

# PHYSICAL FITNESS TEST (PFT) SELF EVALUATION

This is a self-evaluation to assess your preparedness for the FBI-administered Physical Fitness Test (PFT) required to advance in the Special Agent Selection System (SASS). Please visit our website at [www.fbijobs.gov/physical-fitness-test-protocol](http://www.fbijobs.gov/physical-fitness-test-protocol) for information and a video regarding the PFT administration protocols, scoring scales, and applicable strength and conditioning guidelines. If you have questions regarding the PFT, please contact your Applicant Coordinator.

**You will not be considered for the next Phase of the SASS until you have notified the FBI that you have achieved a level of fitness that will allow you to obtain a passing score on an official FBI-administered PFT. A PASSING SCORE REQUIRES A MINIMUM OF 12 TOTAL POINTS\* ON THE PFT WITH AT LEAST ONE POINT IN EACH EVENT.**

\*The passing score for Tactical Recruitment Candidates is 20 points and includes pull-ups.

### PLEASE NOTE:

**All events must be conducted in the order listed in the chart below, with a break of no more than five (5) minutes between each event.**

- If you FAIL an official FBI-administered PFT (after Phase II) with fewer than six points, you must wait a minimum of one year before retesting.
- If you FAIL your 1<sup>st</sup> PFT with a total of six or more points, you must wait a minimum of 30 days and no more than 90 days to take a 2<sup>nd</sup> PFT.
- If you FAIL your 2<sup>nd</sup> PFT with a total of six or more points, then you must wait 90 days and no more than 120 days to attempt a 3<sup>rd</sup> and final PFT.
- After your 3<sup>rd</sup> PFT failure or failure to test within the maximum 90 day (1st retest) or 120 day (2nd retest) guideline, your application will be terminated. (Note: If a documented medical injury/illness precludes you from taking the PFT, you will NOT be held to the maximum 90/120 day requirement).

All applicants are required to have a passing PFT score on file within 60 days of entering the FBI Academy for the Basic Field Training Course. Therefore, it may be necessary for you to take and pass more than two PFTs during processing.

Please complete the chart below, sign the form, and submit it to your Applicant Coordinator. The scale for point allocation can be found at [www.fbijobs.gov/physical-fitness-test-protocol](http://www.fbijobs.gov/physical-fitness-test-protocol).

SIT-UPS		300 METER		PUSH-UPS		1.5 MILE		*PULL-UPS		TOTAL
Number	Points	Time	Points	Number	Points	Time	Points	Number	Points	Points

**\*Required for Tactical Recruitment (TRP) Candidates only**

- I have viewed the PFT protocol video at [www.fbijobs.gov](http://www.fbijobs.gov), have conducted a PFT self assessment, and understand that I must submit this form to the Applicant Coordinator in the FBI field office processing my application. With my signature, I certify that I achieved the scores set forth above **and that each event was administered and scored in strict accordance with the FBI's testing protocols.** I understand that failure to achieve scores during an official PFT that are consistent with the scores recorded above could be viewed as a lack of candor during my background processing.

Applicant's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_