U.S. NAVAL SEA CADET CORPS
U.S. NAVY LEAGUE CADET CORPS

CADET EXERCISE CHART

INSTRUCTIONS

1. Use this form to track Cadets physical fitness progress.
2. The criteria listed on the reverse are the minimum required standards for attendance at NSCC Recruit Training. Enter the appropriate time and/or quantity in the numbered column that corresponds with the exercises listed on the reverse side.
3. Personnel interested in obtaining the Physical Fitness Ribbon should consult the NSCC Awards Manual for a list of requirements.
4. Cadets interested in participating in SEAL training should use the NSCTNG 018 to document testing requirements.

1. UNIT INFORMATION

1a. Unit Name	1b. Drill Location
Vice Admiral James H. Flatley Jr. D.U.	NOSC Green bay
1c. Full Name & Rank of Fitness Coordinator	**1d.** Date of Testing (DD MMM YY)
Petty Officer 2nd Class Michael Donovan	[redacted] 19/9/10

2. RECORD OF EXERCISES

CADET NAME	EXERCISE #1 SIT-UPS/CURL-UPS (1 MINUTE)	EXERCISE #2 V-SIT REACH (INCHES)	EXERCISE #3 SHUTTLE RUN (SECONDS)	EXERCISE #4 ONE-MILE RUN (MINUTES:SECONDS)	EXERCISE #5 PUSH-UPS (1 MINUTE)
Bradley Gannon	75	7	9:98	6:48	82
Skyler Croy	64	7	[redacted]E:45	6:16	45
Andrew Kizaur	45	5	8:70	6:30	62
Will Rat	67	3	9:86	6:40	60
Lil' Mama	38	1	10:95	[redacted] :50	21
V. Rat	53	5	10:77	8:47	24
C. Semlecta	44	1	11:53	6:55	33
Toussaint	60	3	9.25	7:30	26
M. Heris	47	3	10:42	9:10	21