



**SPANGDAHLEM AIR BASE  
FITNESS ASSESSMENT SCORE SHEET**

Name (first, last, rank) \_\_\_\_\_

SSAN (FULL) \_\_\_\_\_ Squadron \_\_\_\_\_

Gender (Circle one)    **MALE**                      **FEMALE**                      AGE \_\_\_\_\_

Are you exempt from any part of the test?    **NO**                      **YES**

\*If Yes, member must provide 422.

**To be completed by FAC personnel only:**

Test Date \_\_\_\_\_

(dd/mm/yyyy)

Height \_\_\_\_\_ Weight \_\_\_\_\_

COMPONENT	SCORE	PASS/FAIL COMPONENT
AC measurement		
Push up reps		
Sit-up Reps		
1.5 mile run		
1 mile walk		

**All Four Components Tested**

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**Excellent ≥ 90**

**Satisfactory 75-89.99**

**Unsatisfactory <75**

**SCORE: \_\_\_\_\_**

**Scores will be finalized once entered into AF FMS.**

**FAC personnel have 48 hrs to enter scores into AFFMS. You will receive an email once your score is available.**

**Member must sign to acknowledge test was completed:**

I verify the above score information is correct	FAC Signature
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