

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

<b>Date</b>		
<b>Cadet Tested Male Age 15</b>		
<b>CAP ID #</b>		
<b>Name</b>		
<b>Rank</b>		
<b>Aerobic Fitness</b>		
<b>Mile Run</b>	<b>9:04</b>	
<b>Muscular Strength/Endurance</b>		
<b>Curl-Up</b>	<b>24</b>	
<b>Push-Up</b>	<b>16</b>	
<b>Flexibility</b>		
<b>Sit &amp; Reach</b>	<b>8</b>	
<b>Proctor</b>		
<b>CAP ID #</b>		
<b>Name</b>		
<b>Rank</b>		