



**PNP Physical Fitness Test
Month of December 2019**



Revised Form: 01-2016 (Form for 50 years old & below only)
(Fill-up this form properly! Incomplete Data, No PFT Results)

Control Number: 395
Date Taken: 12-10-19
PNP ID #: 19616018

Full Name: Last Name, BULLESER		First Name, RHEA		M.I. L	Rank PSMS	Sex F
Date of Birth: <u>12-01-79</u>		Age: <u>40</u>		PNP Badge Number: <u>158002</u>		
Office: (Print Complete Office/Unit Assignment) URDANETA CITY POLICE STATION, PANGASINAN PPD						
REMARKS: <u>Passed 94.67%</u>				Control Number: _____		


(Performer's Signature)

Noted: 
PLTCOL ARTHUR D. DAYBAYAN
TM, RSTU1/Over-all Event Supervisor



PNP Physical Fitness Test
4th Quarter CY 2018

Revised Form: 01-2016 (Form for 50 years old & below only)
(Fill-up this form properly! Incomplete Data, No PFT Results)

Control Number: 44

Running #: _____
Date Taken: Nov 27, 2018
PNP ID #: 18J290026

Steps:

1. Registration: SPO4 Leah C Noble
(Secretariat Name & Signature)

Examiner's Name & Signature

2. Measurement:
Height: 5'6" Weight: 78 (Obese over 15 lbs)
Result: 25 (BMI)
Waistline: _____

3. BP: 1st BP: 90/70 2nd BP: 90/70

4. ECG: 7

5. GO / No GO: GO
(Physician Name & Signature)

ESC
ESC

Full Name: Last Name, <u>BULLEZER</u> First Name, <u>RHEA</u> M.I. <u>L</u>		Rank <u>SP02</u>	Sex <u>F</u>
Date of Birth: <u>12-1-79</u> Age: <u>39</u>		PNP Badge Number: <u>158002</u>	
Office: (Print Complete Office/Unit Assignment) <u>URDANETA CPS</u>			
Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)
Sit-up (1 minute)	<u>50</u>	<u>95</u>	<u>[Signature]</u>
Push-up (1 minute)	<u>50</u>	<u>95</u>	<u>[Signature]</u>
300 Meter Sprint (for 34 years old & below only)			
Kilometer Run (1.5k for 34 years old & below 1.2k for 35-44 years old 1.0k for 45 years old & above)	<u>17:24</u>	<u>100</u>	<u>[Signature]</u>
TOTAL		<u>96.6</u>	REMARKS:

PSINSP LEICANI
MAE N MACANAS
OIC, PPHRDS

[Signature]
(Performer's Signature)

Noted: PSI T ARTHUR D BAYBAYAN
TM, RSTU1/Over-all Event Supervisor



PNP Physical Fitness Test
4th Quarter CY 2018



Revised Form: 01-2016 (Form for 50 years old & below only)
(Fill-up this form properly! Incomplete Data, No PFT Results)

Control Number: 421
Date Taken: 11-27-18
PNP ID #: 18J290026

Full Name: Last Name, <u>BULLEZER</u> First Name, <u>RHEA</u> M.I. <u>L</u>		Rank <u>SP02</u>	Sex <u>F</u>
Date of Birth: <u>12-1-79</u> Age: <u>39</u>		PNP Badge Number: <u>158002</u>	
Office: (Print Complete Office/Unit Assignment) <u>URDANETA CPS</u>			
REMARKS:			
Running Number: _____			

[Signature]
(Performer's Signature)

Noted: PSUPT ARTHUR D BAYBAYAN
TM, RSTU1/Over-all Event Supervisor



Physical Fitness Test
For the Month of DECEMBER 2017



Revised Form: 01-2014

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

Control Number 80

Running #: _____

Date Taken: 12/06/2017

PNP ID #: 161090474

Steps:

SP04 LEAH C NOBLE

1. Registration: **CHIEF CLERK, ADMIN BR.**
(Secretariat Name & Signature)

2. Measurement:
Height: 5'6" Weight: 65kg Waistline: 30 Chest 36
Result: 23.29 OW (Obese over 15lbs)

3. BP: 1st BP: 110/70 2nd BP: _____

4. ECG Normal Rhythm Q Axis Deviation

5. GO No GO: _____
(Physician Name & Signature)

Examiner's Name & Signature

[Signature]

Full Name: last Name BULLESER	First Name RHEA	M.I. L	Rank SP01	Sex F
Date of Birth: <u>12/01/1979</u>	Age: <u>38</u>	PNP Badge Number: <u>158002</u>		
Office: (Print Complete Office/Unit Assignment) URDANETA CITY POLICE STATION, PANG PPO				

Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	<u>65</u>	<u>100</u>	<u>[Signature]</u>	
Push-up (1 minute)	<u>60</u>	<u>100</u>	<u>[Signature]</u>	
300 Meter Sprint (for 34 yrs old and below)				
Run/jog Walk (3k for 34 yrs old and below) (2K for 35 - 44 years old) (1k for 45 years old and above)	<u>16:59</u>	<u>100</u>	<u>[Signature]</u>	
TOTAL		<u>100</u>	Remarks:	

[Signature]
(Performer's Signature)

HERYLL C. BOZMAN
POLICE SENIOR INSPECTOR
ALC PROV. PERSONNEL & HR
Noted: _____
Name & Signature
Over-all Event Supervisor



Physical Fitness Test
For the Month of DECEMBER 2017



Revised Form: 01-2014 (For 50 yrs old and below only)

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

Running #: _____

Date Taken: 12/06/2017

PNP ID #: 161090474

Full Name: last Name BULLESER	First Name RHEA	M.I. L	Rank SP01	Sex F
Date of Birth: <u>12/01/1979</u>	Age: <u>38</u>	PNP Badge Number: <u>158002</u>		
Office: (Print Complete Office/Unit Assignment) URDANETA CITY POLICE STATION, PANGASINAN PPO				
REMARKS:		Control Number:		

[Signature]
(Performer's Signature)

HERYLL C. BOZMAN
POLICE SENIOR INSPECTOR
ALC PROV. PERSONNEL & HR
Noted: _____
Name & Signature
Over-all Event Supervisor



PNP Physical Fitness Test
For the Month of DECEMBER 2015



Revised Form: 01-2014

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

Control Number: 98

Running #: _____
Date Taken: 12/10/2015
PNP ID #: _____

Steps:

1. Registration: _____
(Secretariat Name & Signature)

2. Measurement:

Height: 5'6" Weight: 68 Waistline: 30
Result: Standard (Obese over 150lbs)

3. BP: 1st BP: 110 2nd BP: 70

4. ECG: Normal

5. GO/NO GO: GO
(Physician Name & Signature)

Examiner's Name & Signature

Full Name: Last Name First Name M.I.	Rank	Sex
<u>BULLESER RHEA L</u>	<u>P03</u>	<u>F</u>
Date of Birth: <u>DEC. 01, 1979</u> Age: <u>36</u>	PNP Badge Number: <u>158002</u>	
Office: (Print Complete Office/Unit Assignment)		

Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	<u>50</u>	<u>95</u>		
Push-up (1 minute)	<u>50</u>	<u>100</u>		
300 Meter Sprint	<u>1:15.40</u>	<u>90</u>		
2.5 Km Run/jog Walk	<u>19:40</u>	<u>100</u>		
TOTAL		<u>96</u>	REMARKS: <u>PASSED</u>	

(Performer's Signature)

Noted: _____

JOEL CAWILAN GARCIA
POLICE SUPERINTENDENT
CHIEF, PROV'L PERSONNEL & HRDB
Name & Signature
Over-all event Supervisor



PNP Physical Fitness Test
For the Month of DECEMBER 2015



Full Name: Last Name First Name M.I.	Rank	Sex
<u>BULLESER RHEA L</u>	<u>P03</u>	<u>F</u>
Date of Birth: <u>DEC. 01, 1979</u> Age: <u>36</u>	PNP Badge Number: <u>158002</u>	
Office: (Print Complete Office/Unit Assignment) <u>BINALONAN PS, PANG PPO, PRO1</u>		
REMARKS: <u>PASSED</u>	Control Number: _____	

(Performer's Signature)

Noted: _____

JOEL CAWILAN GARCIA
POLICE SUPERINTENDENT
CHIEF, PROV'L PERSONNEL & HRDB
Name & Signature
Over-all event Supervisor



PNP PHYSICAL FITNESS TEST FORM

2nd SEMESTER CY 2010



Revised Form:
(Fill-up this form properly! Incomplete Data, No PFT Results)

Running No. 294
Date Taken: Sept. 15, 2010
PNP ID Number: A 265607

Steps:

1. REGISTRATION: _____
(Secretariat Name/Initial)

2. MEASUREMENT:

Height: 5'6" Weight: 150 lbs Waistline: 30
Result: Standard Chest: 36
(Obese Over 15 lbs)

Examiner's Name/Initial:

3. BP: 1ST BP 110/80 2ND BP 110/80

4. ECG: WNL Normal

5. GO/No GO: _____
PCI MICHELLE R. GONZALEZ, MD
OIC, AHS (Medical) _____
(Physician's Signature)

PHYSICAL FITNESS TEST FORM (Revised 2010) (Please write legibly)

Print Full Name: Last Name,	First Name,	MI	RANK	SEX
BULLESER	RHEA	L	P02	F
DATE OF BIRTH:	AGE:	PNP Badge Number:		
DECEMBER 01, 1979	30	158002		
OFFICE: (Print Complete Office/ Unit Assigned)				
POZORRUBIO POLICE STATION, PANGASINAN PPD				

EVENTS	RAW SCORE	RATING	REMARKS		SCORER'S NAME & Signature
			Passed	Failed	
Pull-up (for 44 years old and below only)	2:40	75	/		/
Sit-up	70	87	/		/
Push-up	60	79	/		/
100 M Sprint (for 34 years old & below only)	15.78	100	/		/
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	100	/		/

(Examinee's Signature)

Noted by: _____
(Designated Supervisor)

(NOTE: BRING YOUR ID; NO PNP ID NO PFT)
WEAR ATHLETIC ATTIRE (PULIS T-SHIRT & JOGGING PANTS/SHORTS)