Command Name: _____

CFL Signature: _____

CFL Print Name: _____

	Name (Last, First, M. I.)	Weight	Curl-Up	Push-Up	Cardio Test Type			-	PRT Status	Member Signature
					Run	Elliptical	Bike	Swim		
1.										
2.										
3.										
4.										
5.										
6.										
7.										
8.										
9.										
10.										
11.										
12.										
13.										
14.										
15.										
16.										
17.										
18.										
19.										
20.										