



**Levels Scoresheet**

<b>Level 1</b>			
<b>Test</b>	<b>Level 1 Requirement</b>	<b>Score &amp; Date</b>	<b>Coach Initials</b>
Run 400m	W-1:45, M-1:30		
Row 500m	W-2:10, M-1:50		
Row 2,000m	W-9:50, M-8:10		
Push Ups	W-10, M-20		
Pull Ups	W-3, M-5		
Dips	W-3, M-5		
Back Squat 1RM	W-.75BW, M-BW		
Deadlift 3RM	W-BW, M-1.25BW		
Military Press 1RM	W-.25BW, M-.5BW		
Baseline	W<6:00, M<5:00		
<b>Level 1 Completed: Yes   No</b>		<b>Date:</b>	<b>Initials:</b>

<b>Level 2</b>			
<b>Test</b>	<b>Level 2 Requirement</b>	<b>Score &amp; Date</b>	<b>Coach Initials</b>
Run 400m	W-1:25, M-1:15		
Row 500m	W<2:10, M<1:50		
Row 2,000m	W-8:50, M-7:30		
Push Ups	W-20, M-30		
Pull Ups	W-7, M-12		
Dips	W-6, M-10		
Back Squat 1RM	W-BW, M-1.5BW		
Deadlift 3RM	W-1.25BW, M-1.50BW		
Clean	W-.75BW, M-BW		
Military Press 1RM	W-.5BW, M-.75BW		
Helena	TBA		
<b>Level 2 Completed: Yes   No</b>		<b>Date:</b>	<b>Initials:</b>

<b>Level 3</b>			
<b>Test</b>	<b>Level 3 Requirement</b>	<b>Score &amp; Date</b>	<b>Coach Initials</b>
Run 400m	W-1:25, M-1:15		
Row 500m	W<2:10, M<1:50		
Row 2,000m	W<8:00, M<7:00		
Push Ups	W-30, M-40		
Pull Ups	W-10, M-20		
Dips	W-20, M-30		
Back Squat 1RM	W-1.25BW, M-1.75BW		
Deadlift 3RM	W-1.5BW, M-2.0BW		
Clean	W-BW, M-1.25BW		
Military Press 1RM	W-.5BW, M-BW		
TBA	TBA		
<b>Level 3 Completed: Yes   No</b>		<b>Date:</b>	<b>Initials:</b>