Physical Fitness Assessment
Finance Captains' Career Course (FCCC)

Name _____ Date _____

Height _____ Weight _____ Gender _____

Answer questions and add point values in the right column.		Value	Total Points
Have you taken a record APFT within the last six months?		Yes – 0 Points No – 5 Points	
What was your score on your last APFT? Write your score on this line: _____	180-209- 210-239- 240-269- 270-300-	4 Points 3 Points 2 Points 1 Point	
**Are you taking or have you taken (within 30 days) the following: Dietary supplements such as metabolife or any containing ephedra? Performance enhancement supplements such as ripped fuel? Prescription medication (list all)?		Yes – 5 Points No – 1 Point	
Have you ever been a heat casualty or are you susceptible to heat injuries?		Yes – 5 Points No – 1 Point	
What type of climate are you accustom to? List duty station prior to arrival _____	Cool/Rainy Hot/Humid	3 Points 1 Point	
Have you been doing PT on a regular basis over the past 30 days?		Yes – 1 Point No – 5 Points	
Have you been deployed in the past 30 days? If yes, list location of deployment:		Yes – 5 Points No – 1 Point	
Are you currently on a profile or have you recently (within 90 days) come off a profile?		Yes – 5 Points No – 1 Point	
**List by name any medication/supplements not stated above.		Total Points	

How would you categorize your current physical status (circle one): Poor Good Excellent

I understand that taking the dietary/performance supplements listed above in conjunction with rigorous physical training has the potential to increase the risk of serious injury and/or health problems. I will advise my Course Director should I decide to take any dietary supplements during my assignment to FCCC. I have been advised that exceeding the recommended dosage of any drug or dietary supplement may cause health problems and I will notify my Course Director should I feel faint or sick during physical training.

Signature: _____ Section _____

The Course Director will complete the following:

Risk Category:	Low	Medium	High
	0 – 12	13 – 25	26 – 37