

AZ-1 DMAT
Physical Fitness Standards Attestation
FFY 2015

Name: (Print Last, First) _____

Fitness Testing: Date ____/____/2014 Completed Within 1 hour: Yes No

Task	Met Standard	Did Not Meet Standard	Comments
Climbing 3 flights of standard steps (15 steps, 8" rise) in continuous movement without shortness of breath			
With another person, lift a standard 75 pound and carry it 100 feet in continuous movement *			
Walk/run one mile in 16 minutes		Time	

*May be standard Rubbermaid Deployment Tote or 50# large gear bag & approx. 25# day pack (75 # total)

Person witnessing testing (Print & Sign) _____

- A. Have someone witness your individual physical fitness and sign off
- B. Scan and email the form to Carentucson@cox.net
- C. Complete by the end of September 2014; if you need more time, please contact Caren Prather at Carentucson@cox.net

