# NROTC Physical Fitness Test (PFT) (Marine Option)

Section I – Body Composition

Name: Date:

Gender: Age:

Height: (inches) Weight: (lbs)

BCA Measurements (if over the maximum wight)

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1st Measurement | 2nd Measurement | 3rd Measurement |
| Neck |  |  |  |
| Waist |  |  |  |
| Hip (female only) |  |  |  |

Male (Waist - Neck = *Circumference Value*):

Female (Waist + Hip - Neck = *Circumference Value*):

Is Marine Candidate within USMC Height and Weight Standards per MCO 6100.13?

## Yes / No

Section II – Physical Fitness Test Date Completed:

Pull-Ups: Points: Plank: Points: 3-Mile Run: Points:

## Total Points:

Section III – Administration Information

Name: Rank:

Unit: Phone Number:

# NROTC Physical Fitness Assessment (PFA) (Navy Option)

Section I – Body Composition Assessment (BCA)

Name: Date:

Gender: Age:

Height: (inches) Weight: (lbs) BCA Measurements (if over the maximum weight)

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1st Measurement | 2nd Measurement | 3rd Measurement |
| Neck |  |  |  |
| Waist |  |  |  |
| Hip (female only) |  |  |  |

Male (Waist - Neck = *Circumference Value*):

Female (Waist + Hip - Neck = *Circumference Value*):

Is Navy Candidate within Height and Weight Standards per Navy Physical Readiness Program?

## Yes / No

Section II – Physical Fitness Test Date Completed:

Push-Ups: Points: Plank: Points: 1.5-Mile Run: Points:

## Total Points:

Section III – Administration Information

Name: Rank:

Unit: Phone Number:

**Essay**

In 100 words or less answer the below question. Essay will be hand written in the below box and signed with ink.

Why do you want to be a Navy or Marine Corps Officer?

Signature: