CCC FIRE PHYSICAL FITNESS TRACKER

CCC applicants should use this physical fitness tool to track and report on their fitness levels to their Recruiter. Doing so helps Recruiters accurately advise whether an applicant is likely to meet the physical fitness requirements of a CCC fire crew. It is intended to help ensure CCC centers have individuals assigned to fire crews who are able to be "fire ready," as well as to help applicants understand what being "fire ready" means in terms of physical fitness.

Recruits should test/evaluate themselves at least 2-3 times per week over a 2-week period in the categories indicated below in order to evaluate their ability to meet CCC's fire crew physical fitness standards. The only exception is the 3-mile hike, which should be completed at least twice during the same 2-week timeframe. Please complete the chart below and provide it to your Recruiter for further evaluation/discussion.

Date Completed	Two-Mile Run Time	# of Push-Ups in One Minute	# of Sit-Ups in One Minute	# of Pull-Ups in One Minute (or Time of Dead Hang)	Three-Mile Uphill Hike Time, Elevation Change, Trail Name, Difficulty Rating of Hike

CCC Applicant Name: Applicant Signature: