U.S.	NAVAL	SEA	CADET	co	RPS
11 9	ΝΔVΥ Ι	FΔG	IIE CAI)FT	COPP

CADET EXERCISE CHART

INSTRUCTIONS

- 1. Use this form to track Cadets physical fitness progress.
- 2. The criteria listed on the reverse consist of the minimum required standards for attendance at NSCC Recruit Training, The minimum requirements to receive the NSCC/NLCC Physical Fitness Ribbon, and the Physical Fitness Excellence Appurtenance.
- 3. Enter the appropriate time and/or quantity in the numbered column that corresponds with the exercises listed on the reverse side.

	Manual (NSCC Advancement and Training Naraining Naraining should use the NSCTNG 018 to docu		ria for each exercise.	
1. UNIT INFORMATION				
1a. Unit Name		1b. Drill Location		
1c. Full Name & Rank of Fitness Coordinator	1d. Date of Testing (DD MMM Y	1d. Date of Testing (DD MMM YY)		
2. RECORD OF EXCERCISES		<u> </u>		
CADET NAME	EXERCISE #1 SIT-UPS (1 MINUTE)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS (NO TIME LIMIT)	

CADET EXERCISE CHART

REFER TO NSCC/NLCC PHYSICAL READINESS MANUAL FOR DESCRIPTION AND CRITERIA FOR EACH EXERCISE.

I	EXERCISE #1	EXERCISE #4	EXERCISE #5
AGE	SIT-UPS	ONE-MILE RUN	PUSH-UPS
	(1 MINUTE)	(MINUTES/SECONDS)	(NO TIME LIMIT)
10	28	11:40	12
11	29	11:25	14
12	32	10:22	15
13	34	9:45	20
14	36	9:30	20
15	38	9:15	25
16	40	9:00	25
17/18	40	8:45	30
INIMUM PHYSIC	AL FITNESS STANDARDS FOR F	FEMALE CADETS	I .
10	26	13:00	9
11	28	12:42	7
12	30	12:24	5
13	32	12:15	7
14	32	12:00	7
15	31	11:45	10
16	30	12:15	10
17/18	29	12:15	10
	SS STANDARDS FOR MALE CAD		1
10	35	9:48	14
11	37	9:20	15
12	40	8:40	18
13	42	8:06	24
14	45	7:44	24
15	45	7:30	30
16	45	7:10	30
17/18	44	7:10	37
J.	SS STANDARDS FOR FEMALE C		JI
10	30	,	13
11	32	11:22	11
12	35	11:17	10
13	37	11:05	11
14	37	10:23	10
15	36	10:06	15
16	35	9:58	12
17/18	35	10:31	16
		10:22 ETS (RIBBON AWARD WITH "E" APPU	
10	45	,	22
		7:57	+
11 12	47 50	7:32	27
		7:11	
13	53	6:50	39
14	56	6:26	40
15	57	6:20	42
16	56	6:08	44
17/18	55	6:06	53
1		ADETS (RIBBON AWARD WITH "E" AP	
10	40	9:19	20
11	42	9:02	19
12	45	8:23	20
13	46	8:13	21
14	47	7:59	20
15	48	8:08	20
16	45	8:23	24
17/18	44	8:15	25