

PRESIDENTIAL FITNESS TEST

Department of War
Examples, Styleguide, and
Templates

Department of War | Version 1.0 | 21 September 2026





Event Layouts

Large groups/field days all outdoors



Small class/indoor only



1. Test core & abdominal and upper body components indoor and move outdoors for the cardio-respiratory component
2. Small group testing at assigned stations
 - EXAMPLE: Station 1 (ages 6-9), station 2 (ages 10-12), stations 3 (ages 13-6), station 4 (ages 17+) test core & abdominal and upper body components and then assemble together for the cardio-respiratory component.
3. Rotate groups between stations for each component
 - EXAMPLE: Station 1 sit-ups and plank, station 2: push-ups and pull-ups, station 3 1-mile run or station 4 20m beep



Event Signage



Stage: 4' x 16' / Stage Banner = 2' x 16'



Snacks banner = 18" x 48"

Table = 2'x6'

Pop-up tent 8' x 8'



Event Signage

Photo banner = 3' x 6'

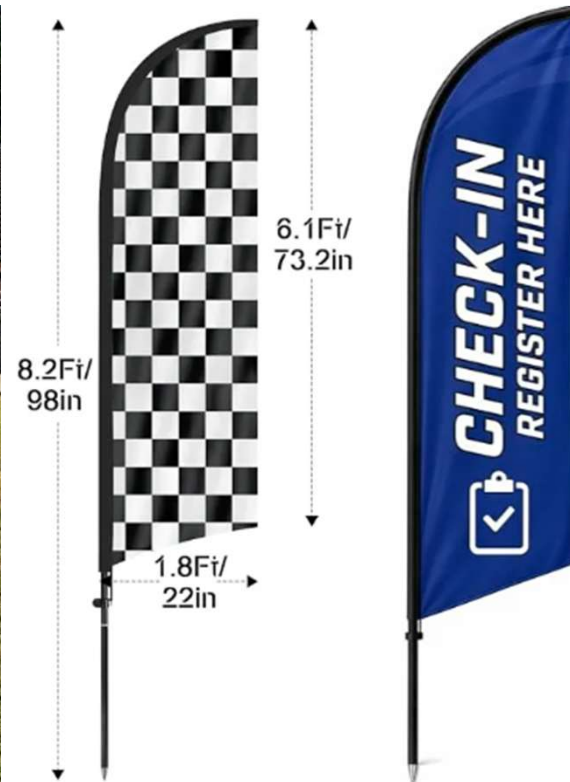


Photo banner = 3' x 8'

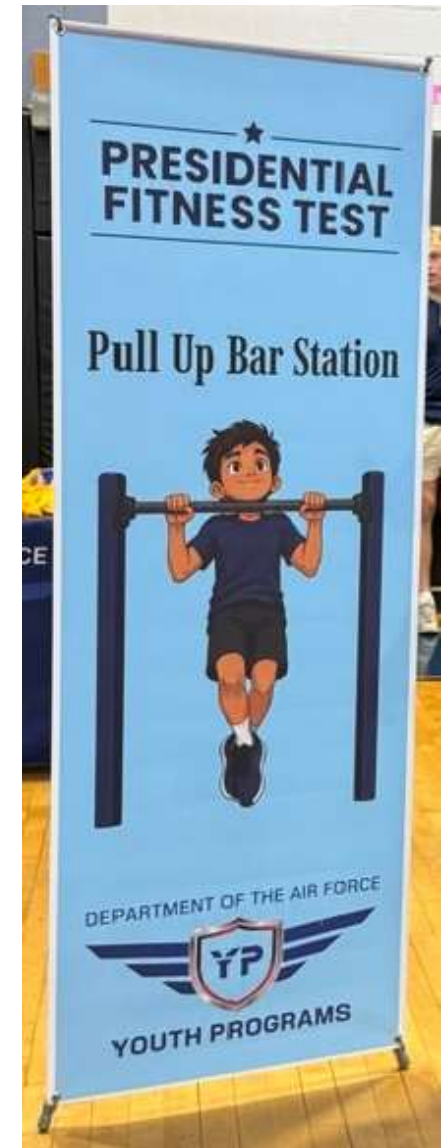




Event Signage



Checkered Feather Flag
Start and Finish Feathered Flags
Check-in Feather Flag



Station Banner = 2' x 6'



Color Pallet

Used for participant shirts, banners, and event materials

NAVY	<table> <tr> <th>HEX</th><th>RGB</th><th>CMYK</th></tr> <tr> <td>#151A30</td><td>R:21 G:26 B:48</td><td>C:56 M:46 Y:0 K:81</td></tr> </table>	HEX	RGB	CMYK	#151A30	R:21 G:26 B:48	C:56 M:46 Y:0 K:81	#141F4D
HEX	RGB	CMYK						
#151A30	R:21 G:26 B:48	C:56 M:46 Y:0 K:81						
RED	<table> <tr> <th>HEX</th><th>RGB</th><th>CMYK</th></tr> <tr> <td>#B50000</td><td>R:181 G:0 B:0</td><td>C:0 M:100 Y:100 K:29</td></tr> </table>	HEX	RGB	CMYK	#B50000	R:181 G:0 B:0	C:0 M:100 Y:100 K:29	#730000
HEX	RGB	CMYK						
#B50000	R:181 G:0 B:0	C:0 M:100 Y:100 K:29						
WHITE	<table> <tr> <th>HEX</th><th>RGB</th><th>CMYK</th></tr> <tr> <td>#FFFFFF</td><td>R:255 G:255 B:255</td><td>C:0 M:0 Y:0 K:0</td></tr> </table>	HEX	RGB	CMYK	#FFFFFF	R:255 G:255 B:255	C:0 M:0 Y:0 K:0	#D9DFE8
HEX	RGB	CMYK						
#FFFFFF	R:255 G:255 B:255	C:0 M:0 Y:0 K:0						
STONE	<table> <tr> <th>HEX</th><th>RGB</th><th>CMYK</th></tr> <tr> <td>#E8E6E0</td><td>R:232 G:230 B:224</td><td>C:0 M:1 Y:3 K:9</td></tr> </table>	HEX	RGB	CMYK	#E8E6E0	R:232 G:230 B:224	C:0 M:1 Y:3 K:9	#F3F3F3
HEX	RGB	CMYK						
#E8E6E0	R:232 G:230 B:224	C:0 M:1 Y:3 K:9						
GOLD	<table> <tr> <th>HEX</th><th>RGB</th><th>CMYK</th></tr> <tr> <td>#FDBA12</td><td>R:253 G:186 B:18</td><td>C:0 M:29 Y:100 K:0</td></tr> </table>	HEX	RGB	CMYK	#FDBA12	R:253 G:186 B:18	C:0 M:29 Y:100 K:0	#D99B00
HEX	RGB	CMYK						
#FDBA12	R:253 G:186 B:18	C:0 M:29 Y:100 K:0						



Color Palette

Used for PFT staff, and military member support

OLIVE DRAB	<table><tr><th>HEX</th><th>RGB</th><th>CMYK</th></tr><tr><td>#4A4E28</td><td>R:74 G:78 B:40</td><td>C:5 M:0 Y:49 K:69</td></tr></table>	HEX	RGB	CMYK	#4A4E28	R:74 G:78 B:40	C:5 M:0 Y:49 K:69	#35391D
HEX	RGB	CMYK						
#4A4E28	R:74 G:78 B:40	C:5 M:0 Y:49 K:69						
TAN 499 COYOTE BROWN / TAN	<table><tr><th>HEX</th><th>RGB</th><th>CMYK</th></tr><tr><td>#847A65</td><td>R:132 G:122 B:101</td><td>C:0 M:8 Y:23 K:48</td></tr></table>	HEX	RGB	CMYK	#847A65	R:132 G:122 B:101	C:0 M:8 Y:23 K:48	#655D4D
HEX	RGB	CMYK						
#847A65	R:132 G:122 B:101	C:0 M:8 Y:23 K:48						
BLACK	<table><tr><th>HEX</th><th>RGB</th><th>CMYK</th></tr><tr><td>#000000</td><td>R:0 G:0 B:0</td><td>C:0 M:0 Y:0 K:100</td></tr></table>	HEX	RGB	CMYK	#000000	R:0 G:0 B:0	C:0 M:0 Y:0 K:100	#232323
HEX	RGB	CMYK						
#000000	R:0 G:0 B:0	C:0 M:0 Y:0 K:100						



Presidential Fitness Test Fonts

- Approved fonts for official PFT materials including shirts, bibs, banners, etc.



T-Shirt Printing

UNCLASSIFIED



★
PRESIDENTIAL
FITNESS TEST



STAFF

★
PRESIDENTIAL
FITNESS TEST



UNCLASSIFIED



Apparel

Seal of the President's Council on Sports, Fitness and Nutrition



If a staff shirt



Download logos and graphics on the PFT portal



Apparel & ID Numbers



Participant Bib
(Example Only)

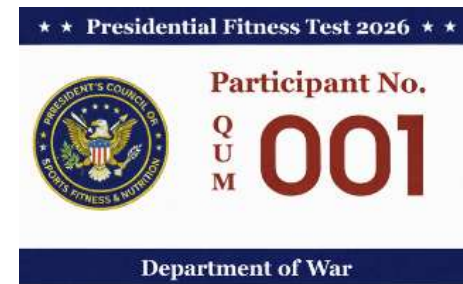




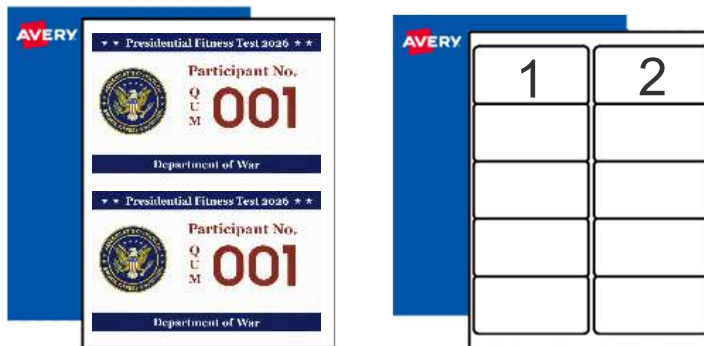
Participant ID Numbers



Pinnies/Jerseys



Bibs (sticker is better than safety pin)



DIY print out sticky sheets or labels



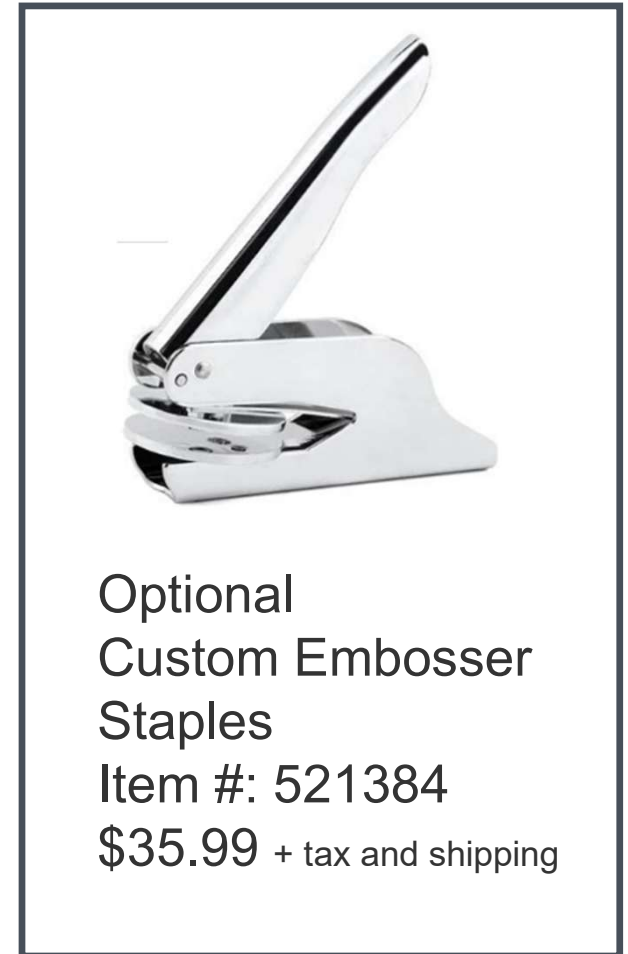
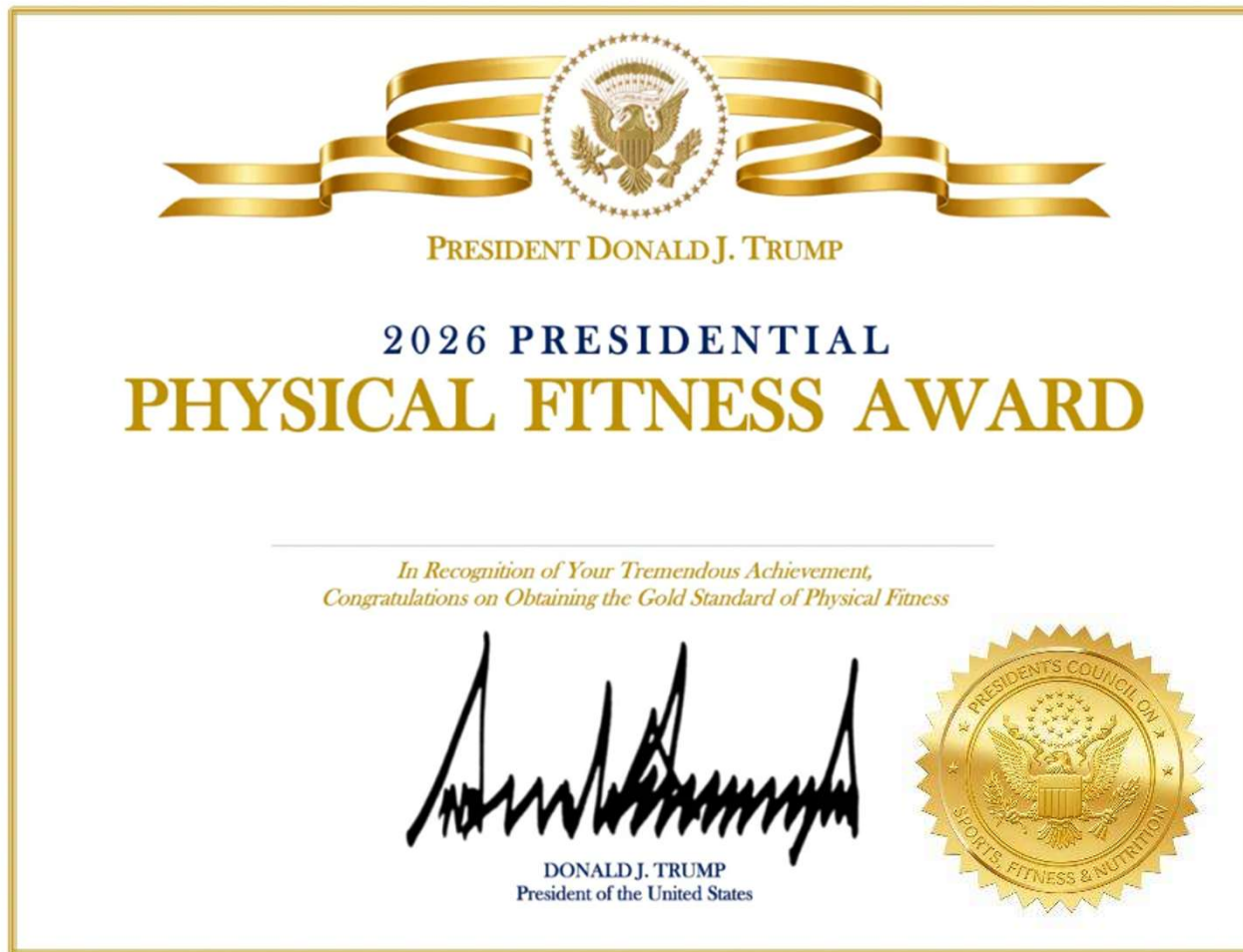
Wrist bands

Pre-printed or write in with marker



Embossed Seal (Optional)

Affix an optional gold/silver foil sticker, which can be embossed with the seal of the President's Council on Sports, Fitness and Nutrition to elevate the certificate.

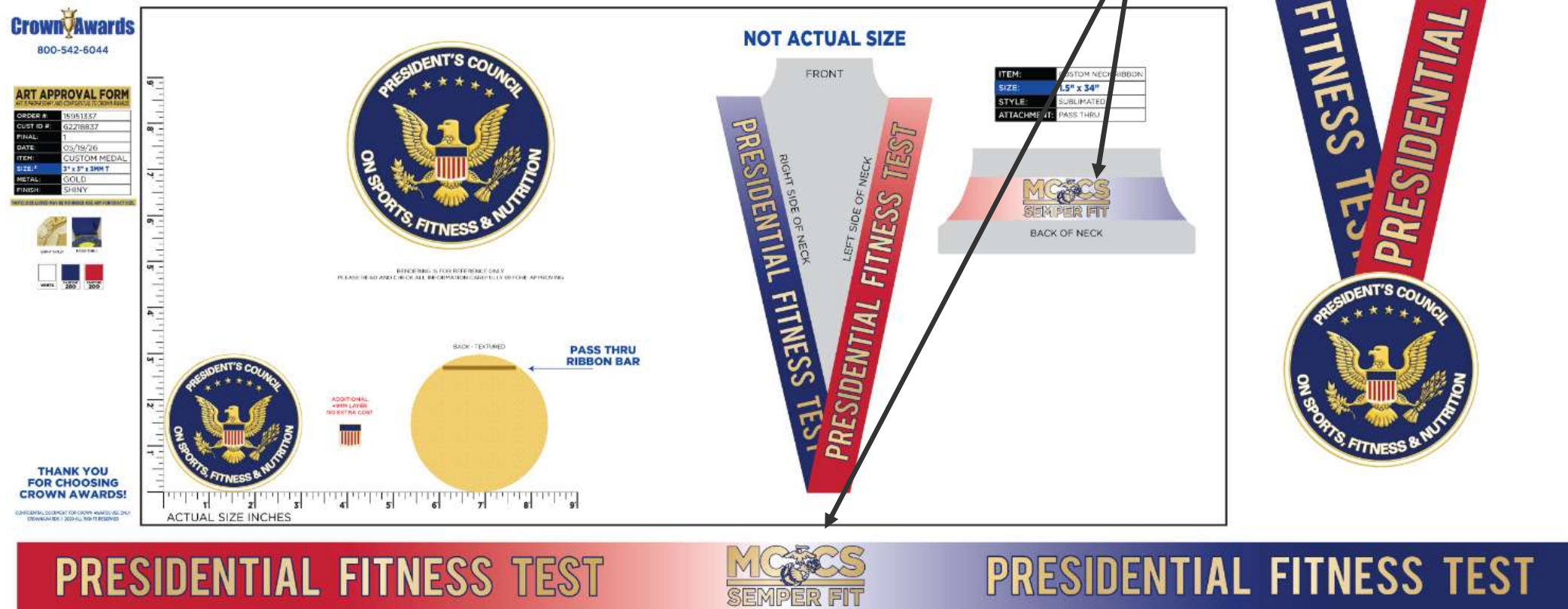




Optional Awards (Medals)

Approved design

Optional branch or unit identifier

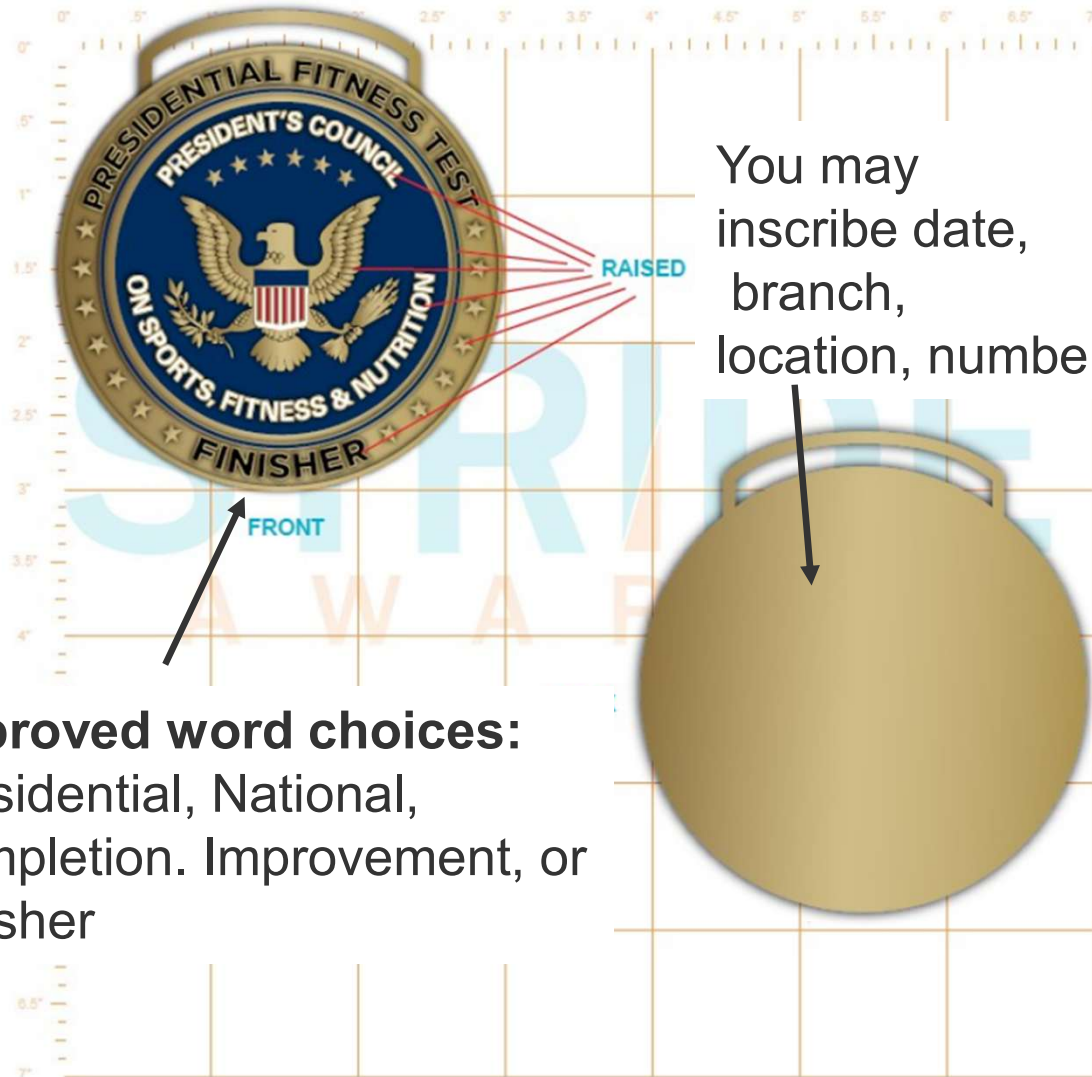




Optional Awards (Medals)

Approved design

P#:052205



PROJECT: PRESIDENTIAL FITNESS TEST

DATE: MAY 22, 2026

MEDAL SIZE: 3 Inches

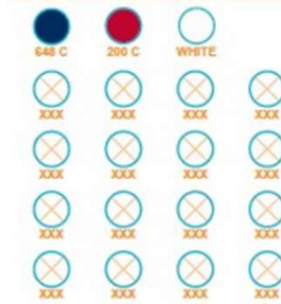
MEDAL THICKNESS: 3.5 mm

MEDAL PLATING: BRASS

MEDAL FINISH: ANTIQUED

ARTIST: LB

PANTONE COLORS



PANTONE COLORS ARE CHOSEN BASED ON THE CLOSEST MATCH POSSIBLE. NOT ALL COLORS WILL BE AN EXACT MATCH. CHECK THE ART FORM IS APPROVED. STONE JEWELRY IS NO LONGER RESPONSIBLE FOR COLOR MATCH ISSUES.

Approved word choices:

Presidential, National, Completion, Improvement, or Finisher

For DoW review and approval of other optional awards, such as patches, coins, or medals, please contact:

Military Community & Family Policy (MC&FP)
Child & Youth Programs (CYP)