



CCC FIRE: PHYSICAL FITNESS TRACKER

This physical fitness tracker helps CCC applicants assess whether they are likely to meet the physical fitness requirements associated with joining a CCC fire crew. Applicants should use this tool to report their fitness levels to their assigned Recruiter, who can advise them on their fire-readiness.

Instructions: Recruits should evaluate themselves at least two to three times per week over a two-week period in the categories listed below. The three-mile hike may be completed once per week. [Upload your tracker to the CCC Applicant Portal every two weeks until you are assigned to COMET.](#)

Date of Activity	3-Mile Hike: Terrain, Incline, and Time	Ounces of Water in 1 Day	Two-Mile Run Time (min)	# of Push-ups in 1 min	# of Sit-ups in 1 min	Time of Dead Hang OR # of Pull-ups in 1 min

Applicant Signature:

Date:

Guidance for Applicants

To join a CCC Fire Crew you will be required to pass the [Arduous Pack Test](#) – a three-mile walk over level terrain in 45 minutes while carrying a 45-pound pack – and CAL FIRE’s Wildland Firefighting 1C Training. Below are some frequently asked questions applicants have about the tracker and firefighting fitness:

- **What benchmarks should I be aiming for?**

- *3-mile hike*: 1-hour total (recruitment period), 45 min (center pack test)
- *2-mile run*: 18 minutes total
- *Push-ups*: 25 in one minute
- *Sit-ups*: 25 in one minute
- *Hang time OR Pull-ups*: 1 minute hang OR 5 pull-ups
- *Water intake*: 128 Ounces or 16 cups (1 gallon) per day

- **What should I look for in a hike?**

Applicants may hike in any of the following terrain: nature trail, paved (urban) hike, or treadmill. If possible, seek out elevation gain as opposed to a flat surface. Find a level of difficulty that’s going to challenge you. You should be breaking a sweat. Also hike in long sleeves and pants, with at least a gallon of water; this will prepare you for the realities of wildland firefighting.

- **Why do I need to track my water intake?**

Hydration is a critical component of firefighting fitness. Drinking plenty of water can help your body be better prepared for - and recover from - physical activity. In the program, Corpsmembers are encouraged to stay hydrated with water and electrolytes. Please note: Beverages high in sugar and caffeine may cause dehydration if consumed in high amounts. Supplements and pre-workout drinks are also discouraged.

- **What if I’m not meeting the benchmarks?**

You may not meet all the benchmarks when you first start tracking your fitness. That’s ok. Try to progress as you wait for assignment and be within range before you reach a center. If you cannot get fire-ready in time, you may join a different type of CCC crew. Use that opportunity to increase your fitness. You can test for fire crew later, once you’ve spent some time at center. Check out this [video of Sandra Hernandez](#) for inspiration!

Example Fire Tracker

You do not have to complete all the fitness entries in one work out; however, your fitness tracker should be consistent. You will continue to work on your fitness tracker until you arrive at your assigned center. Be honest so we can meet you where you're at and help you reach your goal!

Also note: while you *evaluate* yourself a few times per week, you are encouraged to *train* more regularly. For example, to reach a 9:00 mile pace you may want to run 4x per week with your 2-mile runs (recorded) + recovery runs (not recorded).

Date of Activity	3-Mile Hike: Terrain, Incline, and Time	Ounces of Water in 1 day	Two-Mile Run Time (min)	# of Push-ups in 1 min	# of Sit-ups in 1 min	Time of Dead Hang OR # of Pull-ups in 1 min
1/1	Nature Trail, Moderate, XX minutes	XX				
1/3		XX	XX:XX	XX	XX	
1/4		XX			XX	XX sec
1/6		XX		XX	XX	
1/7		XX	XX:XX			X pull-ups
1/8	Treadmill, Incline XX, XX minutes	XX			XX	XX sec
1/9		XX		XX	XX	
1/11		XX	XX:XX			XX sec