



Republic of the Philippines  
NATIONAL POLICE COMMISSION  
PHILIPPINE NATIONAL POLICE  
POLICE REGIONAL OFFICE 1  
Regional Special Training Unit 1

Camp BGen Oscar M Florendo, Parian, City of San Fernando, La Union  
[pnpts\\_rstu1@yahoo.com](mailto:pnpts_rstu1@yahoo.com)



Revised Form: 01-2020 (For 50 years old & below only)  
(Fill-up this form properly! Incomplete Data, No PFT Results)

Running #:

Date Taken:

PNP ID #:

07  
04-23-2022  
1910500079

Full Name: Last Name, ESCAT	First Name, ANABER	M.I. T	Rank PCpl	Badge Nr: 237696
Date of Birth: 02-23-1983	Age: 39	Sex: F	Email Add:	
Office: (Print Complete Office/Unit Assignment) Binalonan PS, Pangasinan PPO				
REMARKS: 94.47		Control Number:		
OVERALL PFT RESULT:				

(Performer's Signature)

Noted:

PCOL ERWIN B BALIGNASAY

C, RSTU 1/Over-all Event Supervisor



**PNP Physical Fitness Test**  
**Month of February 2020**



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

**Control Number:** 301  
**Date Taken:** February 13, 2020  
**PNP ID #:** 1910500079

Full Name: Last Name, <u>EBEAT</u>	First Name, <u>ANDREW</u>	M.I. <u>T</u>	Rank <u>PCPV</u>	Sex <u>Female</u>
Date of Birth: <u>02-23-1987</u>	Age: <u>32</u>	PNP Badge Number: <u>237690</u>		
Office: (Print Complete Office/Unit Assignment) <u>MINA W N N N POLICE STATION, PANGLASINAN</u> <u>POLICE PROVINCIAL OFFICE</u>				
REMARKS: <u>"NO GO"</u>		Control Number: <u>301</u>		

[Signature]  
(Performer's Signature)

[Signature]  
Noted: **PLTCOL ARTHUR D BAYBAYAN**  
TM, RSTU1/Over-all Event Supervisor



# PNP Physical Fitness Test 1<sup>st</sup> Quarter CY 2019

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

Control Number: 164

Running #: \_\_\_\_\_  
Date Taken: January 28, 2019  
PNP ID #: 16B260174

Steps:

- Registration: 100  
(Secretariat Name & Signature)
- Measurement:  
Height: 164 cm Weight: 54 kgs Waistline: 29"  
Result: 20-19 (Obese over 15 lbs)
- BP: 1<sup>st</sup> BP: 110/80 2<sup>nd</sup> BP: \_\_\_\_\_
- ECG: NO NSTTWC: WPL
- GO: GO No GO: \_\_\_\_\_  
(Physician Name & Signature) Elmer P. Pajac, MD

Examiner's Name & Signature

④

Full Name: Last Name: ESCAT First Name: ANABEL MI: T Rank: PO1 Sex: FEMALE  
Date of Birth: 02-23-1983 Age: 36 PNP Badge Number: 237696  
Office: (Print Complete Office/Unit Assignment) MANABAO POLICE STATION

Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	<u>39</u>	<u>84</u>	<u>[Signature]</u>	
Push-up (1 minute)	<u>40</u>	<u>85</u>	<u>[Signature]</u>	
300 Meter Sprint (for 34 years old & below only)				
Kilometer Run (1) 34 for 34 years old & below (2) 34 for 35-44 years old (3) 34 for 45 years old & above	<u>19:01</u>	<u>100</u> <u>89.66</u>	<u>[Signature]</u>	<u>PSINSP SAMUEL GAMALIEL S ALCANO</u> OIC, PPHRDS
TOTAL				

[Signature]  
(Performer's Signature)

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



# PNP Physical Fitness Test 1<sup>st</sup> Quarter CY 2019

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

Control Number: 164  
Date Taken: January 28, 2019  
PNP ID #: 16B260174

Full Name: Last Name: ESCAT First Name: ANABEL MI: T Rank: PO1 Sex: FEMALE  
Date of Birth: 02-23-1983 Age: 36 PNP Badge Number: 237696  
Office: (Print Complete Office/Unit Assignment) MANABAO POLICE STATION

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 February 2018



Revised Form: 01-2014 (For 50 yrs old and below only)  
(Fill-up this form properly! Incomplete Data, No PFT Results)

Control Number 20

Running #: \_\_\_\_\_  
Date Taken: February 27 2018  
PNP ID #: 16B260174

Steps:

1. Registration: \_\_\_\_\_  
(Secretariat Name & Signature)

2. Measurement:  
Height: 162 Weight: 56 Waistline: 29 Chest 37"  
Result: 21.3 (Obese over 15lbs)

3. BP: 1<sup>st</sup> BP: 110/80 2<sup>nd</sup> BP: \_\_\_\_\_

4. ECG: 1

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

Examiner's Name & Signature

AK  
AK

Full Name: last Name <u>ESCAT</u>	First Name <u>ANABEL</u>	M.I <u>T</u>	Rank <u>PO1</u>	Sex <u>FEMALE</u>
Date of Birth: <u>02-23-1983</u>	Age: <u>35</u>	PNP Badge Number: <u>237696</u>		
Office: (Print Complete Office/Unit Assignment) <u>MANAOAG POLICE STATION</u>				

Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	<u>69</u>	<u>99</u>	<u>AK</u>	
Push-up (1 minute)	<u>62</u>	<u>100</u>	<u>AK</u>	
300 Meter Sprint (for 34 yrs old and below)				
2.5 Km Run/jog Walk (3k for 34 yrs old and below) (2K for 35 - 44 years old) (1k for 45 years old and above)	<u>19:20</u>	<u>100</u>	<u>AK</u>	
TOTAL		<u>99</u>	Remarks:	

AK  
(Performer's Signature)

Noted: LEILANI MAE N MACANAS  
POLICE SENIOR INSPECTOR  
OIC/PPHRDB  
Name & Signature  
Over-all Event Supervisor



# Physical Fitness Test For the Month of February 2018



Revised Form: 01-2014 (For 50 yrs old and below only)  
(Fill-up this form properly! Incomplete Data, No PFT Results)

Running #: \_\_\_\_\_  
Date Taken: February 27 2018  
PNP ID #: 16B260174

Full Name: last Name <u>ESCAT</u>	First Name <u>ANABEL</u>	M.I <u>T</u>	Rank <u>PO1</u>	Sex <u>FEMALE</u>
Date of Birth: <u>02-23-1983</u>	Age: <u>35</u>	PNP Badge Number: <u>237696</u>		
Office: (Print Complete Office/Unit Assignment)				
REMARKS:		Control Number:		

AK  
(Performer's Signature)

Noted: LEILANI MAE N MACANAS  
POLICE SENIOR INSPECTOR  
OIC/PPHRDB  
Name & Signature  
Over-all Event Supervisor



**Physical Fitness Test**  
For the Month of February 2017



Revised Form: 01-2014

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

Control Number 40

Running #:

Date Taken: May 17, 2017

PNP ID #: 14 B 260 174

Steps:

- Registration: SP04 LEAH C NOBLE  
CHIEF CLERK, ADMIN BR.  
(Secretariat Name & Signature)
- Measurement:  
Height: 5'4" Weight: 158 Waistline: 29  
Result: 22.1 (Obese over 15lbs)
- BP: 1<sup>st</sup> BP: 100/70 2<sup>nd</sup> BP: \_\_\_\_\_
- ECG: Wm
- GO / No GO: GO  
(Physician Name & Signature)

Examiner's Name & Signature

[Signature]

Full Name: last Name		First Name		M.I	Rank	Sex
ESCAT		ANABEL		T	PO1	FEMALE
Date of Birth: <u>FEBRUARY 23, 1983</u>		Age: <u>34</u>		PNP Badge Number: <u>237696</u>		
Office: ( Print Complete Office/Unit Assignment) <u>MANAOAG POLICE STATION</u>						
Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature ( PCO )		
Sit-up (1 minute)	<u>40</u>	<u>80</u>	<u>[Signature]</u>			
Push-up (1 minute)	<u>40</u>	<u>80</u>				
300 Meter Sprint	<u>1:33</u>	<u>87</u>				
2.5 Km Run/jog Walk	<u>10:20</u>	<u>100</u>				
TOTAL		<u>84</u>	Remarks: <u>PASSED</u>			

(Performer's Signature)

**SHERYL C. GUZMAN**  
POLICE SENIOR INSPECTOR  
Noted: IC, PROV'L PERSONNEL & HRDI  
Name & Signature  
Over-all Event Supervisor



**Physical Fitness Test**  
For the Month of FEBRUARY 2017



Full Name: last Name		First Name		M.I	Rank	Sex
ESCAT		ANABEL		T	PO1	FEMALE
Date of Birth: <u>FEBRUARY 23, 1983</u>		Age: <u>34</u>		PNP Badge Number: <u>237696</u>		
Office: ( Print Complete Office/Unit Assignment) <u>MANAOAG POLICE STATION</u>						
REMARKS: <u>PASSED</u>				Control Number: _____		

(Performer's Signature)

**SHERYL C. GUZMAN**  
POLICE SENIOR INSPECTOR  
Noted: IC, PROV'L PERSONNEL & HRDI  
Name & Signature  
Over-all Event Supervisor





**PNP Physical Fitness Test**  
For the Month of FEBRUARY 2016



**Revised Form: 01-2014**

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

Control Number: 58

Running #: 141  
Date Taken: FEBRUARY 18, 2016  
PNP ID #: 13C 040021

Steps:

1. Registration: ESCAT  
(Secretariat Name & Signature)

Examiner's Name & Signature

2. Measurement:  
Height: 5'4" Weight: 60 kg Waistline: 30  
Result: min (Obese over 15 lbs)

3. BP: 1<sup>st</sup> BP: 120/80 2<sup>nd</sup> BP: 120/80

4. ECG: ECG

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

Full Name: Last Name, <u>ESCAT</u> First Name, <u>ANABEL</u>	M.I. <u>T</u>	Rank <u>PO1</u>	Sex <u>FEMALE</u>
Date of Birth: <u>02-23-1983</u> Age: <u>32</u>	PNP Badge Number: <u>237090</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>65</u>	<u>100</u>	<u>[Signature]</u>	
Push-up (1 minute)	<u>57</u>	<u>97</u>	<u>[Signature]</u>	
300 Meter Sprint	<u>1:20</u>	<u>80</u>	<u>[Signature]</u>	
2.5 Km Run/jog Walk	<u>18:30</u>	<u>100</u>	<u>[Signature]</u>	
TOTAL		<u>94</u>	REMARKS: <u>PASSED</u>	

[Signature]  
(Performer's Signature)

Noted: SHERYLL C. GUTMAN  
POLICE SENIOR INSPECTOR  
OIC, PROV'L PERSONNEL & HRDB  
Name & Signature  
Over-all Event Supervisor



**PNP Physical Fitness Test**  
For the Month of FEBRUARY 2016



Full Name: Last Name, <u>ESCAT</u> First Name, <u>ANABEL</u>	M.I. <u>T</u>	Rank <u>PO1</u>	Sex <u>FEMALE</u>
Date of Birth: <u>02-23-1983</u> Age: <u>32</u>	PNP Badge Number:		
Office: (Print Complete Office/Unit Assignment) <u>MANABAG POLICE STATION</u>			
REMARKS: <u>PASSED</u>	Control Number: <u>58</u>		

[Signature]  
(Performer's Signature)

Noted: SHERYLL C. GUTMAN  
POLICE SENIOR INSPECTOR  
OIC, PROV'L PERSONNEL & HRDB  
Name & Signature  
Over-all Event Supervisor



**PNP Physical Fitness Test**  
For the Month of February 2015



Revised Form: 01-2014  
(Fill-up this form properly! Incomplete Data, No PFT Results)

Control Number: 201

Running #: \_\_\_\_\_  
Date Taken: \_\_\_\_\_  
PNP ID #: \_\_\_\_\_

Steps:  
1. Registration: [Signature]  
(Secretariat Name & Signature)  
2. Measurement:  
Height: 5'4" Weight: 60 Waistline: 29  
Result: Pass (Obese over 150lbs)  
3. BP: 1<sup>st</sup> BP: 120/80 2<sup>nd</sup> BP: \_\_\_\_\_  
4. ECG: WNL  
5. GOV NO GO: GO  
(Physician Name & Signature)

Examiner's Name & Signature  
[Signature]

Full Name: Last Name	First Name	M.I	Rank	Sex
ESCAT	ANABEL	T	PO1	Female
Date of Birth:	<u>02-23-1983</u>	Age: <u>32</u>	PNP Badge Number: <u>237696</u>	
Office: (Print Complete Office/Unit Assignment) <u>MANAOAG POLICE STATION</u>				

Events	Raw Score	Rating	Member/Scorer's Name & Signature (PNCO)	Team Leader's Name & Signature (PCO)
Sit-up (1 minute)	<u>83</u>	<u>88</u>	<u>[Signature]</u>	
Push-up (1 minute)	<u>83</u>	<u>85</u>	<u>[Signature]</u>	
300 Meter Sprint	<u>1:15</u>	<u>85</u>	<u>[Signature]</u>	
2.5 Km Run/jog Walk	<u>16:30</u>	<u>100</u>	<u>[Signature]</u>	
TOTAL		<u>92</u>	REMARKS: <u>PASSED</u>	

[Signature]  
(Performer's Signature)

Noted: \_\_\_\_\_

[Signature]  
Name & Signature  
Over-all Event Supervisor



**PNP Physical Fitness Test**  
For the Month of February 2014



Full Name: Last Name	First Name	M.I	Rank	Sex
ESCAT	ANABEL	T	PO1	Female
Date of Birth:	<u>02-23-1983</u>	Age: <u>32</u>	PNP Badge Number: <u>237696</u>	
Office: (Print Complete Office/Unit Assignment) <u>MANAOAG POLICE STATION</u>				
REMARKS: <u>PASSED</u>			Control Number: <u>201</u>	

[Signature]  
(Performer's Signature)

Noted: \_\_\_\_\_

[Signature]  
Name & Signature  
Over-all Event Supervisor





Republic of the Philippines  
Department of the Interior and Local Government  
**NATIONAL POLICE COMMISSION**  
**PHILIPPINE NATIONAL POLICE**  
**HEALTH SERVICE**  
Camp Rafael T Crame, Quezon City



## **ENHANCED MONITORING OF POLICE OVERALL WELLNESS (EMPOw)**

RANK/CATEGORY	NAME			AGE	SEX	UNIT
PSSg	ESCAT, ANABEL T			40	FEMALE	PRO 1
PREVIOUS DIAGNOSIS				PREVIOUS MEDS		
HYPERCHOLESTEROLEMIA / DYSLIPIDEMIA;PRE-DIABETES;OTHERS;				ROSUVASTATIN 20MG TAB ONCE A DAY (BEFORE BEDTIME);		
PREVIOUS WEIGHT	PREVIOUS BMI	PREVIOUS PHYSICAL PROFILE	PREVIOUS ATTENDING MEDICAL OFFICER		DATE OF LAST CONSULTATION	PREVIOUS EMPWOV CLASSIFICATION
62.00 kgs	23.6 (N)	P2	PMAJ REYES, NI'A CHERYL L		JUN 30, 2023	P3T

**DATE: SEP 20, 2023**

SUBJECTIVE:				
NO SUBJECTIVE COMPLAINTS				
BP 100/80	PERTINENT PHYSICAL EXAMINATION: ESSENTIALLY NORMAL		NEW LABORATORY RESULTS (IF ANY): FBS (102/NORMAL); TOTAL CHOLESTEROL (178/NORMAL);	
HR 72				
WEIGHT 61.00 kgs				
BMI 23.2				
			ASSESSMENT: IMPROVING COMPLIANCE TO DIETARY ADVICE Scale of 1-10 with 10 as the highest: COMPLIANCE TO EXERCISE REGIMEN Scale of 1-10 with 10 as the highest: OTHERS:	
PLAN DATE OF NEXT FOLLOW UP VISIT: DEC 07, 2023			INTERVENTION: NON-PHARMACOLOGIC MANAGEMENT	
			MEDICINES	
			NAME	DETAILS QUANTITY
LABORATORY REQUEST				
TYPE	DATE	INSTRUCTION		
FINAL DIAGNOSIS: E/N AT THE TIME OF EXAMINATION;			REVISION: P2	

**SEEN AND EVALUATED BY:**

**PCPT SEÑAR, MARK ANTHONY D, MD**

Signature over printed name of Medical Officer





**ENHANCED MONITORING OF POLICE OVERALL WELLNESS (EMPOw)  
CONSULTATION REPORT FORM**

RANK/CATEGORY <b>PSSg</b>	NAME <b>ESCAT, ANABEL T</b>	AGE <b>40</b>	SEX <b>FEMALE</b>	UNIT <b>PRO 1</b>
PREVIOUS DIAGNOSIS <b>OTHERS;</b>		PREVIOUS MEDS		
PREVIOUS WEIGHT <b>62.00 kgs</b>	PREVIOUS BMI <b>23.6 (N)</b>	PREVIOUS PHYSICAL PROFILE <b>P2</b>	PREVIOUS ATTENDING MEDICAL OFFICER <b>PCPT SEA'AR, MARK ANTHONY D</b>	DATE OF LAST CONSULTATION <b>MAR 28, 2023</b>
			PREVIOUS EMPOW CLASSIFICATION <b>P2 CONTROLLED</b>	

DATE: JUN 30, 2023

SUBJECTIVE: <b>NO SUBJECTIVE COMPLAINTS.</b>				
BP <b>90/60</b>	PERTINENT PHYSICAL EXAMINATION: <b>ESSENTIALLY NORMAL</b>	NEW LABORATORY RESULTS (IF ANY): <b>FBS (107.5/NORMAL); TOTAL CHOLESTEROL (230/UP);</b>	ASSESSMENT: <b>NOT IMPROVING</b> COMPLIANCE TO DIETARY ADVICE Scale of 1-10 with 10 as the highest: COMPLIANCE TO EXERCISE REGIMEN Scale of 1-10 with 10 as the highest: OTHERS:	
HR <b>68</b>				
WEIGHT <b>62.00 kgs</b>				
BMI <b>23.6</b>				
DATE OF NEXT FOLLOW UP/VISIT: <b>SEP 29, 2023</b>		INTERVENTION: <b>TREATMENT INITIATED</b>		
FOR REFERRAL TO SPECIALIST: ADVISED ANNUAL FOLLOW UP TO OB.:		MEDICINES		
		NAME	DETAILS	QUANTITY
		<b>ROSUVASTATIN 20MG TAB</b>	<b>ONCE A DAY - BEFORE BEDTIME - AFTER MEALS</b>	<b>30 TABLETS</b>
LABORATORY REQUEST				
TYPE	DATE	INSTRUCTION		
<b>TOTAL CHOLESTEROL</b>	<b>SEP 22, 2023</b>	<b>FASTING FOR 9 HOURS.;</b>		
<b>FBS</b>	<b>SEP 22, 2023</b>			
<b>TRIGLYCERIDES</b>	<b>SEP 22, 2023</b>			
<b>LDL</b>	<b>SEP 22, 2023</b>			
<b>HDL</b>	<b>SEP 22, 2023</b>			
FINAL DIAGNOSIS: <b>HYPERCHOLESTEROLEMIA / DYSLIPIDEMIA;IMPAIRED FASTING GLUCOSE;OTHERS - G2P2 (1102) MYOMA UTERINE;;</b>			REVISION: <b>P3T</b>	

SEEN AND EVALUATED BY:

**PMAJ REYES, NIÑA CHERYL L, MD**

Signature over printed name of Medical Officer