

**77TH ST LOUIS CRUSADERS COMPOSITE SQ
CADET PHYSICAL FITNESS TEST (CPFT)**

Date		
Cadet Tested Female Age 18+		
CAP ID #		
Name		
Rank		
Aerobic Fitness		
Mile Run	9:22	
Muscular Strength/Endurance		
Curl-Up	18	
Push-Up	7	
Flexibility		
Sit & Reach	12	
Proctor		
CAP ID #		
Name		
Rank		