



## Devil Pups Physical Fitness Test Scoresheet

Crunches		Push-Ups		Male-Pull-Ups		Female-Hang		Male-Mile		Female-Mile	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Number	Points
80	100	60	100	20	100	40	100	6:00	100	7:00	100
79	98	59	98	19	95	39	99	6:01	99	7:01	99
78	96	58	96	18	90	38	98	6:02	98	7:02	99
77	94	57	94	17	85	37	96	6:03	98	7:03	98
76	92	56	92	16	80	36	94	6:04	97	7:04	97
75	90	55	90	15	75	35	92	6:05	96	7:05	96
74	88	54	88	14	70	34	90	6:06	95	7:06	95
73	86	53	86	13	65	33	88	6:07	94	7:07	94
72	84	52	84	12	60	32	86	6:08	92	7:08	92
71	82	51	82	11	55	31	85	6:09	91	7:09	91
70	80	50	80	10	50	30	84	6:10	90	7:10	90
69	78	49	78	9	45	29	83	6:11	89	7:11	89
68	76	48	76	8	40	28	82	6:12	88	7:12	88
67	74	47	74	7	35	27	80	6:13	87	7:13	87
66	72	46	72	6	30	26	78	6:14	86	7:14	86
65	70	45	70	5	25	25	76	6:15	85	7:15	85
64	68	44	68	4	20	24	74	6:16	84	7:16	84
63	66	43	66	3	15	23	72	6:17	83	7:17	83
62	64	42	65	2	10	22	70	6:18	82	7:18	82
61	62	41	64	1	5	21	68	6:19	81	7:19	81
60	60	40	63	0	0	20	66	6:20	80	7:20	80
59	59	39	62			19	64	6:21	79	7:21	79
58	58	38	61			18	62	6:22	78	7:22	78
57	57	37	60			17	60	6:23	77	7:23	77
56	56	36	59			16	58	6:24	77	7:24	77
55	55	35	58			15	56	6:25	76	7:25	76
54	54	34	57			14	54	6:26	76	7:26	76
53	53	33	56			13	52	6:27	76	7:27	76
52	52	32	55			12	50	6:28	75	7:28	75
51	51	31	54			11	48	6:29	75	7:29	75
50	50	30	53			10	45	6:30	74	7:30	74
49	49	29	52			9	40	6:31	74	7:31	74
48	48	28	51			8	35	6:32	74	7:32	73
47	47	27	50			7	30	6:33	73	7:33	73
46	46	26	49			6	25	6:34	73	7:34	72
45	45	25	48			5	20	6:35	72	7:35	72
44	44	24	47			4	15	6:36	72	7:36	72
43	43	23	46			3	10	6:37	72	7:37	71
42	42	22	45			2	6	6:38	71	7:38	71
41	41	21	44			1	3	6:39	71	7:39	70
40	40	20	43			0	0	6:40	70	7:40	70
39	39	19	42					6:41	70	7:41	70

Crunches		Push-Ups		Male-Pull-Ups		Female-Hang		Male-Mile		Female-Mile	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Number	Points
38	38	18	41					6:42	69	7:42	69
37	37	17	40					6:43	69	7:43	69
36	36	16	38					6:44	68	7:44	68
35	35	15	36					6:45	68	7:45	68
34	34	14	34					6:46	68	7:46	68
33	33	13	32					6:47	67	7:47	67
32	32	12	30					6:48	67	7:48	67
31	31	11	28					6:49	66	7:49	66
30	30	10	26					6:50	66	7:50	66
29	29	9	24					6:51	66	7:51	66
28	28	8	22					6:52	65	7:52	65
27	27	7	20					6:53	65	7:53	65
26	26	6	18					6:54	64	7:54	64
25	25	5	16					6:55	64	7:55	64
24	24	4	14					6:56	64	7:56	64
23	23	3	12					6:57	63	7:57	63
22	22	2	10					6:58	63	7:58	63
21	21	1	8					6:59	62	7:59	62
20	20	0	0					7:00	62	8:00	62
19	19							7:01	62	8:01	62
18	18							7:02	61	8:02	61
17	17							7:03	61	8:03	61
16	16							7:04	60	8:04	60
15	15							7:05	60	8:05	60
14	14							7:06	60	8:06	60
13	13							7:07	59	8:07	59
12	12							7:08	59	8:08	59
11	11							7:09	58	8:09	58
10	10							7:10	58	8:10	58
9	9							7:11	58	8:11	58
8	8							7:12	57	8:12	57
7	7							7:13	57	8:13	57
6	6							7:14	56	8:14	56
5	5							7:15	56	8:15	56
4	4							7:16	56	8:16	56
3	3							7:17	55	8:17	55
2	2							7:18	55	8:18	55
1	1							7:19	54	8:19	54
0	0							7:20	54	8:20	54
								7:21	54	8:21	54
								7:22	53	8:22	53
								7:23	53	8:23	53
								7:24	52	8:24	52
								7:25	52	8:25	52
								7:26	52	8:26	52
								7:27	51	8:27	51
								7:28	51	8:28	51

Crunches		Push-Ups		Male-Pull-Ups		Female-Hang		Male-Mile		Female-Mile	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Number	Points
								7:29	50	8:29	50
								7:30	50	8:30	50
								7:31	50	8:31	50
								7:32	49	8:32	49
								7:33	49	8:33	49
								7:34	48	8:34	48
								7:35	48	8:35	48
								7:36	48	8:36	48
								7:37	47	8:37	47
								7:38	47	8:38	47
								7:39	46	8:39	46
								7:40	46	8:40	46
								7:41	46	8:41	46
								7:42	45	8:42	45
								7:43	45	8:43	45
								7:44	44	8:44	44
								7:45	43	8:45	43
								7:46	43	8:46	43
								7:47	42	8:47	43
								7:48	42	8:48	42
								7:49	41	8:49	42
								7:50	41	8:50	41
								7:51	41	8:51	41
								7:52	40	8:52	40
								7:53	40	8:53	40
								7:54	39	8:54	39
								7:55	39	8:55	39
								7:56	39	8:56	39
								7:57	38	8:57	38
								7:58	38	8:58	38
								7:59	37	8:59	37
								8:00	37	9:00	37
								8:01	37	9:01	37
								8:02	36	9:02	36
								8:03	36	9:03	36
								8:04	35	9:04	35
								8:05	35	9:05	35
								8:06	35	9:06	35
								8:07	34	9:07	34
								8:08	34	9:08	34
								8:09	33	9:09	33
								8:10	33	9:10	33
								8:11	33	9:11	33
								8:12	32	9:12	32
								8:13	32	9:13	32
								8:14	31	9:14	31
								8:15	31	9:15	31

Crunches		Push-Ups		Male-Pull-Ups		Female-Hang		Male-Mile		Female-Mile	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Number	Points
								8:16	31	9:16	31
								8:17	30	9:17	30
								8:18	30	9:18	30
								8:19	29	9:19	29
								8:20	29	9:20	29
								8:21	29	9:21	29
								8:22	28	9:22	28
								8:23	28	9:23	28
								8:24	27	9:24	27
								8:25	27	9:25	27
								8:26	27	9:26	27
								8:27	26	9:27	26
								8:28	26	9:28	26
								8:29	25	9:29	25
								8:30	25	9:30	25
								8:31	25	9:31	25
								8:32	24	9:32	24
								8:33	24	9:33	24
								8:34	23	9:34	24
								8:35	23	9:35	23
								8:36	23	9:36	23
								8:37	23	9:37	23
								8:38	22	9:38	22
								8:39	22	9:39	22
								8:40	21	9:40	22
								8:41	21	9:41	21
								8:42	21	9:42	21
								8:43	21	9:43	21
								8:44	20	9:44	21
								8:45	20	9:45	20
								8:46	19	9:46	20
								8:47	19	9:47	19
								8:48	19	9:48	19
								8:49	19	9:49	19
								8:50	18	9:50	18
								8:51	18	9:51	18
								8:52	17	9:52	18
								8:53	17	9:53	17
								8:54	17	9:54	17
								8:55	17	9:55	17
								8:56	16	9:56	17
								8:57	16	9:57	16
								8:58	15	9:58	16
								8:59	15	9:59	15
								9:00	15	10:00	15
								9:01	15	10:01	15
								9:02	14	10:02	15

Crunches		Push-Ups		Male-Pull-Ups		Female-Hang		Male-Mile		Female-Mile	
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Number	Points
								9:03	14	10:03	14
								9:04	13	10:04	14
								9:05	13	10:05	13
								9:06	13	10:06	13
								9:07	13	10:07	13
								9:08	12	10:08	13
								9:09	12	10:09	12
								9:10	12	10:10	12
								9:11	11	10:11	11
								9:12	11	10:12	11
								9:13	11	10:13	11
								9:14	10	10:14	11
								9:15	10	10:15	10
								9:16	10	10:16	10
								9:17	9	10:17	9
								9:18	9	10:18	9
								9:19	9	10:19	9
								9:20	8	10:20	9
								9:21	8	10:21	8
								9:22	8	10:22	8
								9:23	7	10:23	7
								9:24	7	10:24	7
								9:25	7	10:25	7
								9:26	7	10:26	7
								9:27	6	10:27	6
								9:28	6	10:28	6
								9:29	5	10:29	5
								9:30	5	10:30	5
								9:31	5	10:31	5
								9:32	4	10:32	4
								9:33	3	10:33	3
								9:34	2	10:34	2
								9:35	1	10:35	1
								9:36	0	10:36	0