

# Delaware State Police Recruit Trooper Physical Fitness Test log



## Minimum Standards

**Males Ages 20-29** Sit-ups = 33 Push-ups = 22 1.5 Mile Run = 13:53

**Males Ages 30-39** Sit-ups = 30 Push-ups = 17 1.5 Mile Run = 14:23

**Females Ages 20-29** Sit-ups = 24 Modified Push-ups = 17 1.5 Mile Run = 16:11

**Females Ages 30-39** Sit-ups = 20 Modified Push-ups = 11 1.5 Mile Run = 16:48

Use this log to keep track of your scores to help you prepare for our PT test. Once you meet all of our minimum standards, you are ready to test!

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

Date: \_\_\_\_\_ Sit-ups: \_\_\_\_\_ Push-ups \_\_\_\_\_ Run time: \_\_\_\_\_

\*This log is only a helpful tool and is not a requirement for our testing process.