



U.S. Department *of* War

Presidential Fitness Test

Test Administrator's Manual

Version 2.1, issued 1 September 2026

Purpose: Installation guide for planning, setting up, administering, and recording the Presidential Fitness Test.

Use: For DoWEA schools, installations MWR fitness centers, Child and Youth Programs, and DoW Leadership Youth Programs

Measured areas: Core & Abdominal Strength; Upper Body Strength; Cardio-Respiratory Fitness

Age bands: 6-9, 10-12, 13-16, and 17+. Test by age group whenever possible.

Updates v2.1, 1 September 2026

The following changes have been made to this manual:

1. The term “curl-ups” has been replaced with “sit-ups.” Current procedures and standards remain unchanged.
2. A 60-second time limit has been added to the push-up event. Participants will perform as many push-ups as possible within 60 seconds.
3. The pull-up test is now titled “pull-ups/chin-ups.” Either an overhand or underhand grip is authorized, and the same standards apply to both. Proctors will annotate in the mobile application whether the participant performed pull-ups or chin-ups.

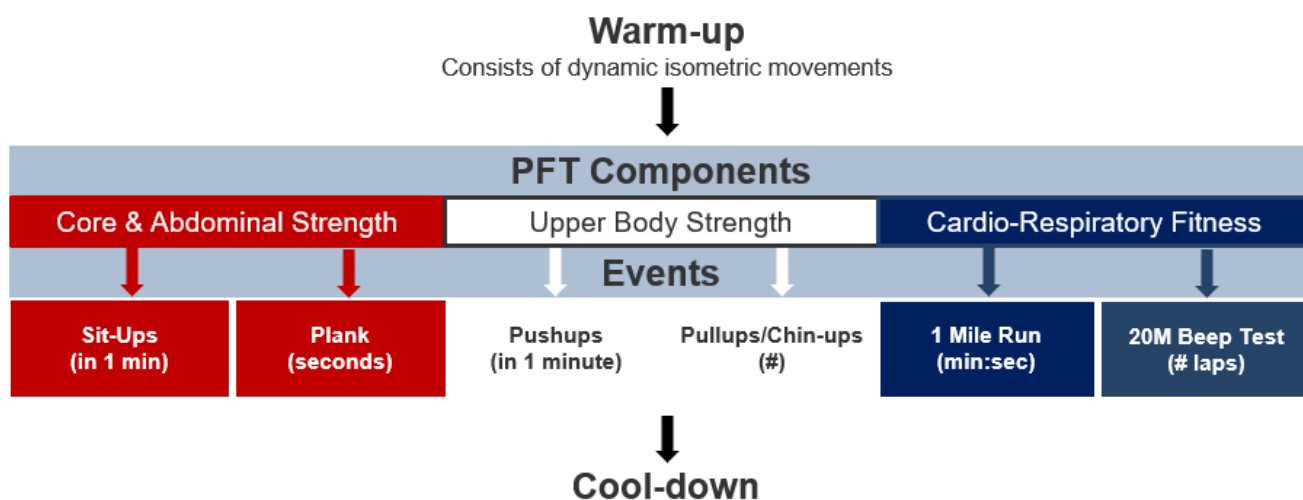
1. Overview

The Presidential Fitness Test is a national fitness assessment designed to inspire a culture of lifelong health and resilience. It encourages military-connected youth to pursue physical well-being while measuring three essential areas of fitness: Core & Abdominal Strength, Upper Body Strength, and Cardio-Respiratory Fitness. This modernized test reflects a renewed national commitment to empowering youth, strengthening communities, and building a healthier, more active America.

Testing options by measured area

Measured Area	Testing Options	Required Minimum
Core & Abdominal Strength	Sit-ups in 1 minute or plank (MM:SS) until failure	Offer at least one option
Upper Body Strength	Push-ups in 1 minute (MM:SS) or pull-ups/chin-ups (# count) until failure	Offer at least one option
Cardio-Respiratory Fitness	1-mile run (MM:SS) or 20m Beep (Léger) Test (# laps)	Offer at least one option

Example: A site may offer only sit-ups, the 20m Beep, and push-ups, or it may offer all six events. One event, however, must be offered in each measured area.



Roles & Responsibilities

1. **Test Administrator:** Establishes and schedules testing events, oversees safety and set-up, briefs staff, gives event directions, manages the PFT Administration Portal associated with their testing site, adds proctors to application, ensures scores are recorded correctly, and closes out test.

2. **Proctor:** Supports the Administrator primarily by recording scores in the application. They may also demonstrate movements, monitoring form, count repetitions or laps, and time events.
3. **Spotters:** These individuals are non-scoring, support staff. They can assist in demonstrating movements, monitoring form, count repetitions or laps, time events, assist in identifying finishers, assist with event flow, and assist with overall event execution.

Recommended staffing ratios

Scenario	Recommended Ratio	Use When
Baseline	1 administrator/proctor per 10-15 students	Staff know the students and transitions are controlled.
Unknown or mixed groups	1 administrator/proctor per 6-10 students	Children are unfamiliar, groups are large, or more supervision is needed.
High-structure events	1 administrator per station + 1-2 proctors per 50 students	Large events with several stations operating at once.

Considerations

Water Access, First Aid, and Emergency Procedures: Testing locations will ensure access to water, appropriate first aid, and a briefing of emergency procedures. At a minimum, sites must maintain a first aid kit and comply with all program and local installation requirements for first aid and emergency response during youth physical activity events.

Appropriate Athletic Wear and Footwear. Participants should arrive wearing clothing and footwear suitable for safe and comfortable physical activity. Proper athletic wear supports full movement, reduces the risk of injury, and ensures participants can perform each event to the best of their ability.

Clothing:

- Participants should wear lightweight, breathable athletic clothing such as T-shirts, athletic tops, shorts, or exercise pants.
- Clothing should allow free movement of the arms, legs, and torso without restriction.
- Avoid garments that are overly loose, have dangling strings, or could catch on equipment.
- Jackets, hoodies, or heavy layers should be removed during testing unless weather conditions require them.

Footwear:

- Athletic shoes with closed toes and rubber soles are required for all running, agility, and strength events.
- Shoes should fit securely, provide adequate support, and be tied properly before testing begins.
- Sandals, boots, cleats, or open-toed shoes are not permitted due to safety concerns.

Accessories and Safety Considerations:

- Jewelry that may interfere with movement or pose a safety risk (e.g., large necklaces, hoop earrings, bracelets) should be removed.
- Long hair should be tied back to keep it clear of the face and equipment.

- Participants who use orthotics, braces, or other medically necessary supports should wear them as prescribed.
- Ensuring proper athletic wear and footwear helps create a safe, consistent testing environment, and allows all participants to perform confidently and comfortably.

2. What You Need

- Department of War (DoW) Presidential Fitness (PFT) Mobile Application
 - Or participant roster with age group identified for upload into the Administrator's Portal
- Lane markers, and station signs (optional)
- Stopwatches or timing devices
- Whistle or other start/stop signal
- Exercise mats for sit-ups, planks, and push-ups (optional)
- Bar, if pull-ups/chin-ups are offered
- 20m beep (Léger) audio and/or speaker, if beep test is offered
- Measured course or track, if the 1-mile run is offered
- Liability Waivers, as needed
- Water access, first aid kit, and emergency procedures

3. Event Set-Up

Set up one station for each event offered. Clearly mark start lines, finish lines, waiting areas, and hydration areas. Keep traffic flow simple and visible.

Event	Space Needed	Equipment	Set-Up Notes
Sit-ups	Open floor space	Stopwatch/timer, mats (optional), toe bar (optional)	Allow partner/proctor beside each participant.
Plank	Open floor space	Stopwatch/timer, mats (optional)	Line participants in rows so staff can see shoulders and hip position.
Push-ups	Open floor space	Mats (optional)	Space rows so proctors can see elbow depth and body line.
Pull-ups/ Chin-ups	Pull-up/chin-up station	Secure bar	Keep a clear waiting line and safe fall zone.
1-mile run	Track or measured route	Stopwatch/timer, lap counter	Mark the route before participants arrive.
20m Beep	Flat 20m lane	Cones, tape, speaker, beep (Léger) audio	Measure 20 meters exactly and mark both turnaround lines.

Simple Event Flow

1. Check-in and age-group assignments
2. Safety review and warm-up
3. Event briefing and demonstrations

4. Testing by station or whole-group order
5. Water/cool-down
6. Recognition (optional)
7. Closeout

4. Safety and Pre-Test Checks

- Review participant waivers or local clearance requirements before testing.
- Inspect all surfaces for hazards such as slippery areas, loose mats, or unsafe equipment.
- Do not begin until participants know the correct movement for each event offered.
- Ensure participant numbers match the assigned participant before beginning first test.
- Have water available and a clear plan for injury and weather changes.
- Group participants by age band before testing begins, whenever feasible.
- Use the DoW PFT Mobile App for all scoring. Hard-copy scoring can be used, but scores must be entered afterwards into the DoW PFT Mobile App.

5. Warm-Up

Conduct a short, simple warm-up before testing. The goal is to raise heart rate, loosen major muscle groups, and prepare participants for safe movement without tiring them out.

Step	Activity	Time / Reps
1	Easy jog or brisk walk	2 minutes
2	Arm circles forward/backward	10 each direction
3	High knees or marching in place	20-30 seconds
4	Leg swings or quad stretch	10 each leg
5	Hamstring reach	15-20 seconds
6	Lunge with torso twist	5 each side

READ-ALoud SCRIPT: “WE ARE GOING TO BEGIN WITH A SHORT WARM-UP. MOVE AT A COMFORTABLE PACE, LISTEN FOR DIRECTIONS, AND DO NOT RUSH. THE WARM-UP IS TO PREPARE YOUR BODY FOR THE TEST, NOT TO TIRE YOU OUT. IF ANYTHING HURTS OR YOU FEEL DIZZY, STOP AND TELL AN ADULT RIGHT AWAY. WE’LL START WITH AN EASY JOG OR BRISK WALK. MOVE AROUND THE AREA LIGHTLY FOR ABOUT TWO MINUTES. KEEP YOUR SHOULDERS RELAXED AND BREATHE NORMALLY. READY, BEGIN.

NEXT, WE’LL DO ARM CIRCLES. HOLD YOUR ARMS STRAIGHT OUT TO THE SIDES. MAKE SMALL CIRCLES FORWARD TEN TIMES, THEN SMALL CIRCLES BACKWARD TEN TIMES. KEEP THE MOVEMENT SMOOTH. READY, BEGIN.

NOW WE’LL DO HIGH KNEES OR MARCHING IN PLACE. LIFT YOUR KNEES TOWARD YOUR CHEST ONE AT A TIME WHILE STAYING IN PLACE. KEEP MOVING FOR ABOUT TWENTY TO THIRTY SECONDS. READY, BEGIN.

NEXT IS LEG SWINGS OR A QUAD STRETCH. IF YOU’RE DOING LEG SWINGS, HOLD ONTO SOMETHING STEADY OR PARTNER UP, AND GENTLY SWING ONE LEG FORWARD AND BACKWARD TEN TIMES, THEN SWITCH LEGS. IF YOU’RE DOING A QUAD STRETCH, STAND TALL, BEND ONE KNEE, AND HOLD YOUR FOOT BEHIND YOU. KEEP YOUR KNEES CLOSE TOGETHER, THEN SWITCH LEGS. READY, BEGIN.

NOW WE'LL DO A HAMSTRING REACH. STAND WITH YOUR FEET HIP-WIDTH APART AND SLOWLY REACH TOWARD YOUR TOES. KEEP YOUR LEGS STRAIGHT BUT NOT LOCKED. HOLD THE STRETCH FOR FIFTEEN TO TWENTY SECONDS WITHOUT BOUNCING. READY, BEGIN.

LAST, WE'LL DO A LUNGE WITH A TORSO TWIST. STEP FORWARD INTO A LUNGE, KEEPING YOUR FRONT KNEE OVER YOUR ANKLE. GENTLY TWIST YOUR UPPER BODY TOWARD YOUR FRONT LEG. COME BACK TO STANDING AND SWITCH SIDES. WE'LL DO FIVE LUNGES ON EACH SIDE. READY, BEGIN.

GREAT JOB WARMING UP! STAY LOOSE AND GET READY FOR THE FITNESS TEST."

6. Testing Order

The PFT assesses strength, endurance, and cardio-respiratory fitness in a safe and consistent manner. A structured testing order helps prevent fatigue, supports accurate scoring, and ensures all participants can perform at their best. Administrators should guide participants through a brief warm-up, demonstrate each event, and provide appropriate transition time between components to maintain safety and standardization.



- Place the Cardio-Respiratory Fitness component last.
 - It is recommended to provide a 10- to 15-minute break before the Cardio-Respiratory Fitness tests begin.
- Provide short water and transition breaks between stations.
- Demonstrate each event before the group begins.
- Test younger participants, where practical, first.

7. Scoring

Accurate scoring is essential to maintaining the integrity of the PFT. Administrators must ensure that the correct participant, event, and score are entered into the DoW PFT Mobil App. Scores should be recorded immediately, verified before moving to the next participant, and reviewed before releasing any group. Participants should not be dismissed until all scores have been entered, checked for completeness, and confirmed to match the correct individual.

- Record scores immediately after each event in the DoW PFT Mobile App.
- If more than one proctor per event, identify a lead proctor that ensures the scores are entered.
- Read the participant's name or number back before entering the score (e.g.: Number 14, push-ups, 22)
- Check that every participant has one recorded score in each measured component that is offered.
- Review entries before dismissal to catch missing scores.

DoW PFT Mobile Scoring Application

1. From the mobile app main screen, select the event you are scoring (e.g. sit-ups).

2. Enter the participants ID (bib #) and the score. Select <Save & Next>

3. Scores are automatically verified against age- and sex-specific benchmarks. When a user meets or exceeds these standards, the system displays P (Gold) for the Presidential Fitness Level or N (Blue) for the National Fitness Level.

Real-time overview of PFT results as they are achieved.

The required standards for each fitness level are automatically displayed based on the participant's age and sex. In this example, the participant completed 32 sit-ups, meeting the benchmark for the National standard. To achieve the higher Presidential standard, the participant would need to complete 41 sit-ups.

Event	Requirement	Record in Application	Example
Sit-ups	Sit-ups in 60 seconds	Number of Sit-ups	42
Plank	Until failure	Minutes and seconds	1:29
Push-ups	Push-ups in 60 seconds	Number of pushups	50
Pull-ups/Chin-ups	Until failure	Number of pull-ups/chin-ups	11
1 mile run	Complete distance	Minutes and seconds	6:17
20m Beep	Until failure	Number of laps	46

8. Form Expectations

To ensure safety, fairness, and developmental appropriateness, proctors should allow greater flexibility in counting repetitions for participants ages 6–12, with increasing adherence to correct form as age increases. Younger participants may demonstrate limited coordination, strength, or motor-pattern consistency, and scoring should reflect these developmental differences without compromising safety.

Form Guidance for Proctors:

- **Ages 6–9:** Allow **broad leniency** in form as long as the movement is safe, the participant is making a clear effort to perform the correct action, and the repetition resembles the intended exercise pattern. Only exclude reps that are unsafe or completely unrelated to the required movement.
- **Ages 10–12:** Require **moderate adherence** to correct form. Minor deviations (reduced range of motion, uneven tempo, slight posture issues) may still be counted if the movement remains safe

and purposeful. Do not count repetitions that significantly alter the exercise or reduce its intended difficulty.

- **Ages 13+:** Expect **increasingly consistent and accurate form**. Repetitions should closely match the demonstrated standard. Only count reps that maintain safe technique and meet the essential movement criteria as indicated in the event directions (Section 9).

Across all ages, proctors must:

- Prioritize safety over performance.
- **Provide clear demonstrations before testing.**
- Offer simple corrective cues when needed.
- Maintain consistent judgment within each age group.

This approach ensures that younger participants are supported developmentally, while older participants are held to progressively higher standards of form and execution.

9. Event Directions and Read-Aloud Scripts

Sit-ups (60 seconds)

READ-ALOUD SCRIPT: “THE SIT-UP MEASURES ABDOMINAL MUSCULAR STRENGTH AND ENDURANCE. TO BEGIN, LIE FLAT ON YOUR BACK WITH YOUR KNEES BENT, HEELS ABOUT 10 TO 12 INCHES FROM THE BUTTOCKS, AND FEET FLAT ON THE FLOOR. CROSS YOUR ARMS OVER YOUR CHEST WITH YOUR HANDS RESTING ON OPPOSITE SHOULDERS.

FEET MAY BE HELD BY A PARTNER. THE PARTNER MAY USE THEIR KNEES ON THE SIDE OF THE FEET ONLY, IN ADDITION TO THEIR HANDS, TO SECURE THE PARTICIPANT. AN ANCHOR BAR IS ALSO PERMITTED. ANY OTHER MEANS OF SECURING THE FEET IS NOT PERMITTED.

WHEN INSTRUCTED TO BEGIN, RAISE YOUR UPPER BODY BY CONTRACTING YOUR ABDOMINAL MUSCLES UNTIL BOTH ELBOWS TOUCH YOUR THIGHS ANYWHERE BETWEEN THE KNEES AND HIPS. THEN LOWER YOURSELF UNTIL YOUR SHOULDER BLADES TOUCH THE MAT. THIS COMPLETES ONE REPETITION.

CONTINUE PERFORMING REPETITIONS IN A SMOOTH, CONTROLLED MOTION FOR THE DURATION OF THE TEST.

YOU MAY REST IN EITHER THE UP OR DOWN POSITION.

SIT-UPS ARE REPEATED AS MANY TIMES AS POSSIBLE WITHIN 60 SECONDS.

REPETITIONS WILL NOT COUNT IF YOUR ELBOWS FAIL TO REACH YOUR THIGHS, YOUR SHOULDER BLADES DO NOT RETURN TO THE MAT, OR YOU USE IMPROPER FORM.

MAINTAIN A STEADY PACE AND FOCUS ON PROPER TECHNIQUE THROUGHOUT THE EVENT.

PERFORM AS MANY CORRECT SIT-UPS AS POSSIBLE IN 60 SECONDS. THE TEST ENDS WHEN THE 60-SECONDS TIME LIMIT EXPIRES.”

Examples of improper form include:

- Failing to touch any part of the thighs with the elbows.
- Not returning until the shoulder blades touch the mat.

- Using excessive momentum or bouncing to complete repetitions.

What is needed: Mats (optional), stopwatch, DoW PFT Mobile App, and one partner or proctor to count.

Set-up: Participants lie on mats with knees bent, feet about 10-12 inches from the body, and arms crossed on opposite shoulders.

Sit-Up Directions: Conduct this event on a flat, clean surface, preferably using a mat. Participants begin lying on their backs with knees bent, feet flat on the floor approximately 10-12 inches from the buttocks, and arms crossed. Foot anchoring during the PFT sit-up event may be performed using one of two approved methods. When a bolted, non-portable toe-hold bar is available, participants may hook their feet or toes under the bar, ensuring the heels remain in contact with the ground at all times and that the bar remains stationary. If no toe-hold bar is available, the proctor may allow another participant to hold the feet with their hands or by placing their knees on the feet; however, they may not anchor behind the calves or stand on the feet. Participants may request a same-gender partner for this role, and that request must be honored. Only the heels—not the entire foot—are required to stay on the ground throughout the movement. At the signal, the participant sit-up until the elbows touch any part of the thighs, then returns to the starting position with the shoulder blades touching the mat. Participants should complete as many sit-ups as possible in 60 seconds (see age-appropriate exercises and alternative options for participants with disabilities).

Scoring: Proctor should focus on monitoring form—ensuring elbows touch the thighs and shoulder blades return to the mat. Participants may pair up to assist the proctor in counting, but the proctor’s count remains the official score. The final number must be recorded immediately after the 60-second period. Invalid repetitions should not be counted. Verbally confirm an incorrect rep as “no rep”, or repeat the number of the last correct repetitions when counting to maintain consistency.

Hints / pointers: Have counters count aloud. Demonstrate one correct rep and one incorrect rep before starting. Participants may be partnered to assist proctors in counting repetitions.

Plank

READ-ALOUD SCRIPT: “THE PLANK MEASURES CORE MUSCULAR ENDURANCE.

TO BEGIN, POSITION YOURSELF FACE DOWN ON THE FLOOR OR EXERCISE MAT. PLACE YOUR FOREARMS ON THE GROUND WITH YOUR ELBOWS BENEATH YOUR SHOULDERS. YOUR FOREARMS SHOULD REMAIN FLAT ON THE FLOOR WITH YOUR HANDS RELAXED OR LIGHTLY CLASPED.

EXTEND YOUR LEGS BEHIND YOU AND SUPPORT YOUR BODY ON YOUR TOES.

WHEN INSTRUCTED TO BEGIN, RAISE YOUR BODY AND MAINTAIN A STRAIGHT LINE FROM YOUR SHOULDERS THROUGH YOUR HIPS AND ANKLES.

THROUGHOUT THE EVENT, KEEP YOUR HEAD IN A NEUTRAL POSITION AND YOUR EYES FOCUSED DOWNWARD. YOUR SHOULDERS, BACK, HIPS, AND LEGS SHOULD REMAIN ALIGNED.

NORMAL BREATHING IS ENCOURAGED THROUGHOUT THE TEST.

TO RECEIVE CREDIT, MAINTAIN THE AUTHORIZED PLANK POSITION FOR AS LONG AS POSSIBLE. EXAMPLES OF IMPROPER FORM INCLUDE ALLOWING THE HIPS TO SAG BELOW THE LINE OF THE BODY, RAISING THE HIPS EXCESSIVELY ABOVE THE LINE OF THE BODY, BENDING AT THE WAIST, OR ALLOWING ANY BODY PART OTHER THAN THE FOREARMS AND FEET TO TOUCH THE GROUND.

IF PROPER FORM CANNOT BE MAINTAINED AFTER A CORRECTION FROM THE TEST PROCTOR, THE TEST WILL BE TERMINATED AND YOUR TIME RECORDED.

CONTINUE HOLDING THE POSITION UNTIL YOU VOLUNTARILY STOP OR UNTIL PROPER FORM CAN NO LONGER BE MAINTAINED.

Examples of improper form include:

- Allowing the hips to sag below the line of the body
- Raising the hips excessively above the line of the body
- Bending at the waist or allowing any body part other than the forearms and feet to touch the ground.

What is needed: Mats (optional), stopwatch, and DoW PFT Mobile App.

Set-up: Participants line up in rows with enough room for staff to view shoulders, hips, and heels.

Directions: Conduct this event on a flat, clean surface, preferably with a mat. Participants begin by placing their forearms on the floor/mat with elbows positioned directly under the shoulders. Legs should be extended straight behind the body, with toes on the floor and the body held in a straight line from shoulders to heels. At the command “ready, go,” participants lift their hips off the floor and hold the plank position. Throughout the event, participants must keep their core engaged, maintain a straight body line, and avoid dropping the hips, raising the hips too high, or shifting weight excessively. The head should remain in a neutral position, and participants should breathe steadily. Participants will hold the plank for as long as possible until proper form can no longer be maintained or until the event time limit is reached (see age-appropriate guidance and alternative exercises for participants with disabilities).

Scoring: Recommended proctor-to-participant ratio (1:3). Proctors should be positioned where they can clearly see hip alignment and body contact with the ground. When form breaks and cannot be corrected, terminate the participant’s test and record the exact time. Time must be recorded immediately to avoid memory errors.

Hints / pointers: Give one warning for sagging or raised hips when feasible. Stop the test when form is not corrected.

Push-ups

READ-ALoud SCRIPT: “THE PUSH-UP MEASURES UPPER-BODY MUSCULAR STRENGTH AND ENDURANCE. TO BEGIN, ASSUME THE FRONT-LEANING REST POSITION WITH YOUR HANDS PLACED SLIGHTLY WIDER THAN SHOULDER-WIDTH APART. YOUR ARMS SHOULD BE FULLY EXTENDED, AND YOUR BODY SHOULD FORM A STRAIGHT LINE FROM YOUR SHOULDERS THROUGH YOUR HIPS AND ANKLES.

YOUR FEET MAY BE TOGETHER OR UP TO 12 INCHES APART.

WHEN INSTRUCTED TO BEGIN, LOWER YOUR BODY UNTIL YOUR ELBOWS REACH APPROXIMATELY 90 DEGREES, OR YOUR UPPER ARMS ARE PARALLEL TO THE GROUND.

THEN RETURN TO THE STARTING POSITION BY FULLY EXTENDING YOUR ARMS.

THIS COMPLETES ONE REPETITION.

PUSH-UPS ARE REPEATED AS MANY TIMES AS POSSIBLE WITHIN 60 SECONDS.

TO RECEIVE CREDIT, EACH REPETITION MUST BEGIN AND END WITH THE ELBOWS FULLY EXTENDED. THE BODY SHOULD REMAIN GENERALLY STRAIGHT THROUGHOUT THE MOVEMENT.

EXAMPLES OF IMPROPER FORM INCLUDE FAILING TO LOWER THE BODY SUFFICIENTLY, FAILING TO FULLY EXTEND THE ELBOWS AT THE TOP OF THE REPETITION, SAGGING THE HIPS BELOW THE LINE OF THE BODY, RAISING THE HIPS EXCESSIVELY, OR RESTING ON THE GROUND.

PARTICIPANTS MAY PAUSE AND REST ONLY IN THE UP POSITION WHILE MAINTAINING THE FRONT-LEANING REST POSITION. RESTING ANY PART OF THE BODY ON THE GROUND IS NOT PERMITTED.

PERFORM AS MANY CORRECT PUSH-UPS AS POSSIBLE IN 60 SECONDS. THE TEST ENDS WHEN THE 60-SECONDS TIME LIMIT EXPIRES.”

Examples of improper form include:

- Failing to lower the body sufficiently
- Failing to fully extend the elbows at the top of the repetition
- Sagging the hips below the line of the body
- Raising the hips excessively, or resting on the ground

What is needed: Mats (optional), DoW PFT Mobile App.

Set-up: Have the participant begin in a high-plank position with hands placed slightly wider than shoulder-width apart, arms straight, legs extended, and body forming a straight line from shoulders to heels. Make sure the area is clear and the waiting line stays behind the active participant.

Push-Up Directions: On the signal, the participant lowers their body by bending their elbows until the upper arms are parallel to the ground. They then push back up to the starting position with arms fully extended. The body must stay straight throughout the movement (see alternative exercises for participants with disabilities).

Scoring: Watch elbow extension and depth. Participants may pair up to assist the proctor in counting, but the proctor’s count remains the official score. Count only valid reps; say “up”, “rep” or the “number” to maintain consistency. Record the total number of correct push-ups in 60-seconds.

Hints / pointers: A steady cadence may help maintain consistency. Do not count reps with broken body line or shallow depth. Participants may be partnered to assist proctors in counting repetitions.

Pull-ups/Chin-ups

READ-ALoud SCRIPT: “THE PULL-UP OR CHIN-UP MEASURES UPPER-BODY MUSCULAR STRENGTH AND ENDURANCE.

TO BEGIN, GRASP THE BAR USING EITHER AN OVERHAND GRIP (PULL-UP), WITH YOUR PALMS FACING AWAY FROM YOUR BODY, OR AN UNDERHAND GRIP (CHIN-UP), WITH YOUR PALMS FACING TOWARD YOUR BODY. HANG FROM THE BAR WITH YOUR ARMS FULLY EXTENDED AND YOUR FEET CLEAR OF THE GROUND. THIS IS THE STARTING POSITION.

WHEN INSTRUCTED TO BEGIN, PULL YOUR BODY UPWARD UNTIL YOUR CHIN RISES ABOVE THE BAR. THEN LOWER YOURSELF IN A CONTROLLED MANNER UNTIL YOUR ARMS RETURN TO FULL EXTENSION. THIS COMPLETES ONE REPETITION.

CONTINUE PERFORMING AS MANY REPETITIONS AS POSSIBLE WHILE MAINTAINING PROPER FORM. TO RECEIVE CREDIT, EACH REPETITION MUST BEGIN FROM A DEAD-HANG POSITION WITH THE ARMS FULLY EXTENDED AND END WITH THE CHIN ABOVE THE BAR.

EXAMPLES OF IMPROPER FORM INCLUDE FAILING TO RAISE THE CHIN ABOVE THE BAR, FAILING TO RETURN TO FULL ARM EXTENSION BETWEEN REPETITIONS, OR USING EXCESSIVE SWINGING, KICKING, KIPPING, OR BICYCLING MOTIONS TO ASSIST THE MOVEMENT.

PARTICIPANTS MAY PAUSE AND REST ONLY WHILE HANGING FROM THE BAR. ONCE THE PARTICIPANT RELEASES THE BAR, THE TEST IS COMPLETE.

CONTINUE PERFORMING REPETITIONS UNTIL YOU VOLUNTARILY STOP, RELEASE THE BAR, OR CAN NO LONGER PERFORM A CORRECT REPETITION.

CONTINUE PERFORMING REPETITIONS UNTIL YOU VOLUNTARILY STOP, RELEASE THE BAR, OR CAN NO LONGER PERFORM A CORRECT REPETITION.”

Examples of improper form include:

- Failing to raise the chin above the bar
- Failing to return to full arm extension between repetitions
- Using excessive swinging, kicking, kipping, or bicycling motions to assist the movement

What is needed: Bar, DoW PFT Mobile App, and one proctor at the bar.

Set-up: Ensure the bar area is clear and the waiting line is behind the active participant.

Pull-Up/Chin-up Directions: Conduct this event using a horizontal bar approximately one and one-half inches in diameter. The bar should be appropriately mounted and secure. The bar should be high enough so that participants can hang with their arms fully extended and their feet free of the floor/ground. Have participants assume the hanging position on the bar using either an overhand grasp (palms facing away from body is a pull-up) or underhand grip (palms facing toward body is a chin-up). Participants begin the exercise by first raising their body until the chin is over the bar without touching it. To complete one repetition, the body must be lowered to the full-hang starting position. During each repetition, the body should not swing, legs should not kick or bend, and the pull should not be overly jerky. Participants are scored on the number of reps they can correctly execute. There is no time limit on this event (see age-appropriate exercises and alternative exercises for participants with disabilities).

Young Participants: For younger participants who cannot safely reach the bar, a step stool may be used, or a proctor may assist them into the starting position. The proctor should stand directly behind the participant and provide support at the waist or hips while the participant establishes a secure grip on the bar. Once the participant is hanging with arms fully extended and feet clear of the ground, the proctor will carefully remove or release all support and step away. No assistance may be provided after the participant begins the test.

Scoring: Watch chin-over-bar and full extension. Count only valid reps; no swinging, kipping, or kicking. Record the final number immediately after the participant drops from the bar.

Hints / pointers: Limit time hanging before the start. Remind participants to use control instead of speed.

1 Mile Run

READ-ALOUD SCRIPT: "THE ONE-MILE RUN MEASURES CARDIORESPIRATORY ENDURANCE.

THE OBJECTIVE OF THIS EVENT IS TO COMPLETE ONE MILE IN THE SHORTEST AMOUNT OF TIME POSSIBLE. BEFORE THE EVENT BEGINS, PARTICIPANTS WILL BE BRIEFED ON THE COURSE LAYOUT, STARTING LINE, FINISH LINE, AND THE NUMBER OF LAPS REQUIRED TO COMPLETE ONE MILE.

WHEN INSTRUCTED TO BEGIN, PARTICIPANTS MAY RUN, JOG, OR WALK. PARTICIPANTS ARE ENCOURAGED TO MAINTAIN A STEADY PACE AND FINISH THE EVENT AS QUICKLY AS POSSIBLE.

PARTICIPANTS MUST REMAIN ON THE DESIGNATED COURSE AND FOLLOW ALL INSTRUCTIONS PROVIDED BY EVENT OFFICIALS.

EXAMPLES OF IMPROPER CONDUCT INCLUDE LEAVING THE COURSE, CUTTING CORNERS, INTERFERING WITH OTHER PARTICIPANTS, OR FAILING TO COMPLETE THE REQUIRED DISTANCE.

THE EVENT IS COMPLETE WHEN THE PARTICIPANT CROSSES THE FINISH LINE AFTER COMPLETING THE FULL ONE-MILE DISTANCE.

YOUR SCORE WILL BE RECORDED AS THE TOTAL TIME REQUIRED TO COMPLETE THE MILE."

Examples of improper form include:

- Leaving the course
- Cutting corners
- Interfering with other participants
- Failing to complete the required distance.

What is needed: DoW PFT Mobile App, measured course, stopwatch/timer, finish line, and water nearby.

Set-up: Mark the course in advance and brief participants on the number of laps or route turns.

1 Mile Run Directions: Conduct this event on a flat area that has a known measured distance of one mile with a designated start and finish line. You may provide participants with a lightweight numbered device to carry or wear in any manner that will not slow them down while running (Note: Use of the numbered device makes it possible to have many participants run at one time). Start participants at the standing position. At the command "ready, go," start the participants running the one-mile distance. Although walking is permitted, encourage participants to cover the distance in the shortest time possible. Scoring should be to the nearest second. For younger participants and participants with disabilities shorter distances or the use of a wheelchair is allowed: 1/4 mile for ages 6-7 and 1/2 mile for ages 8-9 (see age appropriate and alternative exercises for participants with disabilities).

Scoring: Use a timer-to-participant ratio that prevents lost times, as younger students often forget quickly. Timers should call out times as participants cross the finish line and record immediately. Consider using bib numbers, lane assignments, or slips of paper that can be handed to participants with their recorded time for later entry into the app. All times should be recorded in minutes and seconds.

20m Beep (Léger) Test

Read-aloud script: “THE 20-METER BEEP TEST MEASURES CARDIO-RESPIRATORY ENDURANCE.

THE TEST IS CONDUCTED ON A 20-METER COURSE MARKED BY TWO PARALLEL LINES.

BEFORE THE TEST BEGINS, POSITION YOURSELF WITH BOTH FEET BEHIND THE BOUNDARY LINE.

WHEN THE AUDIO SIGNAL BEGINS, RUN TO THE OPPOSITE LINE AND REACH IT BEFORE THE NEXT BEEP SOUNDS.

AT LEAST ONE FOOT MUST TOUCH OR CROSS THE LINE BEFORE YOU CHANGE DIRECTION.

CONTINUE RUNNING BACK AND FORTH BETWEEN THE TWO LINES, KEEPING PACE WITH THE BEEPS.

THE TIME BETWEEN BEEPS WILL GRADUALLY DECREASE, REQUIRING YOU TO RUN FASTER AS THE TEST PROGRESSES.

PARTICIPANTS SHOULD ADJUST THEIR PACE TO ARRIVE AT THE LINE JUST BEFORE EACH BEEP. RUNNING TOO FAST MAY CAUSE UNNECESSARY FATIGUE, WHILE RUNNING TOO SLOWLY MAY RESULT IN MISSING THE LINE BEFORE THE BEEP.

EXAMPLES OF IMPROPER PERFORMANCE INCLUDE FAILING TO REACH THE LINE BEFORE THE BEEP SOUNDS, TURNING AROUND BEFORE REACHING THE LINE, OR FAILING TO TOUCH OR CROSS THE LINE WITH AT LEAST ONE FOOT.

THE TEST IS TERMINATED WHEN A PARTICIPANT FAILS TO REACH THE LINE BEFORE THE BEEP ON TWO CONSECUTIVE SHUTTLES, OR VOLUNTARILY STOPS DUE TO FATIGUE.

YOUR SCORE WILL BE RECORDED AS THE FINAL LEVEL AND SHUTTLE SUCCESSFULLY COMPLETED.

CONTINUE RUNNING FOR AS LONG AS YOU CAN SAFELY MAINTAIN THE PACE.”

Examples of improper form include:

- Failing to reach the line before the beep sounds
- Turning around before reaching the line
- Failing to touch or cross the line with at least one foot.

What is needed: DoW PFT Mobile App, 20-meter measured course, two cones or markers (minimum), flat running surface, 20m Beep (Léger) Test audio

Set-up: Mark a straight 20-meter distance using cones or floor markers. Ensure the running lane is clear and wide enough for safe movement. Brief participants on the requirement to run back and forth between the lines in time with the audio beeps.

Directions: Participants begin behind one of the 20-meter lines. When the test begins, they run to the opposite line, reaching it before or exactly on the beep. At the next beep, they run back to the starting line. The pace gradually increases as the beeps become closer together. Participants must place at least one foot on or

beyond the line before the beep. The test continues until the participant can no longer reach the line in time for two consecutive beeps, or they choose to stop (see alternative exercises for participants with disabilities).

Scoring: Record total completed shuttles. Stop the participant after the two missed beeps or when they voluntarily stop.

Hints / pointers: Demonstrate the turnaround and explain that one foot must touch or cross the line before the beep to stay on pace.

20M Beep (Léger) Level and Shuttle Breakdown

Level	Speed (km/h)	Shuttles in Level	Total Cumulative Shuttles	Total Distance
1	8.5	7	7	140 m
2	9.0	8	15	300 m
3	9.5	8	23	460 m
4	10.0	9	32	640 m
5	10.5	9	41	820 m
6	11.0	10	51	1,020 m
7	11.5	10	61	1,220 m
8	12.0	11	72	1,440 m
9	12.5	11	83	1,660 m
10	13.0	11	94	1,880 m

Level	Speed (km/h)	Shuttles in Level	Total Cumulative Shuttles	Total Distance
11	13.5	12	106	2,120 m
12	14.0	12	118	2,360 m
13	14.5	13	131	2,620 m
14	15.0	13	144	2,880 m
15	15.5	13	157	3,140 m
16	16.0	14	171	3,420 m
17	16.5	14	185	3,700 m
18	17.0	15	200	4,000 m
19	17.5	15	215	4,300 m
20	18.0	16	231	4,620 m

10. Closeout

- Lead a brief cool-down walk and light stretching after the cardio event.
- Ensure all scores are entered into the DoW PFT Application. If using hard-copy score sheets collect all score sheets and enter scores into the DoW PFT Application before participants depart.
- Secure equipment and inspect the site for any items left behind.

11. Age-appropriate Exercises (ages 6 – 12)

Age-Appropriate Events (Ages 6–10)

This section outlines the approved age-appropriate modifications for younger participants in the DoW PFT. These adjustments ensure safety, developmental suitability, and equitable participation for children ages 6–10. All age-appropriate events are pre-loaded in the DoW PFT Application, and administrators should select the appropriate event set based on participant age.

Age-appropriate and alternative events are provided to ensure safe and developmentally suitable participation for younger children and for participants who require modifications. However, it is important to note that these events do not qualify a participant for the Presidential Fitness Award or the National Fitness Award. Only the standard events, completed as prescribed for the participant's age group, may be used toward award eligibility.

Participants who complete age-appropriate or alternative events are still recognized for their effort and participation. They may receive either the Completion Certificate or the Personal Recognition Certificate, provided they complete the same age-appropriate or alternative event within a 13-month period. This approach ensures that all participants are acknowledged for their commitment to physical fitness while maintaining the integrity and consistency of the national award standards.

Event Availability in the DoW PFT Application

All age-specific event options for ages 6–10 are automatically configured within the DoW PFT Application. Administrators will be prompted to select the participant's age, and the system will display only the events authorized for that age group. No manual adjustments are required.

Modified Running Events

To ensure developmental appropriateness and reduce injury risk, younger participants may choose to complete shorter running distances where offered.

- Ages 6–8: May complete a ¼-mile run in place of the standard 1-mile run.
- Ages 9–10: May complete a ½-mile run in place of the standard 1-mile run.

What is needed: DoW PFT Mobile App, measured ¼-mile and/or ½ mile course, stopwatch/timer, start/finish line.

Set-up: Mark the ¼-mile and/or 1/2 -mile course in advance. Ensure the route is clear and safe. Brief participants on the number of laps or turns required to complete the distance.

Directions: Start participants in a standing position behind the start line. At the command “ready, go,” begin timing as they run the ¼-mile or the ½-mile distance. Walking is allowed, but participants should be encouraged to complete the course as quickly and safely as possible. Record the time to the nearest second.

Scoring: Record the total time, in minutes and seconds, Confirm score entry before releasing participant(s).

Hints / pointers: Encourage steady pacing. Remind participants to run through the finish line.

Read-aloud script: “FOR THE [QUARTER-MILE/HALF-MILE] RUN, YOU WILL COMPLETE THE MARKED COURSE AS QUICKLY AND SAFELY AS YOU CAN. YOU MAY WALK IF YOU NEED TO, BUT TRY TO KEEP MOVING. RUN ALL THE WAY THROUGH THE FINISH LINE. WHEN I SAY GO, BEGIN RUNNING. READY, GO.”

Modified Upper-Body Strength Event

To accommodate varying levels of upper-body strength development, younger participants may perform an alternative to pull-ups/chin-ups.

- Ages 6–10: May perform a flexed-arm hang instead of pull-ups/chin-ups, where offered.

What is needed: Bar, DoW PFT Mobile App, and one proctor at the bar.

Set-up: Ensure the bar area is clear and the waiting line is behind the active participant.

Pull-Up/Chin-up Directions: Conduct this event using a horizontal bar. The bar must be securely mounted and positioned at a height that allows the participant to hang with fully extended arms and feet clear of the ground. Have the participant grasp the bar using either an overhand grip (palms facing away from the body) or an underhand grip (palms facing toward the body). With assistance from the proctor if needed, the participant will be raised until the chin is above the bar without touching it. Once the participant is steady, the proctor will release support and begin timing. The participant must maintain the flexed-arm position—chin above the bar,

body still, and legs stationary—for as long as possible. The event ends when the participant’s chin drops below the bar or when they can no longer maintain the position. The score is the total number of seconds the participant successfully holds the flexed-arm hang.

Scoring: Record the total time, in minutes and seconds, that the participant maintains the correct position. Do

Component	Standard Test	Alternates Tests for DoW PFT	Scoring
Core & Abdominal Strength	Sit-ups	1. Curl-Up (modified)	Reps
		2. Seated trunk flexion 1-2-1 count (for wheelchair users)	Reps
	Plank	1. Static abdominal hold	Time
Upper Body Strength	Push-ups	1. Seated Push-up extend the arms and raise the body out of a chair and hold this position for as long as possible.	Time
		2. Modified push-ups (knees on floor)	Reps
		3. Long Sitting Push-Ups	Reps
		4. Resistance Band Press	Reps
	Pull-ups/Chin-ups	1. Flexed-arm hang (isometric endurance test)	Time
		2. Pull Up (modified) with the body horizontal, grasp a bar set just out of reach, and pull up towards the bar.	Reps
		3. Horizontal row (bodyweight row)	Reps
		4. Resistance-band pull (for students with limited mobility)	Reps
Cardio-Respiratory Fitness	1 Mile Run*	1. ¼-mile run/walk/wheel 2. ½-mile run/walk/wheel 3. 1-mile wheel *Participant can walk the 1-mile, but their score will be recorded under the 1-mile run.	Time
	20m Beep Test	Reduced distance – Use same audio beep, but reduce distance to 15M	Laps

not count attempts where the chin does not begin above the bar. End the event if the participant swings, kicks, or drops below the required position.

Hints / pointers: Limit time spent in the starting position before timing begins. Encourage participants to keep their core tight and legs still. Remind them to focus on steady breathing and maintaining control.

Read-aloud script: “FOR THE FLEXED ARM HANG, YOU WILL START WITH YOUR CHIN ABOVE THE BAR. HOLD YOURSELF IN THIS POSITION AS LONG AS YOU CAN WITHOUT SWINGING OR DROPPING. THE EVENT ENDS WHEN YOUR CHIN GOES BELOW THE BAR. I WILL RECORD YOUR TOTAL TIME. READY, BEGIN.”

12. DoW PFT Alternative Events for Participants with Disabilities

These alternative assessments provide safe, equitable options for participants who cannot complete standard PFT events due to mobility, strength, or functional limitations. Proctors should ensure proper positioning, safety, and consistency across all participants.

Core & Abdominal Strength

Modified Curl-Up

Set-Up: Participant lies on their back with knees bent and feet on the floor. Arms may be crossed over the chest or placed along the thighs depending on ability.

Execution: Participant lifts the upper body until the shoulders clear the floor, then returns to the starting position with control. Range of motion may be reduced based on ability.

Scoring: Count the number of controlled repetitions completed.

Seated Trunk Flexion (1-2-1 Count) – For Wheelchair Users

Set-Up: Participant sits upright in their wheelchair with brakes locked and feet supported.

Execution: On a 1-2-1 count, participant bends forward at the waist, reaching toward the floor or knees, then returns to upright. Movement should be smooth and controlled.

Scoring: Count the number of correct cycles completed.

Static Abdominal Hold

Set-Up: Participant sits or lies in a safe position based on ability (e.g., seated lean-back hold, supported plank variation).

Execution: Participant holds the abdominal-engaged position for as long as possible without losing form.

Scoring: Record total time held.

Upper Body Strength

Seated Push-Up Hold (Chair Lift)

Set-Up: Participant sits in a stable chair or wheelchair with hands on the armrests or wheels.

Execution: Participant pushes down to lift the body off the seat and holds the elevated position as long as possible.

Scoring: Record total time held in minutes and seconds.

Modified Push-Up (Knees on Floor)

Set-Up: Participant begins with hands on the floor and knees supporting the lower body.

Execution: Participant lowers the chest toward the floor and pushes back up to full arm extension while maintaining a straight line from shoulders to knees.

Scoring: Count the number of correct repetitions.

Long-Sitting Push-Ups

Set-Up: Participant sits on the floor with legs extended forward and hands placed beside the hips.

Execution: Participant presses down to lift the hips off the floor, then lowers back down with control.

Scoring: Count the number of correct lifts.

Resistance Press

Set-Up: Participant sits or stands with a resistance band or light tubing anchored behind them.

Execution: Participant presses the band forward until arms are extended, then returns to the starting position with control.

Scoring: Count the number of controlled repetitions.

Horizontal Row (Body Weight)

Set-Up: Participant lies under a low bar or stable surface, gripping with both hands.

Execution: Participant pulls the chest toward the bar, then lowers back down with control. Range of motion may be adjusted based on ability.

Scoring: Count the number of correct repetitions.

Resistance Band Pull (For Limited Mobility)

Set-Up: Participant sits or stands holding a resistance band with arms extended.

Execution: Participant pulls the band apart or toward the chest, squeezing the shoulder blades, then returns to the starting position.

Scoring: Count the number of controlled repetitions.

Cardio-Respiratory Fitness

1/4 -mile, 1/2-mile, or 1-mile walk/wheeled

Set-up: Ensure the route is flat, safe, and fully accessible for both walkers and wheelchair users. For safety reasons, do not test runners or walkers alongside wheelchair users. Conduct walk/wheeled groups separately to prevent collisions, spacing issues, or pace conflicts.

Execution: Participants begin behind the start line in a standing position or ready position in their wheelchair. At the command “ready, go,” start timing as they walk or wheel the elected distance. Participants may choose their own pace but should be encouraged to complete the distance as quickly and safely as possible.

Scoring: Record the finishing time in minutes and seconds. Confirm finish order before releasing participants.

Reduced-Distance Beep Test – 15m

Set-up: Measure and mark a 15-meter straight course using cones or floor markers. Ensure the running/wheeling lane is flat, safe, and free of obstacles. Confirm that participants understand the requirement to reach the line before or on the beep. Use the same audio beep track as the standard 20-meter test.

Execution: Participants begin behind one of the 15-meter lines. When the audio begins, they move to the opposite line, reaching it before or exactly on the beep. At the next beep, they return to the starting line. The beeps will gradually get faster as the levels increase. Participants must place at least one foot (or wheel) on or beyond the line before the beep. The test continues until the participant can no longer reach the line in time for two consecutive beeps, or they choose to stop.

Scoring: Record the last successfully completed level and shuttle. Stop the test after two consecutive misses. Confirm the participant’s final lap count before releasing them.

Presidential Fitness Level Standards

 PRESIDENTIAL PHYSICAL FITNESS TEST PRESIDENTIAL PHYSICAL FITNESS AWARD (MUST MEET BENCHMARKS IN ALL THREE CATEGORIES)							
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Sex	Age	Core & Abdominal Strength (STUDENT MAY PICK ONE)		Upper Body Strength (STUDENT MAY PICK ONE)		Cardiorespiratory Fitness (STUDENT MAY PICK ONE)	
		Sit-ups (in 1 min)	Plank (sec)	Rt. Angle Push-ups (in 1 min)	Pull-ups/Chin-ups (#)	One Mile Run (min:sec)	20m Beep Test (# laps)
BOYS	6	33	73	9	2	10:15	27
	7	36	90	14	4	9:22	32
	8	40	95	17	5	8:48	39
	9	41	109	18	5	8:31	47
	10	45	119	22	6	7:57	55
	11	47	119	27	6	7:32	60
	12	50	127	31	7	7:11	65
	13	53	134	39	7	6:50	70
	14	56	134	40	10	6:26	75
	15	57	156	42	11	6:20	81
	16	57	156	44	11	6:08	84
	17+	57	156	53	13	6:06	84
GIRLS	6	32	71	9	2	11:20	22
	7	34	92	14	2	10:36	25
	8	38	92	17	2	10:02	29
	9	39	105	18	2	9:30	35
	10	40	105	20	3	9:19	41
	11	42	105	20	3	9:02	46
	12	45	127	20	3	8:23	49
	13	46	127	21	3	8:13	50
	14	47	134	21	3	7:59	50
	15	48	145	21	3	7:59	50
	16	48	145	24	3	7:59	50
	17+	48	145	25	3	7:59	50

National Fitness Level Standards

 PRESIDENTIAL PHYSICAL FITNESS TEST NATIONAL PHYSICAL FITNESS AWARD (MUST MEET BENCHMARKS IN ALL THREE CATEGORIES)							
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Sex	Age	Core & Abdominal Strength (STUDENT MAY PICK ONE)		Upper Body Strength (STUDENT MAY PICK ONE)		Cardiorespiratory Fitness (STUDENT MAY PICK ONE)	
		Sit-ups (in 1 min)	Plank (sec)	Rt. Angle Push-ups (in 1 min)	Pull-ups/Chin-ups (#)	One Mile Run (min:sec)	20m Beep Test (# laps)
BOYS	6	22	42	7	1	12:36	10
	7	28	50	8	1	11:40	14
	8	31	63	9	1	11:05	19
	9	32	63	12	2	10:30	23
	10	35	65	14	2	9:48	26
	11	37	71	15	2	9:20	31
	12	40	71	18	2	8:40	37
	13	42	83	24	3	8:06	42
	14	45	90	24	5	7:44	44
	15	45	98	30	6	7:30	46
	16	45	98	30	7	7:10	48
	17+	45	98	37	8	7:04	50
GIRLS	6	23	41	6	1	13:12	10
	7	25	56	8	1	12:56	12
	8	29	60	9	1	12:30	15
	9	30	66	12	1	11:52	18
	10	30	66	13	1	11:22	21
	11	32	67	13	1	11:17	24
	12	35	69	13	1	11:05	26
	13	37	69	13	1	10:23	26
	14	37	79	13	1	10:06	27
	15	37	79	15	1	9:58	28
	16	37	79	15	1	9:58	28
	17+	37	79	16	1	9:58	28

Quick Administrator's Checklist

Check	Item
☐	Testing options selected for all three measured areas
☐	Age groups organized and rosters prepared
☐	Proctors added to PFT Application
☐	Safety review and emergency plan complete
☐	Equipment checked and courses measured
☐	Warm-up prepared
☐	Scripts and demonstrations reviewed
☐	Scores recorded before releasing participants