

SAMPLE FORMAT PFA VERIFICATION LETTER

Must be on command letterhead and signed by the CO or By
Direction Authority and must be included with CFL application
package.

6100
Ser
Date

From:

To: COMMAND FITNESS LEADER COURSE ADMINISTRATOR

SUBJ: CYCLE 1 2017 PHYSICAL FITNESS ASSESSMENT RESULTS ICO

1. Cycle 1 2017 Physical Readiness Assessment Test was
conducted for _____ on _____, _____,
resulting in the overall score of _____. Specifically:

Height:

Weight:

Curl up:

Push up:

Cardio:

Cardio Modality:

Overall score: _____

2. If you have any questions please contact my Command Fitness
Leader, _____.

COMMANDING OFFICER/OR
BY DIRECTION AUTHORITY