

### PNP Physical Fitness Test Month of December 2019



Revised Form: 01-2016 (Form for 50 years old & below only)

(Fill-up this form properlyl Incomplete Data, No PFT Results)

Date Taken:

(,		,	PNFI		616018
Full Name: Last Name, BULLES ER	First Name, RHEA	75	MI L	Rank PSM-S	Sex
Date of Birth: 12-01-79	Age: 461		PNP I	Badge Number:	128005
Office: (Print Complete Office/Unit	Assignment) UNDANETA CITY	POLICE ST	TATION	PANGACIA	LAN PPO
REMARKS: Trassed	11 3 -4	Control No	ımber: _		
0.				a	

(Performer's Signature)

Noted: PLTCOL ARTHUGO BAYBAYAN
TM, RSTU1/Over-all Event Supervisor.



#### PNP Physical Fitness Test 4<sup>th</sup> Quarter CY 2018



Revised Form: 01-2016 (Form for 50 years old & below only) Control Number: (Fill-up this form properly! Incomplete Data, No PFT Results) Running #: Date Taken: 201 27, 2018 PNP ID #: 18 1290026 Steps: 1. Registration: SPO4 Leah C Noble (Secretariat Name & Signature) Examiner's Name & Signature 2. Measurement: Height: 5'6 70 Weights Warstline: Result: (Obese over 15 lbs) 3. BP: 1" BP: 4. 50G: GO / No GO: (Physician Name & Signature) Full Name: First Name, ML Rank Sex BULLECER PHEN SPO 2 Date of Birth: 12-1-79 Age: 39 PNP Badge Number: Office: (Print Complete Office/Unit Assignment) ULDANETA CPS **Events** Raw Score Rating Member/Scorer's Name Team Leader's Name & Signature (PNCO) & Signature (PCO) Sit-up (1 minute) Push-up (1 minute) 300 Meter Sprint PSINS (for 34 years old & b MAE N MACANAS Kilometer Run (13h for 34 years old & b. (12h for 35-44 years old (1 th for 45 years old & at 3:74 100 TOTAL REMARKS: (Performer's Signature) PSI T ARTHUR D BAYBAYAN TM, KSTU1/Over-all Event Supervisor PNP Physical Fitness Test 4th Quarter CY 2018 Revised Form: 01-2016 (Form for 50 years old & below only) 4)41 (Fill-up this form properly! Incomplete Data, No PFT Results) Control Number: Date Taken: 11-27-18 PNP ID #: 18 1 29 0026 Full Name: BULLESEN RHEX 21505 Date of Birth: 12-1-79 39 PNP Badge Number: Office: (Print Complete Office/Unit Assignment) 158002 UKDANE TA CPS REMARKS: Running Number: (Performer's Signature) Noted: PSUPT ARTHUR D BAYBAYAN

The same of the sa

TM, RSTU1/Over-all Event Supervisor



(Performer's Signature)

## Physical Fitness Test For the Month of DECEMBER 2017



Revised Form: 01-2014					Contro	l Number	<del>30</del>
Fill-up this form properly! Inc	complete Data,	No PFT Results)			0	_ u.	
			Running	2017			
	. /				Date 1a	ken: 12/66 #: 163090	474
	9				PNPID	#: _103010	1/4
iteps: SPC	14 LEAH D 165 CLERK, A	NOBLE					
	retariat Name				Examir	ner's Name &	Signature
2. Measurement:						<b>)</b> .	
Height: 56" We		Waistline: $30$	Chest		1	2/2	
Result: 23.29		ese over 15lbs)				<i>t)</i>	
3. BP: 1 <sup>st</sup> BP: 10/90	2 <sup>nd</sup> BP:_				1	5	
4. FGG Sine My	Mm Q: O	Axis Devists	n				
4 7	sician/Name	Signature)					
· · · · ·	1203	720					
Full Name: last Name		irst Name	M	20000	1	Rank	Sex
BULLESER		PHEZ	L		ST		<b>F</b>
Date of Birth: /2/01/19	, ,	Age: 38	F	NP E	Badge Nu	mber: 15	8002
Office: ( Print Complete C			. 16				
URDANETA CI	TY POLICE	STATION, .	PANG PPO				
	4		<del></del>				
Events	Raw Score	Rating	The state of the s	Member/Scorer's Name & Signature (PNCO)			ader's Name sture ( PCO )
Sit-up (1 minute)	61	100		ノ_			
Push-up (1 minute)	w	/00	0		M. ST		
300 Meter Sprint (for 34 yrs old and below)					1, 8		
Run/jog Walk							
(3k for 34 yrs old and below)	N. 59	601	~ ·				
(2K for 35 – 44 years old) (1k for 45 years lod and above)	19131						
(IRIOI 45 Years loa and above)		1.3	Remarks:			1	
TOTAL		60/					
0			•		400	DOLL	BUTALAD
W							BUZMAN
(Performer's Signature)					ALL	CE SENIUR	INSPECTOR
			ı	Note	d:		SONNEL & HRI
						Name & Si	
					0\	er-all Event	Supervisor
				====	======	=======	
			al Fitness Te				
San B		For the Month	of DECEMBER		2017		
Revised Form: 01-2014 (F					ing #:	10 1011 - 1	
(Fill-up this form properly! In	complete Data	, No PFT Results)		Date	Taken:	12/06/2017	
			PNP ID #:	16.	.09041	4	
Cull Name: last Name:		irct Nama		A 1		Rank	Sex
Full Name: last Name	1	First Name PHEA	ı,	N.I		SPO I	<del>F</del>
			DND		Badge N		
Date of Birth: /2/01/19		Age: 38		FINE	pauge N	uniber. A	8002
Office: ( Print Complete (	JITICE/Unit Ass	CTATION	PANGAS INA	-£1	PPO		
URDANETA CIT	7 FULICE	SIMILOR			11-		
REMARKS:			Control Numi	ber:		1	
			1				v'

Name & Signature Over-all Event Supervisor



### PNP Physical Fitness Test For the Month of DECEMBER 2015



Revised Form: 01-2014			Control Number:	98
(Fill-up this form properly	y! Incomplete Data,	No PFT Results)		
			Running #:	0/2012
Steps:	١.	· -	FINE ID #.	
Registration:     (Secretal     Measurement:	ariat Name & Signa	ure)	Examiner's Name &	Signature
Height: 5'6" Weight:	68 . Waistline:	30	500 1 2	
Result Sun B. BP: 1 <sup>st</sup> BP: 110	(Obese ove	er 150lbs)	M	
A. ECG: WNV	2 <sup>nd</sup> BP:		- W	
5. GO NO GO:	1			
(Physicial	an Name & Signatu	ire)		
Full Name: Last Nam	e First Name	M.I	Rank	Sex
· ·		1		Æ Sex
D-1- (D: 1)	tr RHtA		P03	1
Dtc	. 01, 1979	Age: 36	PNP Badge Number:	158002
Office: (Print Complete C	Office/Unit Assignme	ent)		7 - 3 - 0 - 0
Events				
Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	Cuo	95	Ammel	(1 00)
Push-up (1 minute) 300 Meter Sprint	100	108	all the	
2.5 Km Run/jog Walk	19:40	100	/ W. V	
TOTAL	11.1-	700	REMARKS:	20.5
	•	76	P	PASSED
(Perf <del>orn</del> er's Sig	gnature)	Noted:	JBEL CAWILAN POLICE SUPERINTE CHIEF, PROVIL PER Name & Si Over-all event	ENDENT SUNNEL & HDDD gnature
ull Name: Last Name	For the M	P Physical Fitnes	2015	
		M.I	Rank	Sex
BWLESER atte of Birth:	RHEA	L	P03	F
DEC. 01	1979	Age: 36	PNP Badge Number:	158002
ffice: (Print Complete Of BINAL INA	fice/Unit Assignme	C PPO PRO1		
EMARKS:	8880	, , , , , , , , , , , ,	Control Number:	
6				
(Performer's Sig	nature			
1. Shorper's dig	nature)		JUEL CAMPAN POLICE SUPERINTE	
the state of the state of		Noted:	CHIEF, PROVILERS	MINNEL & HODD

POLICE SUPERINTENDENT

CHIEF, PROVI FERSONNEL SK HRDB

Name & Signature

Over-all event Supervisor



# PNP PHYSICAL FITNESS TEST FORM 2<sup>nd</sup> SEMESTER CY 2010



Revised Form: (Fill-up this form properly! Incomplete Data, No PFT Rese	Running	Running No. 294					
	r .	Date Ta	ken:	sept.	15,20	10	
Steps:	/	PNP 1D	Number:	A 20	560	<u> </u>	
1. REGISTRATION: (Secretariat Name/Initial	<del>*</del>		v				
2. MEASUREMENT:		Examin	er's Name	/Initial:			
Height: 5 16 Weight: 150 lbs Waistline:		4					
Result: Mand Chest: 3		J.					
3. BP: 1 <sup>ST</sup> BP 110/80		ay -					
4. ECG: WHI Jedus low		,					
5. GO/No GO: OIC, AHS (Menical) in (Physician) Signature)							
PHYSICAL FITNESS TEST FORM (Revised 2010) (Please		ly)	,				
Print Full Name: Last Name, First Na	ıme,	MI		R	ANK	SEX	
BULLESER 2HE	A	L	L		P62 +		
DATE OF BIRTH:		AGE:	AGE:		PNP Badge Number:		
DECEMBER 01, 1979		3	30		158002		
OFFICE: (Print Complete Office/ Unit Assigned)							
POZOPURUBIO POLICE STATION, PA	NGASINA	N PPO					
EVENTS		RATING	REMARKS		SCORER'S NAME		
	RAW SCORE	KATENG	Passed	Failed	& S	ignature	
Pull-up (for 44 years old and below only)	2:80	75			9	2	
Sit-up	70	81	(		19	26	
Push-up	60	79	/		1	5	
100 M Sprint (for 34 years old & below only)	15.18	100	1		1	Vans	
1 km Run () 3 km for 34 years old and below () 2 km for 35-44 years old () 1 km for 45 years old and above	18:10	18	14		A	57	
9/	/	87	1	1/1	1		
(Examinee's Signature)		Noted by			TE PES MINTEN DW		
		u by		algrated		<del></del>	