



**FITNESS ASSESSMENT SCORE SHEET**

**INCLUDE COMPLETED SCORE SHEET WITH YOUR PNP APPLICATION**

Applicant's Name (Last, First, MN): \_\_\_\_\_

Applicants height (inches): \_\_\_\_\_

Applicant's weight: \_\_\_\_\_

**READ TO APPLICANT:**

"You are about to take the PNP Applicant Fitness Assessment. The results of this test will be used in the PNP scholarship application process by demonstrating your level of physical fitness. You may cease work when you have scored the maximum for any individual event. Otherwise, do your best on each event. You have 25 minutes to complete the entire test. After you complete each event, the scorer will record your score and the time the event was tested. If at any time you cannot continue to meet the timed requirements, the test will be terminated."

Start Time: \_\_\_\_\_

Number of Crunches completed in 2 minutes: \_\_\_\_\_

Number of Push-ups completed in 2 minutes: \_\_\_\_\_

1 Mile Run Time: \_\_\_\_\_ minutes \_\_\_\_\_ seconds

End Time: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

Evaluator's Printed Name: \_\_\_\_\_

Evaluator's Title/Position: \_\_\_\_\_

Date: \_\_\_\_\_