



United States Naval Academy

Candidate Fitness Assessment Scoring Sheet

This form is to be used as a recording tool only. Official scores must be submitted to the Naval Academy via electronic CFA module.

Candidate Name: _____

Test Date: _____

Height: _____

Weight: _____

1. Basketball Throw (Only the best of the three scores will be submitted):

1st Throw (in Feet): _____

2nd Throw: _____

3rd Throw: _____

2. Pull-Ups (For Men or Women) OR Flexed-Arm Hang (For Women Only)

Number of Repetitions: _____ OR Seconds: _____

3. 40-Yard Agility Run (Only the better of the two times will be submitted):

1st Run (to the nearest 10th of a second): _____

2nd Run: _____

4. Crunches:

Number of Repetitions: _____

5. Push-ups:

Number of Repetitions: _____

6. 1-Mile Run:

Time: _____ minutes, _____ seconds