

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 BRYCE CANYON 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)
ALEX ARECHIGA (15) M	43	4.5"	10.46	7:42	45
MICHAEL ARECHIGA (15) M	44	4"	10.19	7:28	42
RAMIRO A ARECHIGA (16) M	45	6"	9.47	7:46	55
MOISES S BANDA (17) M	45	2.5"	9.9	8:25	46
RODOLFO BANDA (13) F	44	1"	10.89	9:13	11
ERICK CONSTANTINO (17) M	45	2.5"	9	6:11	62
MARIO CONSTANTINO (15) M	50	4"	8.92	8:05	40
JESSE CRUZ (16) M	43	6.5"	9.69	8:07	56
DAVID DOMINGUEZ (18) M	41	2"	9.72	6:54	45
GARRET ENDERLE (16) M	60	3.75"	9.41	7:13	45
JOSEPH GALINDO (16) M	49	5"	9.46	6:12	61
AARON S GALVAN (14) M	43	6"	9.39	7:04	51
WILLIAM E GALVAN (15) M	48	5.5"	9.64	7:50	54
JERRY HERREJON (14) M	46	1.5"	10.48	9:30	29
JOSEPH A HOREY (17) M	50	4.5"	9.33	7:35	60
KUNZA	-	-	-	-	-
LAGOS (13) F	34	7.5"	10.23	10:47	21
JORDAN MADRIZ (16) M	45	6.5"	10.66	9:00	33
HUMBERTO S MENDOZA (16) M	42	4.5"	10.35	8:08	31
FABIAN MORRISSETTE (14) M	37	3"	9.98	8:01	21
KENNETH A PINEDA (16) M	41	2.5"	9.8	8:56	56
NATHAN A PINEDA (14) F	25	3"	10.44	11:11	25
JUVENAL J RODRIGUEZ (15) M	52	6"	9.21	8:40	72
DRAYTON J SEVERSON (15) M	47	4"	10.44	7:48	52
HALE S TORRANCE (15) M	52	2"	10.45	8:11	45
JAMES WOLFF (16) F	45	1"	10.19	11:10	35
PRESIDENTIAL = P					
NATIONAL = N					
MINIMUM = M					
FAILED = F					