

## CATO 14-18 Annex B Appendix 4 – Cadet Fitness Assessment and Incentive Level Team Results

Name	Age	Sex (M/F)	20-Metre Shuttle Run		Curl-Up		Push-Up		Shoulder Stretch		Back-Saver Sit and Reach		Overall Incentive Level (IL)*
			# laps	IL	#	IL	#	IL	R:Y/N L:Y/N	IL	R(cm) L(cm)	IL	
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													
11.													
12.													

**\*Overall Incentive Level Calculation:**

1. Disregard the lowest incentive level result from the four muscular strength and muscular flexibility tests (*Note: the 20-m Shuttle Run Test results shall not be disregarded*).
2. The overall incentive level shall correspond with the remaining lowest achieved incentive level from all three fitness components.

