

White Mountain Apache Fire & Rescue

Quarterly Physical Agility Test

General Information

Candidate's Name:	Date of Exercise:
Assessor's Name & Rank:	Vitals:
Testing Location:	Time: _____ Time: _____ BP: _____ BP: _____ HR: _____ HR: _____

Exercise	Pass	Fail	Comments
Walking Lunges (60 continuous repetitions)			
Bicycle Crunches (60 reps. in 120 seconds)			
Push-Ups (25 repetitions in 60 seconds)			
Squat Thrust (30 repetitions in 120 seconds)			
3 Mile Run/Jog (based on age)			
MIPAT (< 5 mins. males/6 ½ minutes female)			
Arduous "Pack-Test" (<45 minutes)			

Comments/Recommendations

Does the applicant require testing? <input type="checkbox"/> Yes <input type="checkbox"/> No If, so, by when?			
Applicant's Signature	Date:	Assessor's Signature	Date:

Forward completed form to the Deputy Fire Chief for retention in their personal file.