line and be at right angle with his stretched arms. Assuming a front leaning position, the individual kneels and puts her legs together. One complete repetition is counted when the individual bends (flexes) her elbows and lowers her body until his chest is one fist away from the ground. The arms are then straightened (extended) back to starting position. The score is the number of repetitions completed in two (2) minutes.

Rules

No push-up shall be counted when the individual fails to do the following:

(1) Keep his/her body straight from head to heels (for male)/head to knees (for female).

- (2) Lower the body or observe one-fist distance from the ground.
- (3) Extend fully his/her arms and return to starting position.

b) **Bent leg sit-up**—intended to assess the effectiveness of the mid-body section.

#### Execution

The individual lies on his/her back flat to the ground with knees bended, feet anchored firmly on the floor (or held by the proctor) and fingertips touching the ears and elbows pointing upwards. One complete repetition is counted when the individual lifts his/her upper body from the floor, both elbows touching his/her knees/front thighs and returns back to starting position. The score is the number of repetitions completed in two (2) minutes.

#### Rules

No bent leg sit-up shall be counted when the individual fails to do the following:

- (1) Keep his/her fingertips touching his/her ears.
- (2) Touch his/her knees/front thighs with his/her elbows
- (3) Lower his/her back and touch the floor upon touching the knees/thighs.

c) **Two (2) Mile Run (3.2 Km)**—intended to evaluate one's cardio-vascular endurance and lower body potency.

#### Execution

The individual stands behind the starting line. On the "Ready, Go!" the individual runs or jogs on the road along the pre-determined route covering the required distance (3.2 Km) His/Her time is taken after crossing the finish line. The time serves as the score in which it has a corresponding rating equivalent on the Physical Evaluation Chart.

#### Rules

- (1) Walking is permitted.
- (2) The individual is allowed to be paced by another runner. However, the individual should never be touched or pushed by anybody.

2) The minimum requirement to pass each event is 70% and categorized according to age and gender. Rating below 70% in any three (3) events shall be considered failure. The detailed rating is indicated in the PFT Evaluation Chart (Annex A).

c. Frequency of Test:

- 1) The regular PFT is a semi-annual activity which shall be regularly taken on the months of May and November.
- 2) Special PFT shall be conducted as directed by Higher Headquarters.

d. Sanctions and Penalties:

1) Individuals who fail the regular PFT are allowed to undergo a maximum of two (2) remedial PFTs (retakes) within the given testing period.

2) For remedial PFTs, all three (3) events shall again be undertaken where the examinee shall be evaluated as either "pass" or "fail" using the PFT Evaluation Chart. However, upon passing the remedial PFT, the examinee's final rating shall be 70%.

3) Officers who fail in the Special PFT shall be allowed to take a remedial PFT which must be undertaken within fifteen (15) days after the scheduled Special PFT.

4) Any individual who fails the minimum passing requirements after the final remedial PFT shall be imposed corresponding penalties and sanctions namely:

a) For regular officers or reserve officers who have been granted Security of Tenure (SOT), he/she shall be referred to the appropriate Efficiency and Separation Board to determine his/her fitness to remain in the service.

b) For reserve officers with less than ten (10) years commissioned active service under RA 2334, it shall be a requirement for ETAD, SOT, CAD, reenlistment and schooling.

c) On the other hand, for enlisted personnel, he/she shall not be recommended for reenlistment/promotion.

5) For Special PFT, failure to pass the Remedial PFT shall be a ground for deferment for the officer's promotion and/or designation to any key position in the AFP. While for enlisted personnel, failure to pass the remedial PFT shall be a ground for deferment of promotion and denial for reenlistment.

e. Submission of Results:

1) Results of the Physical Fitness Tests shall be submitted not later than the end of the periodic testing months addressed to the FOIC, PN (Attn: TNSO) for consolidation and recommendation of the corresponding award. Subsequently, all results shall be forwarded to the Chief of Staff, AFP (Attn: SPS, AFP).

2) Officers and EP due for promotion and re-enlistment shall submit to TNSO results of the Physical Fitness Test conducted for the last three (3) years to support their request for issuance of Physical Fitness Clearances.

f. Validity of Results:

1) For officers and Enlisted Personnel—six (6) months starting from the date of testing.

2) Regular PFT taken within one (1) month prior to the scheduled Special PFT shall be considered as valid Special PFT.

7. PROCEDURES:

a. For Regular and Remedial PFTs, the Command/Unit Special Services up to the Brigade level for the Philippine Marines or its equivalent units in the Philippine Navy shall conduct the Physical Fitness Test.

b. In instances where a separate tenant unit in a major camp or base is lower than a Brigade or its equivalent, the Camp/Base Special Services shall supervise the conduct of the PFT.

c. For Special PFT, the TNSO shall conduct the PFT to all concerned personnel. The Chairman of the Board of Senior Officers (BOSO)/Selection Board (for promotion of O-5 below) must designate a regular member to supervise the conduct of the Special PFT. The designated supervisor from the BOSO/Selection Board shall sign the individual AFP PFT Score sheet certifying that he/she personally supervised the conduct of the Physical Fitness Test.

d. Considering the duration in which the badge be worn and the tedious process of approving authority and publication of such recognition, the TNSO or the respective Special Services (Brigade level) shall be authorized to directly forward the list of individuals who qualified for the different category of PFT Badges to the office of The Naval Adjutant (TNA) or the respective Adjutants at the Brigade level, for immediate issuance of appropriate orders.

e. Activities:

1) Physical Conditioning and Fitness activities are year-round undertakings directed towards a balanced wellness program to achieve physical and mental well-being, and to enhance camaraderie and team work.

2) The program of activities shall be undertaken during athletic hours on Tuesdays and Thursdays through organized athletics, which will start with various warm up and physical conditioning exercises necessary for the development of the different parts of the body.

3) A progressive physical conditioning activity must be observed to prevent physical injuries particularly among the beginners by undergoing the different stages of ten (10) to fifteen (15) minutes body stretching and physical activities programmed as follows:

Day 1-15 --Stretching and free athletics.

Days 16-30 --Stretching, jog-walk of 10-15 minutes, Five (5) minutes cool down exercise and free athletics.

Days 31-45 --Stretching, continuous jog of 10-15 minutes, 5-10 minutes cool down exercise and free athletics.

Days 46-60 --and thereafter-stretching, 5km run, 10 minutes cool down exercise and free athletics.

4) Organized or free athletics may include among others weight training, workouts or group aerobics exercises.

#### 8. PHILIPPINE NAVY FITNESS BADGE:

a. All PN Personnel who excelled in their Physical Fitness Test shall be awarded the PN Physical Fitness Badge commensurate according to their physical ability based on the standard set forth in this SOP.

b. The PT Badge shall be made of metal, as shown in Annex B. The following items shall be evident on the badge:

1) The "Shield"—symbolizes the defense establishment or military service which was as the protector of the nation.

2) The PN emblem (The Anchor, Sealion holding a sword & laurel leaves)—which symbolizes the Philippine Navy.

a) Anchor—Represents the embodiment of qualities, customs and traditions peculiar to the Navy

b) Sealion—Signifies sea power and jurisdiction over the Philippine territorial waters during peace and wartime.

c) Sword/Dagger—Signifies the willingness and readiness of the naval force to fight and die for the country, fearless of any inimical danger.

d) Laurel Leaves—Symbolizes the honor and prestige which the unit is always aspiring for.

3) The scroll with embossed word of "PHYSICAL EXCELLENCE"—Symbolizes excellence in physical fitness.

c. The Badge shall be 2 cm in width and 2 ½ cm in height and classified into three (3) namely: (a) GOLD, (b) SILVER & (c) BRONZE.

d. To qualify for such a prestigious physical fitness award, corresponding overall grades/rating should be attained as indicated below:

Physical Fitness Badge Qualification Rating

Classification	Grade/Score/Rating
GOLD Badge	96-100
SILVER Badge	86-95
BRONZE Badge	80-85

e. To qualify for the PT Badge, no grade/rating should be below 80% in one of the events.

f. The Badge shall be awarded and pinned by their respective Unit Commanders upon the issuance of appropriate orders.

g. It shall be worn in formal and General Office attires

h. It shall be pinned ¼ inch from the left edge of the lappet of the upper left-pocket as illustrated in Figure 1.

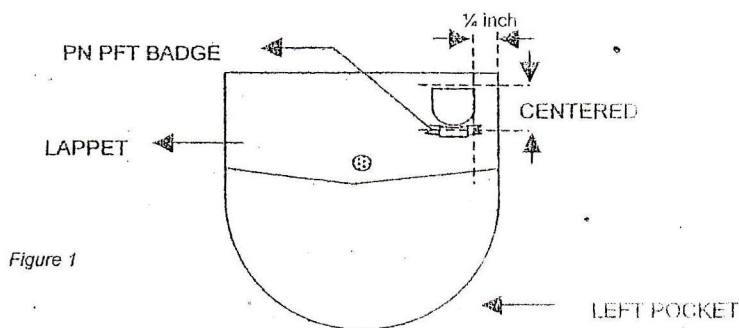


Figure 1

i. The badge shall be authorized to be worn only for six months. Thus, the individual must qualify again in the next PFT in order to wear the same PFT Badge. Otherwise, he/she shall not be authorized to wear such recognition badge. The wearing of the prescribed PFT badge shall only be according to his/her current physical qualification and readiness.

**9. RESPONSIBILITY:**

a. The TNSSO is the designated lead Staff in the implementation of this SOP.

b. Commanding Officers of units, heads of offices and chairmen of created PN Boards requiring the submission of PFT shall be responsible in the compliance of this SOP as required by their respective functions.

c. Other than the periodic requirement for Physical Fitness Test, TNSO shall be responsible for the conducting and issuing of physical fitness test clearances.

d. TNA shall be directly responsible in the immediate issuance of appropriate orders for the said recognition.

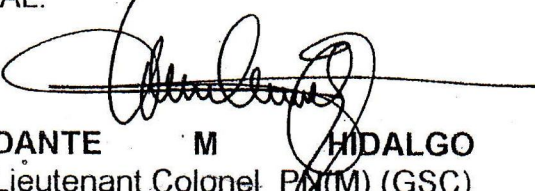
**10. RECISSION/EFFECTIVITY:**

a. This rescinds HPN SOP Nr 10 dated 24 July 2003, Policy Guidelines in the conduct of Physical Fitness Test.

b. This takes effect upon publication.

**BY COMMAND OF VICE ADMIRAL GOLEZ:**

OFFICIAL:



**DANTE M HIDALGO**  
Lieutenant Colonel PN(M) (GSC)  
The Naval Adjutant

**FELICIANO A ANGUE**  
Commodore, AFP  
Chief of Naval Staff

GENERAL HEADQUARTERS  
ARMED FORCES OF THE PHILIPPINES  
Camp General Emilio Aguinaldo, Quezon City

OTAG/PCRD

10 July 2008

STANDARD OPERATING PROCEDURE  
NUMBER 12

**AFP STANDARD PHYSICAL FITNESS TEST**

1. **OBJECTIVE:** To provide a common standard in the conduct of Physical Fitness Test in the AFP.

2. **SCOPE:** This SOP applies to all members of the AFP.

3. **DEFINITION OF TERMS:**

Physical Fitness Test (PFT) – is a set of physical exercises used as a standard measurement of one's ability to function effectively in physical work, training and other activities. Physical fitness as one of the foundations of combat readiness must be maintained as an integral part of a soldier's life.

Regular PFT – is the standard physical fitness test conducted by OSPS, AFP, the Major Service Special Services and Special Service Units at a specified period as an evaluation of the individual's ability to perform physical work, training and military service.

Special PFT – is the physical fitness test, utilizing the PFT Evaluation Standard, conducted to officers who are considered for promotion and designation to key positions in the AFP, and enlisted personnel who are considered for promotion and reenlistment.

Remedial PFT – is the physical fitness test, utilizing the PFT Evaluation Standard, conducted to individuals who failed in the regular or special PFT.

4. **POLICIES:**

a. The Physical Fitness Test (PFT) shall be conducted to all members of the AFP in order to determine one's capability to face the rudiments and rigors of the military service as they pursue their progressive military career. The PFT shall be composed of three (3) events designed to determine the individual's upper, mid-section and lower body strength as well as his endurance.

b. The PFT shall be composed of the following events – push-ups, bent-leg sit-ups and the two-mile (3.2-K) run. The "push-ups" is intended to test the upper body strength, while the "bent-leg sit-ups" assesses the effectiveness of the mid-body section. On the other hand, the two-mile or 3.2K run is designed to evaluate one's cardio-vascular endurance and lower body potency. All the events taken in one PFT session evaluates one's staying power, stamina and fortitude.

c. The PFT evaluation standard in all events is categorized according to age and gender. The detailed rating is indicated in the PFT Evaluation Chart (Annex A). The minimum requirement to pass each event is 70%. Rating below 70% in any of the three (3) events shall be considered failure.

g. Sanctions:

(1) Any individual who fails the minimum passing requirements after the final remedial PFT shall be imposed corresponding penalties and sanctions. For regular officers or reserve officers who have been granted Security of Tenure (SOT), he/she shall be referred to the appropriate Efficiency and Separation Board to determine his/her fitness to remain in the service. For reserve officers with less than ten (10) years commissioned active service under RA 2334, it shall be a ground for reversion or the denial of his/her ETAD. The regular PFT shall be a requirement for ETAD, SOT, CAD, reenlistment and schooling. On the other hand, for enlisted personnel, he/she shall not be recommended for reenlistment/promotion.

(2) For special PFT, failure to pass the remedial PFT shall be a ground for deferment for the officer's promotion and/or designation to any key position in the AFP. While for enlisted personnel, failure to pass the remedial PFT shall be a ground for deferment of promotion and denial for reenlistment.

h. Physical Fitness Waiver:

(1) Officers and EP with certain medical deficiency and/or permanent/partial disabilities due to disease, wound or injury sustained in line of duty who were granted waivers by The Surgeon General, AFP will be given alternative events as determined by the Head, Department of Rehabilitation and Physical Fitness, AFP Medical Center on a case-to-case basis and in coordination with the Chief, SPS, AFP to facilitate the evaluation of their physical profile.

(2) Only medical certificates from military hospitals of subject officers/EP will be honored. However, individuals with temporary medical excuse shall take their PFT after its expiration.

i. Validity of PFT:

The validity of PFT results is as follows:

(1) For officers & EPs - six (6) months starting from the date of testing.

(2) Regular PFT taken within one (1) month prior to the scheduled Special PFT shall be considered as a valid Special PFT. VICE VERSA

5. RESPONSIBILITY

a. The C, SPS, AFP shall be responsible in the implementation of this SOP.

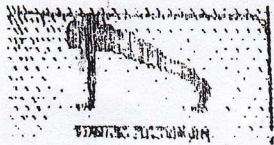
b. The administration of PFT shall be the responsibility of the concerned Special Service of each Major Service, camp or unit.

c. The Head, Department of Rehabilitation and Physical Fitness, AFPMC in coordination with the C, SPS, AFP shall devise alternative physical activities on a case-to-case basis to evaluate the physical fitness of military personnel with permanent physical handicap.

## RULES IN PERFORMING THE REGULAR PHYSICAL FITNESS EVENTS

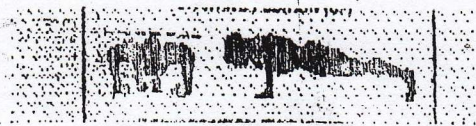
### 1. PUSH - UPS

#### Starting Position: (For Male)



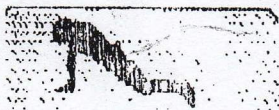
With palms flat to the ground, the individual's body forms a straight line and be at right angle with his stretched arms. Assuming a front leaning position, the individual puts his legs together with his toes supporting the legs.

#### Repetition:



One complete repetition is counted when the individual bends (flexes) his elbows and lowers his body until his chest is one-fist distance from the ground. The arms are then straightened (extended) to return to starting position.

#### Starting Position: (For Female)



With palms flat to the ground, the individual's body forms a straight line and be at right angle with her stretched arms. Assuming a front leaning position, the individual kneels and puts her legs together.

#### Repetition:



One complete repetition is counted when the individual bends (flexes) her elbows and lowers her upper body until her chest is one-fist distance from the ground. The arms are then straightened (extended) to return to starting position.

#### Rules:

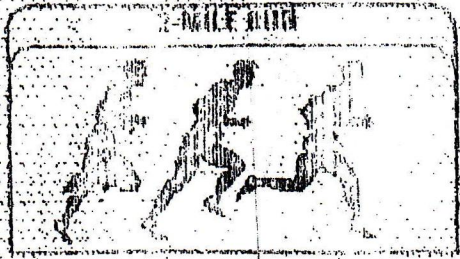
No push-up shall be counted when the individual fails to:

- keep his/her body straight from head to heels (for male)/ head to knees (for female)
- lower the body or observe one-fist distance from the ground
- extend fully his/her arms and return to starting position.

Scoring: The score is the number of repetitions completed in two (2) minutes.

## 2. TWO-MILE (3.2 KM) RUN

### Starting Position:



The individual stands behind the starting line.

### Repetition/Action:

On the signal "Ready, Go!" the individual runs or jogs on the road along the pre-determined route covering the required distance. His time is taken after crossing the finish line.

### Rules:

- a) Walking is permitted.
- b) The individual is allowed to be paced by another runner, however, the individual should never be touched/pushed by anybody.
- c) The individual should strictly follow the designated route. Short cut or unauthorized route shall be a ground for disqualification.

### Scoring\*:

The time serves as the score.

Note: All scores have its corresponding rating equivalent on the Physical Evaluation Chart.





## 2-MILE RUN (3.2K)

TIME	AGE CATEGORY															
	17-25		26-30		31-35		36-40		41-44		45-48		49-52		53-60	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
11:00-11:14	100															
11:15-11:29	99															
11:30-11:44	98		100													
11:45-11:59	97		99													
12:00-12:14	96		98													
12:15-12:29	95		97													
12:30-12:44	94		96													
12:45-12:59	93		95													
13:00-13:14	92	100	94		100											
13:15-13:29	91	99	93		99											
13:30-13:44	90	98	92		98											
13:45-13:59	89	97	91		97											
14:00-14:14	88	96	90	100	96		100									
14:15-14:29	87	95	89	99	95		99									
14:30-14:44	86	94	88	98	94		98									
14:45-14:59	85	93	87	97	93		97									
15:00-15:14	84	92	86	96	92		96									
15:15-15:29	83	91	85	95	91	100	95		100							
15:30-15:39	82	90	84	94	90	99	94									
15:40-15:49	81	89	83	93	89	98	93									
15:50-15:59	80	88	82	92	88	97	92									
16:00-16:09	79	87	81	91	87	96	91	100	96		100					
16:10-16:19	78	86	80	90	86	95	90	99	95		99					
16:20-16:29	77	85	79	89	85	94	89	98	94		98					
16:30-16:39	76	84	78	88	84	93	88	97	93		97					
16:35-16:39	75	83	77	87	83	92	87	96	92		96					
16:40-16:44	74	82	76	86	82	91	86	95	91	100	95					
16:45-16:49	73	81	75	85	81	90	85	94	90	99	94					
16:50-16:54	72	80	74	84	80	89	84	93	89	98	93					
16:55-16:59	71	79	73	83	79	88	83	92	88	97	92					
17:00-17:09	70	78	72	82	78	87	82	91	87	96	91	100			100	
17:10-17:19	69	77	71	81	77	86	81	90	86	95	90	99	94		99	
17:20-17:29	68	76	70	80	76	85	80	89	85	94	89	98	93		98	
17:30-17:39	67	75	69	79	75	84	79	88	84	93	88	97	92		97	
17:40-17:59	66	74	68	78	74	83	78	87	83	92	87	96	91		96	
18:00-18:14	65	73	67	77	73	82	77	86	82	91	86	95	90	100	95	
18:15-18:29	64	72	66	76	72	81	76	85	81	90	85	94	89	99	94	
18:30-18:44	63	71	65	75	71	80	75	84	80	89	84	93	88	98	93	
18:45-18:59	62	70	64	74	70	79	74	83	79	88	83	92	87	97	92	
19:00-19:14	61	69	63	73	69	78	73	82	78	87	82	91	86	96	91	100
19:15-19:29	60	68	62	72	68	77	72	81	77	86	81	90	85	95	90	99
19:30-19:44	59	67	61	71	67	76	71	80	76	85	80	89	84	94	89	98
19:45-19:59	58	66	60	70	66	75	70	79	75	84	79	88	83	93	88	97
20:00-20:14	57	65	59	69	65	74	69	78	74	83	78	87	82	92	87	96
20:15-20:29	56	64	58	68	64	73	68	77	73	82	77	86	81	91	86	95
20:30-20:44	55	63	57	67	63	72	67	76	72	81	76	85	80	90	85	94
20:45-20:59	54	62	56	66	62	71	66	75	71	80	75	84	79	89	84	93
21:00-21:14	53	61	55	65	61	70	65	74	70	79	74	83	78	88	83	92
21:15-21:29	52	60	54	64	60	69	64	73	69	78	73	82	77	87	82	91
21:30-21:44	51	59	53	63	59	68	63	72	68	77	72	81	76	86	81	90
21:45-21:59	50	58	52	62	58	67	62	71	67	76	71	80	75	85	80	89
22:00-22:29	50	57	51	61	57	66	61	70	66	75	70	79	74	84	79	88
22:30-22:59	50	56	50	60	56	65	60	69	65	74	69	78	73	83	78	87
23:00-23:29	50	55	50	59	55	64	59	68	64	73	68	77	72	82	77	86
23:30-23:59	50	54	50	58	54	63	58	67	63	72	67	76	71	81	76	85
24:00-24:29	50	53	50	57	53	62	57	66	62	71	66	75	70	80	75	84
24:30-24:59	50	52	50	56	52	61	56	65	61	70	65	74	69	79	74	83
25:00-25:29	50	51	50	55	51	60	55	64	60	69	64	73	68	78	73	82
25:30-25:59	50	50	50	54	50	59	54	63	59	68	63	72	67	77	72	81
26:00-26:29	50	50	50	53	50	58	53	62	58	67	62	71	66	76	71	80
26:30-26:59	50	50	50	52	50	57	52	61	57	66	61	70	65	75	70	79
27:00-27:29	50	50	50	51	50	56	51	60	56	65	60	69	64	74	69	78
27:30-27:59	50	50	50	50	50	55	50	59	55	64	59	68	63	73	68	77
28:00-28:29	50	50	50	50	50	54	50	58	54	63	58	67	62	72	67	76
28:30-28:59	50	50	50	50	50	53	50	57	53	62	57	66	61	71	66	75

TIME	17-25		26-30		31-35		36-40		41-44		45-48		49-52		53-up	
	M	F	M	F	M	-F	M	F	M	F	M	F	M	F	M	F
29:00-29:29	50	50	50	50	50	52	50	56	52	51	56	60	60	70	65	74
29:30-29:59	50	50	50	50	50	51	50	55	51	60	59	61	59	69	64	73
30:00-30:29	50	50	50	50	50	50	50	54	50	59	51	61	58	68	63	72
30:30-30:59	50	50	50	50	50	50	50	53	50	58	51	61	57	67	62	71
31:00-31:29	50	50	50	50	50	50	50	52	50	57	57	60	56	66	61	70
31:30-31:59	50	50	50	50	50	50	50	51	50	56	51	60	55	65	60	69
32:00-32:29	50	50	50	50	50	50	50	50	50	55	50	59	51	64	59	68
32:30-32:59	50	50	50	50	50	50	50	50	50	54	50	58	53	63	58	67
33:00-33:29	50	50	50	50	50	50	50	50	50	53	50	57	52	62	57	66
33:30-33:59	50	50	50	50	50	50	50	50	50	52	50	56	51	61	56	65
34:00-34:59	50	50	50	50	50	50	50	50	50	51	50	57	50	60	55	64
35:00-35:59	50	50	50	50	50	50	50	50	50	50	50	54	50	58	54	63
36:00-36:59	50	50	50	50	50	50	50	50	50	50	50	53	50	58	53	62
37:00-37:59	50	50	50	50	50	50	50	50	50	50	50	52	50	57	52	61
38:00-38:59	50	50	50	50	50	50	50	50	50	50	50	51	50	56	51	60
39:00-39:59	50	50	50	50	50	50	50	50	50	50	50	50	50	55	50	59



GENERAL HEADQUARTERS  
 ARMED FORCES OF THE PHILIPPINES  
 OFFICE OF THE CHIEF SPECIAL SERVICE  
 Camp General Emilio Aguinaldo Quezon City

Date \_\_\_\_\_

**1<sup>st</sup>/2<sup>nd</sup> Remedial**  
**AFP PHYSICAL FITNESS TEST SCORE SHEET**

(Rank) \_\_\_\_\_ (Last Name) \_\_\_\_\_ (First Name) \_\_\_\_\_ (MI) \_\_\_\_\_ (AFP Serial No./branch of Service) \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_  
 Unit: \_\_\_\_\_ Location: \_\_\_\_\_

EVENTS		RAW SCORE	RATING
PUSH-UP	2 Minutes		
SIT-UP	2 Minutes		
.2 Mile Run	3.2 Kilometer		

Rating (Pass/Fail): \_\_\_\_\_

\_\_\_\_\_  
 Signature of Examinee

CERTIFIED TRUE AND CORRECT:

\_\_\_\_\_  
 Name & Signature of Examiner

\_\_\_\_\_  
 Name & Signature of Special Service Officer

Rank

Br of Svc

Rank

Br of Svc



GENERAL HEADQUARTERS,  
ARMED FORCES OF THE PHILIPPINES  
**OFFICE OF THE CHIEF SPECIAL SERVICE**  
Camp General Emilio Aguinaldo Quezon City

Date \_\_\_\_\_

**SPECIAL  
AFP PHYSICAL FITNESS TEST SCORE SHEET**

(Rank) \_\_\_\_\_ (Last Name) \_\_\_\_\_ (First Name) \_\_\_\_\_ (M/I) \_\_\_\_\_ (AFP Serial Nr/Branch of Service) \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_  
Unit: \_\_\_\_\_ Location: \_\_\_\_\_

EVENTS		RAW SCORE	RATING
PUSH-UP	2 Minutes		
SIT-UP	2 Minutes		
2 Mile Run	3.2 Kilometer		

Average: \_\_\_\_\_

Signature of Examinee \_\_\_\_\_

CERTIFIED TRUE AND CORRECT:

Name & Signature of Examiner \_\_\_\_\_

Name & Signature of Special Service Officer \_\_\_\_\_

Rank \_\_\_\_\_

Br of Svc \_\_\_\_\_

Rank \_\_\_\_\_

Br of Svc \_\_\_\_\_

**CERTIFICATION**

This is to certify that the undersigned personally supervised the conduct of Physical Fitness Test of \_\_\_\_\_

Name & Signature of Member of BOSO \_\_\_\_\_

Rank \_\_\_\_\_

Br of Svc \_\_\_\_\_



GENERAL HEADQUARTERS  
 ARMED FORCES OF THE PHILIPPINES  
**OFFICE OF THE CHIEF SPECIAL SERVICE**  
 Camp General Emilio Aguinaldo Quezon City

Date \_\_\_\_\_

**REGULAR  
 AFP PHYSICAL FITNESS TEST SCORE SHEET**

(Rank) (Last Name) (First Name) (MI) (AFP Serial No/Branch of Service)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_

Unit: \_\_\_\_\_ Location: \_\_\_\_\_

EVENTS		RAW SCORE	RATING
PUSH-UP	2 Minutes		
SIT-UP	2 Minutes		
2 Mile Run	3.2 Kilometer		

Rating (Pass/Fail): \_\_\_\_\_

Signature of Examinee \_\_\_\_\_

CERTIFIED TRUE AND CORRECT:

\_\_\_\_\_  
 Name & Signature of Examiner

\_\_\_\_\_  
 Name & Signature of Special Service Officer

Rank

Br. of Svc

Rank

Br of Svc