

PHYSICAL FITNESS TEST (PFT) SELF EVALUATION

This is a self-evaluation to assess your preparedness for the FBI-administered Physical Fitness Test (PFT) required to advance in the Special Agent Selection System (SASS). Please visit our website at www.fbijobs.gov/career-paths/special-agents under the Physical Requirements tab for information and a video regarding the PFT administration protocols, scoring scales, and applicable strength and conditioning guidelines. If you have questions regarding the PFT, please contact your Applicant Coordinator.

You will not be considered for the next Phase of the SASS until you have notified the FBI that you have achieved a level of fitness that will allow you to obtain a passing score on an official FBI-administered PFT. A PASSING SCORE REQUIRES A MINIMUM OF 12 TOTAL POINTS* ON THE PFT WITH AT LEAST ONE POINT IN EACH EVENT. DO NOT estimate. Possible lack of candor may preclude you from further consideration.

*The passing score for Tactical Recruitment Candidates is 20 points and includes pull-ups.

PLEASE NOTE:

Applicants are offered THREE (3) opportunities to pass the official PFT within one year after passing Phase II. If applicants fail their first PFT, they must contact their applicant coordinator to schedule for any remaining opportunities. Those who do not pass by their third attempt or within one year after passing Phase II will be deactivated and are no longer eligible for the Special Agent position.

All applicants are required to have a passing PFT score on file within 60 days of entering the FBI Academy for the Basic Field Training Course. Therefore, it may be necessary for you to take and pass more than two PFTs during processing.

Please complete the chart below, sign the form, and submit it to your Applicant Coordinator. **All events must be conducted in this order, with a break of no more than five (5) minutes between each event.** The scale for point allocation can be found at www.fbijobs.gov/career-paths/special-agents under the Physical Requirements tab.

SIT-UPS		300 METER		PUSH-UPS		1.5 MILE		*PULL-UPS		TOTAL
Number	Points	Number	Points	Number	Points	Number	Points	Number	Points	Points

*Required for Tactical Recruitment (TRP) Candidates only

- I have viewed the PFT protocol video at www.fbijobs.gov, have conducted a PFT self-assessment, and understand that I must submit this form to the Applicant Coordinator in the FBI field office processing my application. With my signature, I certify that I achieved the scores set forth above **and that each event was administered and scored in strict accordance with the FBI's testing protocols.** I understand that failure to achieve scores during an official PFT that are consistent with the scores recorded above could be viewed as a lack of candor during my background processing.

Applicant's Printed Name: _____ Date: _____

Applicant's Signature: _____