

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.
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, NSCC

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) |
|--------------------|---|--|---|--|--|
| AREVALO (15) N | 34 | 7.5" | 10.4 | 10:40 | 15 |
| CLARA | - | - | - | - | - |
| DELGADILLO (16) F | 0 | 8" | 11.7 | 11:13 | 0 |
| FRANKS (17) M | 35 | 4" | 11.6 | 12:38 | 17 |
| LEONTEVA (17) F | 62 | 10" | 9.9 | 8:03 | 40 |
| MADRIZ (13) M | 40 | 6" | 11.4 | 11:16 | 13 |
| MARTINEZ | - | - | - | - | - |
| MELO (16) M | 45 | 6" | 9.8 | 7:52 | 11 |
| MELO (14) N | 42 | 8" | 10.8 | 9:48 | 25 |
| ORELLANA (17) N | 50 | 8" | 10.1 | 7:30 | 30 |
| PALOMO (14) F | 30 | 8.5" | 11.3 | 11:18 | 10 |
| PIEDRASANTA (16) F | 44 | 3" | 10.3 | 12:24 | 29 |
| SHMELEVA | - | - | - | - | - |
| WONG (14) N | 34 | 8" | 10.8 | 8:42 | 18 |
| PRESIDENTIAL = P | | | | | |
| NATIONAL = N | | | | | |
| MINIMUM = M | | | | | |
| FAILED = F | | | | | |
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