U.S. NAVAL SEA CADET CORPS
U.S. NAVY LEAGUE CADET CORPS

## **CADET EXERCISE CHART**

## INSTRUCTIONS

- 1. Use this form to track Cadets physical fitness progress.
- 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.
- 4. Refer to NSCC/NLCC Physical Readiness Manual (NSCC Advancement and Training Manual, Appendix 3) for description and criteria for each exercise.
- 5. Cadets interested in participating in SEAL training should use the NSCTNG 018 to document testing requirements.

1. UNIT INFORMATION					
1a. Unit Name BETSY ROSS DIVISION, NLCC			1b. Drill Location PATRICK HENRY ARMY RESERVE CTR		
1c. Full Name & Rank of Fitness Coordinator ENS ADRIANA CABEZAS, NSCC			1d. Date of Testing (DD MMM YY) 12 NOV 12		
2. RECORD OF EXERCISES					
CADET NAME	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 V-SIT REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS (NO TIME LIMIT)
ARROYGA	_	-	-	-	_
DE LA O	-	-	-	-	_
MARISCAL	-	-	-	-	-
SAMPEDRO	-	_	-	-	-
SANCHEZ (12) P	45	7.5"	10.1	7:49	21
SANTACRUZ (12) M	31	6.5"	11.0	11:33	8
WONG (12) M	37	2″	10.3	7:34	20
ZAMORA (12) M	30	5″	10.7	10:34	19
PRESIDENTIAL = P					
NATIONAL = N					
MINIMUM = M					
FAILED = F					