



U.S. NAVAL SEA CADET CORPS

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Physical Readiness Test (PRT) Verification Form

Instructions:

On the following page is a description of exercises to be performed. Be sure to consult the PRT Administration Manual for more detailed instructions.

An adult should witness and verify the cadet's scores and ensure that the cadet is executing each exercise properly, according to the description of the exercise. Please provide this form to your home unit or follow whatever procedures your home unit has established for collecting PRT scores.

Cadet Last Name:

Cadet First Name

Gender: M or F

Age: 10 11 12 13 14 15 16 17 18

Date test was administered: _____

Curl-up score (one-minute time limit): _____

Push-up score (one-minute time limit): _____

One-mile run time: _____

Witnessed/verified by (print name): _____

Witness Signature: _____