

PHYSICAL FITNESS AWARD FOR AEROBIC EXCELLENCE APPLICATION FORM

I, _____
SIN
Rank
Surname and Initials
Unit

Am applying for scroll number:

1 () 2 () 3 () 4 () 5 () 6 () 7 ()

And/or seal:

Red () White () Blue () Bronze () Silver () Gold ()

It is certified that during the period of _____ to _____
(Date Started)
(Date Completed)

I have completed my qualifying units by the combination of aerobic activities listed below:

<u>Activity</u>	<u>Distance or Time</u>	<u>Value</u>	<u>Total Units</u>
Swimming	400 meters	1 Unit	_____
Jogging	1 km	1 Unit	_____
Snow Shoeing	1.5 km	1 Unit	_____
Cross-Country Skiing	1.5 km	1 Unit	_____
Ski Machine	7 min	1 Unit	_____
Elliptical	7 min	1 Unit	_____
Skating (roller or ice)	1.5 km / 7 min	1 Unit	_____
Walking	3 km	1 Unit	_____
Bicycling	3 km	1 Unit	_____
Spin Class	7 min	1 Unit	_____
Stationary Cycle	3 km	1 Unit	_____
Rowing (canoe/kayak/stationary)	500 m / 7 min	1 Unit	_____
Stair Climbing	7 min	1 Unit	_____
Aerobic Classes	10 min	1 Unit	_____
Rope Skipping	7 min	1 Unit	_____
Martial Arts	10 min	1 Unit	_____
<u>Total Units</u>			_____

Unit

Date

Member's Signature

Base

Date

PSP Fitness & Sports Personnel