

**Civil Air Patrol**  
**Cadet Physical Fitness Test (CPFT) Score Card**  
 (Minimal requirements are based on Age, Gender and Achievement Number)

Cadet Name:		Date:	
Current Grade:		President's Challenge: 25th percentile	

Phase I - Indicate Achievement: <input type="checkbox"/> 1. Curry <input type="checkbox"/> 2. Arnold <input type="checkbox"/> 3. Feik <input type="checkbox"/> Milestone: Wright Brothers Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	21	20	23	24	25	28	25	24	28	31	30	31
	P. 24 Sit Ups (60 sec)	34	36	39	38	38	38	29	30	31	30	30	28
	P. 25 Push Ups (1 every 3 seconds)	12	16	18	22	24	26	9	9	9	11	11	12
	P. 26 (30 feet) Shuttle Run (seconds)	11.2	10.8	10.5	10.2	10.0	9.9	12.1	11.8	11.9	11.7	11.7	11.7
	P. 27 Mile Run (minutes)	10:22	9:23	9:10	8:49	8:37	8:06	12:46	12:29	11:52	11:48	12:42	12:11
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest   CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 35th percentile	

Phase II - Indicate Achievement: <input type="checkbox"/> 4. Rickenbacker <input type="checkbox"/> 5. Lindberg <input type="checkbox"/> 6. Doolittle													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	23	23	23	27	27	31	31	27	30	32	32	33
	P. 24 Sit Ups (60 sec)	37	39	41	41	40	40	31	33	34	32	32	30
	P.25 Push Ups (1every 3 seconds)	14	18	20	25	<del>26</del> 26	30	10	10	10	12	13	14
	P. 26 (30 feet) Shuttle Run (seconds)	11.0	10.6	10.2	10.0	9.7	9.6	11.7	11.5	11.6	11.4	11.4	11.3
	P. 27 Mile Run (minutes)	9:40	8:54	8:30	8:08	7:53	7:35	12:01	11:40	11:10	11:00	11:24	11:20
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 50th percentile	

<b>Phase II - Indicate Achievement: <input type="checkbox"/> 7. Goddard <input type="checkbox"/> 8. Armstrong <input type="checkbox"/> Milestone: Mitchell Award</b>													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	26	26	28	30	30	34	30	31	33	36	34	35
	P. 24 Sit Ups (60 sec)	40	42	45	45	45	44	35	37	37	36	35	34
	P.25 Push Ups (1every 3 seconds)	18	24	24	30	30	37	11	11	11	15	12	16
	P. 26 (30 feet) Shuttle Run (seconds)	10.6	10.2	9.9	9.7	9.4	9.4	11.3	11.1	11.2	11.0	10.9	11.0
	P. 27 Mile Run (minutes)	8:40	8:06	7:44	7:30	7:10	7:04	11:05	10:23	10:06	9:58	10:31	10:22
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Cadet Name:		Date:	
Current Grade:		President's Challenge: 60th percentile	

Phase III - Indicate Achievement: <input type="checkbox"/> 9. Flight CO <input type="checkbox"/> 10. Admin Officer <input type="checkbox"/> 11. PAO <input type="checkbox"/> Milestone: Earhart Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	27	27	30	32	32	36	32	32	35	37	36	37
	P. 24 Sit Ups (60 sec)	43	45	48	49	48	46	38	40	40	39	37	36
	P.25 Push Ups (1every 3 seconds)	22	28	28	34	35	42	14	15	15	16	17	19
	P. 26 (30 feet) Shuttle Run (seconds)	10.4	10.1	9.7	9.5	9.2	9.2	11.0	10.9	10.9	10.7	10.7	10.7
	P. 27 Mile Run (minutes)	8:14	7:41	7:19	7:06	6:50	6:50	10:26	9:50	9:27	9:23	9:48	9:51
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Cadet Name:		Date:	
Current Grade:		President's Challenge: 70th percentile	

<b>Phase IV - Indicate Achievement:</b> <input type="checkbox"/> 12. Leadership Officer <input type="checkbox"/> 13. Aerospace Ed Officer <input type="checkbox"/> 14. Operations Officer <input type="checkbox"/> 15. Logistics Officer <input type="checkbox"/> 16. Cadet Commander <input type="checkbox"/> <b>Milestone:</b> Eaker Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	28	29	32	33	35	39	33	34	37	70	38	39
	P. 24 Sit Ups (60 sec)	46	48	51	52	50	49	40	41	42	42	40	39
	P.25 Push Ups (1every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest CPFT Testing Officer:													

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Cadet Name:		Date:	
Current Grade:		President's Challenge: 75th percentile	

<b>SPAATZ AWARD</b>													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (cm)	29	30	33	34	36	40	34	36	38	41	39	40
	P. 24 Sit Ups (60 sec)	47	50	52	53	51	51	41	42	43	44	41	40
	P.25 Push Ups (1every 3 seconds)	27	35	36	39	40	49	18	19	19	19	21	23
	P. 26 (30 feet) Shuttle Run (seconds)	10.0	9.8	9.4	9.2	8.9	8.9	10.7	10.5	10.5	10.3	10.4	10.3
	P. 27 Mile Run (minutes)	7:41	7:11	6:45	6:38	6:25	6:23	9:15	8:49	8:36	8:40	8:50	8:52

Indicate:  Pass    Needs to Retest   CPFT Testing Officer: