

CATO 14-18 Annex B Appendix 3 – Cadet Fitness Assessment and Incentive Level Results

Name: _____ Age: _____ Gender: M / F

Date: _____

		INCENTIVE LEVEL				
		Nil	Bronze	Silver	Gold	Excellence
RESULTS						
Cardiovascular						
20-m Shuttle Run Test (# of laps)						
Muscular Strength						
Curl-Up (#)						
Push-Up (#)						
Muscular Flexibility						
Shoulder Stretch (yes/no)	Right: Y / N					
	Left: Y / N					
Back-Saver Sit and Reach (cm)	Right:					
	Left:					
Overall Incentive Level Calculation:						
<p>1. Disregard the lowest incentive level result from the four muscular strength and muscular flexibility tests (<i>Note: the 20-m Shuttle Run Test results shall not be disregarded</i>).</p> <p>2. The overall incentive level shall correspond with the remaining lowest achieved incentive level from all three fitness components.</p>						
Overall Incentive Level Achieved						

