



**PAMBANSANG PUNONGHIMPILAN TANOD BAYBAYIN NG PILIPINAS**  
(National Headquarters Philippine Coast Guard)  
139 25<sup>th</sup> Street, Port Area  
1018 Manila

**NHQ-PCG/CGHRMC-PMC**

**24 March 2025**

**STANDING OPERATING PROCEDURE  
NUMBER 07-25**

**PCG COMPREHENSIVE HEALTH AND FITNESS PROGRAM**

**1. REFERENCES**

- A. Republic Act No. 9993, entitled "The Philippine Coast Guard Law of 2009" and its Implementing Rules and Regulations dated 12 February 2010.
- B. HPCG Standing Operating Procedure No. 10-10, entitled "PCG Standard Physical Fitness Test" dated 25 May 2010;
- C. HPCG Standing Operating Procedure No. 11-15, entitled "PCG Standard Physical Fitness Test" dated 31 October 2015;
- D. NHQ-PCG/CGMED Circular No. 12-19, entitled "PCG Regimental Rules on Medical Clearances" dated 13 November 2019;
- E. Jubelag, J. P. & Tamayo, G. J. (2024). Development of Physical Fitness Manual for PCG Personnel: A Comprehensive Approach to Enhance Health and Well-Being; and
- F. San Juan, J. S, Landicho, N. A. R, & Bareng, C. D. (2023). Enhancement of Physical Fitness Program for PCG Retired Personnel.

**2. BACKGROUND**

The Philippine Coast Guard (PCG), as the primary maritime law enforcement agency in the Philippines, is mandated to perform regulatory, monitoring and law enforcement functions to implement laws, policies, rules and regulations for the promotion of safety of lives and properties at sea, maritime security and the protection of the marine environment within the maritime jurisdiction of our archipelagic nation. In order to effectively perform its mandates, related laws and policies require all PCG personnel to be physically fit, as physical fitness is an integral component of the overall health, well-being and operational readiness of PCG personnel.

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As maritime law enforcers and first responders, they are often required to perform physically demanding tasks, such as search and rescue operations, disaster response and maritime security. Maintaining physical fitness ensures they are capable of executing their duties efficiently and safely. Moreover, being physically fit helps reduce the risk of injury, boosts mental resilience and fosters discipline and camaraderie among the personnel. Incorporating fitness routines, such as endurance training, strength conditioning and agility exercises, into the PCG's daily regimen is essential for optimal performance.

Given the physically demanding nature of their duties, the PCG has developed a comprehensive health and physical fitness program to ensure that all personnel maintain the physical fitness necessary to perform their responsibilities effectively (**Annex A**).

This program involves regular fitness evaluations, physical training and ongoing health monitoring to ensure that PCG members meet the required standards for operational readiness. It also places emphasis on mental well-being, recognizing the strong link between physical health and mental fitness. By adopting this holistic approach, the PCG ensures its personnel are prepared to respond efficiently to the challenges they encounter, whether in search and rescue missions, law enforcement, or disaster response. Incorporating fitness standards into promotion and retention policies further strengthens a culture of preparedness and professionalism throughout the Organization.

### 3. PURPOSE

This SOP prescribes the guidelines and procedures in implementing the comprehensive health and fitness program for all active Officers and Non-Officers of the PCG.

### 4. SCOPE

This SOP shall apply to all active Officers and Non-Officers of the PCG.

### 5. DEFINITION OF TERMS

- A. **Athletic Officer** – is responsible for overseeing, managing or supporting sports and physical fitness activities within a PCG Unit/ Command, to include the conduct of PFT.
- B. **Body Mass Index (BMI)** – a screening tool that measures the ratio of the height to weight to estimate the amount of body fat.
- C. **Physical Exam** – a series of routine examinations performed to check the over-all health of a person.
- D. **Physical Fitness Test (PFT)** – a set of physical exercises used as standard capacity of one's skill to function effectively in physical work, training and other activities.



- E. **Physical Fitness Program** – set of programs used to improve physical health.
- F. **Physical Profile (Status) System** – the physical profiling of PCG personnel following a systematic evaluation of physical or medical fitness graded from 1 to 4 in reference to physical capacity or fitness, upper extremity, lower extremity, hearing, eyes and mental capacity or fitness.
  - i. Physical Profile 1 (P1) – is the physical profile of a PCG personnel who can engage in full active PCG duties (hazardous ship/shore duties/ assignments); also considered physically and mentally fit.
  - ii. Physical Profile 2 (P2) – is the physical profile of a PCG personnel who can engage in partial PCG duties (limited to non- hazardous ship/shore duties/ assignments); also considered physically and mentally fit.
  - iii. Physical Profile 3 (P3) – is the physical profile of PCG personnel who cannot engage in active duties (limited to shore duties/ assignments); with some physical or mental limitations.
  - iv. Physical Profile 4 (P4) – is the physical profile of a PCG personnel who have permanent disqualifying injury/ illness or recommendation for discharge/ separation (CDD); considered not physically or mentally fit.
- G. **Regular PFT** – the standard PFT conducted periodically as an evaluation of an individual's ability to perform physical work, training and service.
- H. **Remedial PFT** – PFT conducted to personnel who fail the regular and special PFT.
- I. **Resting Heart Rate** – it refers to how fast the heart beats when at rest.
- J. **Special PFT** – PFT conducted to PCG personnel due for promotion, enlistment/re-enlistment and schooling.

## 6. POLICIES

### A. Health Monitoring Program (HMP)

- i. Health Monitoring Program is the structured approach designed to regularly assess and track an individual's general physical and mental well-being.
- ii. Key Components of HMP are the following:

#### a) Personnel Health Data

This entails the collection of baseline data to provide a valuable insight into one's over-all health to monitor his/her current

status/condition, detect early signs of health issues and promote preventive care.

**b) Health Profile**

It refers to the over-all wellness of one's body, encompassing a range of contributory factors such as exercise and fitness, nutrition/dietary intake, sleep, hydration, disease prevention and management, stress management, mental health, lifestyle habit, body composition and weight management.

**c) Physical Exam**

It is a comprehensive evaluation to assess an individual's over-all health.

- iii. All personnel aged thirty-nine (39) years old and below shall be required to undergo physical exam every three years. For forty (40) years old and above, it shall be done annually.
- iv. Personnel found with significant findings or abnormalities in his/her Physical Exam shall be referred to specialists for further evaluation and management and to repeat their Physical Exam after six (6) months.
- v. The Coast Guard Medical Service Unit shall be in charge of completing the Personnel Health Data, Health Profile and Physical Exam of every PCG personnel (**Annexes B to D**) within their respective area of responsibility. All collected shall be furnished to the Office of the Coast Guard Medical Service using the Consolidated Health Monitoring List (**Annex E**).
- vi. The Coast Guard Medical Service shall furnish the Coast Guard Human Resource Management Command (Attn: Coast Guard Special Service Center) with an updated Consolidated Health Monitoring List every 30<sup>th</sup> day of every quarter (March, June, September and December) to be able to identify and exclude high risk personnel from performing the regular PFT.

**B. Physical Fitness Test**

- i. The Physical Fitness Test (PFT) shall be conducted to all active personnel of the PCG in order to evaluate their physical capabilities and over-all fitness level. PFT is not only a requirement for entry in the PCG but also an ongoing evaluation throughout a PCG personnel's career to maintain their operational readiness.
- ii. PFT shall be composed of three (3) core events designed to evaluate cardiovascular endurance, muscular strength, core strength and endurance. However, other PCG units may implement higher standards based on their specific requirements.



- iii. PFT shall be composed of the following events:

a) **Timed Run**

This event is intended to measure cardiovascular and respiratory endurance which is critical for sustained physical activities or operations.

b) **Push-Ups**

This event is intended to build muscle to increase strength, improve one's posture, and enhance muscular endurance, allowing an individual to sustain prolonged physical activity, which is critical during various operational scenarios.

c) **Sit-Ups**

The sit-ups measures the endurance of the abdominal and hip-flexor muscles and an indirect measure of total physical fitness.

- iv. The PFT events shall be performed in accordance with the rules and regulations prescribed in **Annex F**. Officers and Non-Officers shall use the PFT forms in **Annex G** and **H** respectively.
- v. The PFT evaluation standards for all events are categorized based on age and gender. The detailed rating is indicated in the PFT Evaluation Chart (**Annex I**). The minimum requirement to achieve a passing score in each event is 70%. Rating below 70% in any of the three events shall be considered failed.
- vi. The conduct of PFT shall follow the PFT Flow Chart illustrated in **Annex J**.
- vii. The conduct of PFT shall be supervised and implemented by CGSSC, CGHRMC. In the absence of a CGSSC personnel, the officially designated Athletic Officer of a PCG Unit may conduct the PFT. The CGHRMC through CGSSC shall process the designation of an Athletic Officer in every PCG Unit and the subsequent issuance of appropriate orders from the Higher Headquarters. PFT conducted by unauthorized personnel will not be recognized or accepted as valid.
- viii. All personnel are required to obtain a clearance for PFT from the nearest Coast Guard Medical Service Unit prior undergoing PFT (see **Annex K**).
- ix. The PFT Report shall be prepared by the CGSSC personnel or Athletic Officer who performed the PFT. Along with the Individual PFT Clearance Card and the PFT Certificate, it shall be transmitted by SSC or the Athletic Officer to the Unit concerned.

- x. The result and certification of PFT shall be valid for six (6) months. Said result shall be valid for any individual personal action within the six (6) month period. Extension of validity of PFT result is not allowed except when an individual has PFT waiver where the validity of the last PFT result extends up to ninety days after the waiver expires.
- xi. Frequency of Test:
  - a) Regular PFT shall be conducted every quarter. The schedule shall be January - March for the first (1<sup>st</sup>) quarter, April - June for the second (2<sup>nd</sup>) quarter, July - September for the third (3<sup>rd</sup>) quarter and October - December for the fourth (4<sup>th</sup>) quarter.
  - b) Special PFT shall be conducted as directed by the Higher Headquarters.
- xii. PFT Waiver
  - a) Personnel with a PFT waiver will be temporarily exempted from performing for the duration specified in the waiver. However, when a personnel's PFT result is required for whatever reason during the period when the waiver is in effect, the last recorded PFT shall be used where the result will be treated as "Pass" or "Fail" document.
  - b) Only PFT waiver from the Coast Guard Medical Service duly signed by the Command Surgeon shall be honored. However, personnel with temporary medical conditions shall take their PFT once they have been granted "Clearance for PFT" from Coast Guard Medical Service.
  - c) Personnel who are engaged in actual operation or underway on a mission will be temporarily exempted from performing, provided that they present a letter duly signed by their Commander/ Commanding Officer requesting for temporary exemption from PFT. However, they shall immediately take the PFT upon the termination of the activity.
- xiii. Unsatisfactory Performance
  - a) Personnel who are ill or has become injured during the conduct of PFT and failed to achieve a minimum passing score on any event shall be considered failed.
  - b) Personnel who fail any or all of the events must retake the entire PFT.
  - c) Personnel who fail the regular and special PFT shall be allowed to take up to (2) remedial PFTs within the testing period, beginning 15 days after the failed initial test, with a 15-day interval between each attempt but shall not exceed thirty (30) days after each test.





d) For remedial PFT, the personnel shall be required to perform all the core events. A remedial PFT examinee that is evaluated as "Passed" shall have a final rating of 70%.

e) Failing the PFT test and subsequently the remedial tests shall disqualify the concerned personnel from any favorable personal action (i.e. promotion, schooling, enlistment and re-enlistment).

xiv. **Sanctions**

a) Any personnel who fail the regular PFT shall be reported to Higher Headquarters through the consolidated quarterly report of CGHRMC through CGSSC.

b) Any personnel who fail the 2<sup>nd</sup> and final PFT shall be imposed with corresponding penalties and sanctions.

c) For Officers, it shall be grounds for deferment for his/her promotion, schooling and any other selection process, and shall be referred to the PCG Efficiency and Separation Board to determine his/her fitness to remain in the active service.

d) For Non-Officers, he/she shall be denied any favorable personal action (promotion/ enlistment/ re-enlistment/ schooling/ selection).

xv. In case of death of personnel while undergoing PFT, the incident shall be immediately reported by the Unit/ Office officiating the PFT to the Higher Headquarters through proper channels. The concerned Unit Commander of the deceased personnel shall determine the circumstances leading to the death of the personnel and shall forward the report to Higher Headquarters as soon as possible. The concerned Coast Guard Medical Service Unit that issued the PFT clearance shall likewise explain the circumstances leading to the death and other factors that may have contributed to the death of the personnel.

xvi. It is the Commander's responsibility to ensure that all personnel under his/her authority maintain a reasonable level of physical fitness to be able to perform their respective duties effectively. However, it is the responsibility of every personnel to be physically fit, as it directly impacts their ability to perform their duties safely and efficiently.

**C. Health And Wellness Plan (HWP)**

i. Health and Wellness Plan aims to design an exercise regimen to enhance or maintain the current level of fitness of every PCG personnel.

ii. It is the duty and responsibility of a PCG personnel to be physically fit and engage in fitness activities. Meanwhile, it is the responsibility of the Unit Commander to implement a sustainable HWP to ensure that his/her personnel are physically fit for PCG service.

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- iii. This HWP mandates all PCG personnel to have an active and athletic lifestyle to ensure that they remain mission-ready while maintaining their over-all health and well-being during service and beyond.
- iv. Key components of HWP are the following:

**a) Physical Fitness**

**a.1) Fitness Level Assessment**

It is essential to conduct an assessment of an individual's fitness level before engaging in any physical activity. This process involves measuring one's strength, endurance, cardiovascular health and flexibility to ensure that the selected activities shall align with the individual/s current condition and goals. The tests to measure the said components with their corresponding test protocols are detailed in **Annex L**.

**a.2) Fitness Training Program**

- 1) Fitness Training Program shall be implemented with a warm-up phase, core components, cool down phase and recovery.
- 2) Body Mass Index and Resting Heart Rate shall also be incorporated as key metrics to ensure safety during a physical activity to reduce the risk of injury or health complications.
- 3) The primary types of Physical Fitness Training, each targeting different aspects of health and fitness, are enumerated in **Annex M**.
- 4) For pre and post pregnancy, a Postpartum Physical Training (PPT) program is designed to support women in recovering and regaining strength after childbirth, focusing on safely rebuilding strength, improving endurance and addressing specific physical changes resulting from pregnancy and childbirth. Details of the PPT is discussed in **Annex N**.

**a.3) Nutrition**

- 1) It is essential to develop a meal plan based on the caloric and nutrient needs for the training and deployment.
- 2) A well-balanced diet tailored to an individual's fitness goals enhances performance, builds muscle, reduces



fatigue and prevents injuries. For a sample meal plan, see **Annex O**.

- 3) Details on how to make a meal plan is discussed in **Annex P**.

**b) Mental Health**

- 1) Mental well-being directly affects physical performance, motivation and recovery. Integrating mental health strategies into fitness programs ensures a holistic approach to well-being, addressing both physical and psychological needs.
  - 2) Mental health strategies prevent overtraining and emotional fatigue while enhancing emotional resilience and supporting long-term fitness goals.
  - 3) Key mental health strategies are enumerated in **Annex Q**.
- D. All physical activities shall be logged in the PCG Individual Fitness Card (**Annex R**), which will be monitored and submitted monthly to the Athletic Officer of the PCG Unit for subsequent submission to CGHRMC (Attn: CGSSC).

**7. RESPONSIBILITY**

- A. The Commander, CGHRMC shall be responsible in the strict implementation of this SOP.
- B. The Command Surgeon, Coast Guard Medical Service shall be responsible in the implementation of the HMP for PCG personnel as specified in this SOP.
- C. The administration of PFT shall be the responsibility of the Coast Guard Special Service Center of CGHRMC.
- D. The respective PCG Unit Commanders or Heads of Offices are responsible for the implementation of the HWP of their respective personnel. They shall also be responsible in imposing appropriate sanctions/ penalties to the personnel who fail to undergo PFT and/ or fail PFT.
- E. The respective Admin and Personnel/ Human Resource Management (HRM) Staff shall be responsible in maintaining the record of their personnel (PFT and HWP) for monitoring purposes.

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## 8. RESCISSION

All other pertinent publications in conflict with this SOP are hereby rescinded/repealed.

## 9. EFFECTIVITY

This SOP takes effect fifteen (15) days after publication.

**BY COMMAND OF ADMIRAL GAVAN PCG:**

**OFFICIAL:**

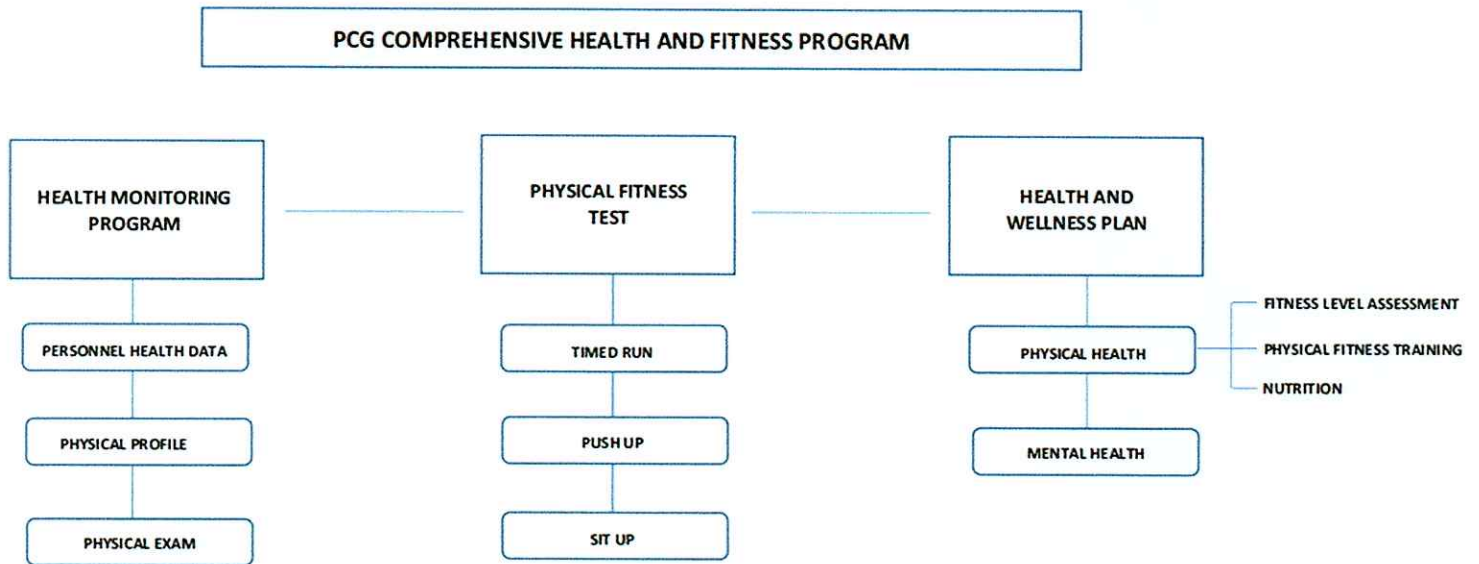
**HOSTILLO ARTURO E CORNELIO**  
**RADM PCG**  
Chief of Coast Guard Staff

  
**JAYSIEBELL B FERRER**  
**CDR PCG**  
Coast Guard Adjutant

*Annexes:*

- A – Comprehensive Health and Physical Fitness Program Chart*
- B – Personnel Health Data*
- C – Physical Profile*
- D – Physical Exam*
- E – Consolidated Health Monitoring List*
- F – Guidelines and Procedures in Performing PFT*
- G – Officer PFT Form*
- H – Non-Officer PFT Form*
- I – PFT Evaluation Chart*
- J – PFT Flow Chart*
- K – PFT Clearance Form*
- L – Fitness Level Assessment*
- M – Physical Fitness Training Program*
- N – Postpartum Physical Training Program*
- O – Sample Meal Plan*
- P – Procedure on How to Make a Meal Plan*
- Q – Key Mental Health Strategies*
- R – PCG Individual Fitness Card*





## PERSONNEL HEALTH DATA

### 1. Personal Information

Name: \_\_\_\_\_

Rank and SN: \_\_\_\_\_

Present Unit Assignment: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

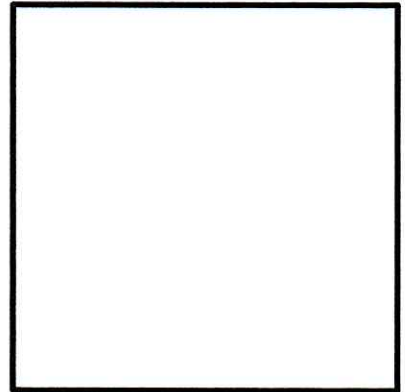
Place of Birth: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Civil Status: \_\_\_\_\_ Religion: \_\_\_\_\_

Present Address: \_\_\_\_\_

Contact No: \_\_\_\_\_ Email Address: \_\_\_\_\_



### 2. Emergency Contacts

Name 1: \_\_\_\_\_

Relationship: \_\_\_\_\_ Contact No: \_\_\_\_\_

Address: \_\_\_\_\_

Name 2: \_\_\_\_\_

Relationship: \_\_\_\_\_ Contact No: \_\_\_\_\_

Address: \_\_\_\_\_

### 3. Allergies (List any food, drug/medications and/ or substances to which you have had an allergic or bad reaction)

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### 4. Medications/ Vitamins/ Supplements

Name	Dosage	Frequency



**5. Immunizations**

Name	Date Administered

**6. Past Medical History**

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**7. Past Surgical History**

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**8. Family History**

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**9. Personal History**

Habits: \_\_\_\_\_

Smoking: \_\_\_\_\_ No.of sticks per day: \_\_\_\_\_

Drinking: \_\_\_\_\_ No.of bottles per day: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_ No.of hours of sleep every night: \_\_\_\_\_

**PHYSICAL PROFILE****A. General Examination**

1. General Appearance: \_\_\_\_\_  
Body Built and Nutritional Status: \_\_\_\_\_  
Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_ BMI: \_\_\_\_\_ Physical Profile: \_\_\_\_\_  
State of Awareness/ Level of Consciousness: \_\_\_\_\_  
Facial feature/ Expression/ Mood/ Attitude: \_\_\_\_\_  
Speech: \_\_\_\_\_  
Posture and Gait: \_\_\_\_\_  
Personal Hygiene: \_\_\_\_\_  
Breath/ Odor: \_\_\_\_\_
2. Vital Signs: Temp: \_\_\_\_\_ Pulse Rate: \_\_\_\_\_ RR: \_\_\_\_\_ BP: \_\_\_\_\_
3. Hands and Arms: \_\_\_\_\_
4. Skin: \_\_\_\_\_
5. Face: \_\_\_\_\_
6. Eyes: \_\_\_\_\_
7. Mouth: \_\_\_\_\_
8. Neck: \_\_\_\_\_
9. Lymph Nodes: \_\_\_\_\_
10. Edema: \_\_\_\_\_

**B. Systemic Examination****1. Cardiovascular System**

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**2. Respiratory System**

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### 3. Digestive System

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### 4. Reproductive System

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### 5. Excretory System

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### 6. Endocrine System

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### 7. Nervous System

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### 8. Special Senses

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## C. MENTAL HEALTH ASSESSMENT

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**ANNUAL PHYSICAL EXAM**

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## GUIDELINES AND PROCEDURES IN PERFORMING THE STANDARD PHYSICAL FITNESS TEST

### 1) Timed Run

- a. The participant is required to complete a run within the allotted time or in the shortest time possible, depending on the individual's age and gender. The performance of the participant shall be measured based on how quickly he/she complete the course, with faster time indicating a higher fitness level.
- b. At the beginning of the event, the participant shall line up behind the designated starting line. When the command "go" is given, the clock will immediately start, signaling the beginning of the run. Upon completing the required course and reaching the finish line, the clock will stop, marking the end of the run.
- c. Each participant is expected to run at a pace he/she feels comfortable but allows him/her to perform at his/her best. Although walking is authorized, it is strongly discouraged. The participant must also complete the run without any physical help (e.g. pushed, pulled, carried or picked up) or leave the designated running course without a valid reason, which will result in his/her disqualification.
- d. The following chart shows the evaluation standard according to age and sex:

AGE CATEGORY	DISTANCE (KM)	TIME (MIN)	
		Male	Female
17-25	3.2	18:14	20:14
26-30	3.2	18:44	21:14
31-35	3.2	20:14	22:59
36-40	2	14:40	16:08
41-44	2	16:10	18:00
45-48	1	8:43	9:10
49-52	1	9:21	10:05
53 and Up	1	10:24	10:55

### 2) Push Up

- a. Each participant is required to perform as many push ups as possible within a two-minute time frame. The performance of the participant shall be measured based on how many repetitions she/he performed within the allotted time frame, with more repetitions performed indicating a higher fitness level.



b. In a starting position, participants shall begin in a high plank position with arms extended and palms flat on the floor, positioned at either shoulder width or slightly wider than shoulder-width apart. Body should be straight from head to heels, maintaining a neutral spine. Feet should be positioned either together or slightly apart, depending on the individual's balance and comfort level.

c. On the command "go", participants shall begin the push up by bending the elbows and lowering the entire body as a single unit until the upper arms are at least parallel to the ground, with the chest about an inch from the ground or until the arms form a 90-degree angle. The head should be kept in a neutral position, looking slightly ahead. Then, return to the starting position by raising the entire body until the arms are fully extended. The body must remain rigid in a generally straight line and move as a unit while performing each repetition. At the end of each repetition, the scorer will state the number of repetitions that have been completed correctly. Any incorrectly performed push ups will not be counted.

d. An altered, front leaning rest position is the only authorized rest position during the push up event. The participant must return to the correct starting position before continuing. If the participant rest on the ground or raise either his hand/ foot from the ground, his performance will be terminated.

e. All PCG personnel must adhere to the standardized push up technique. Female personnel shall perform the push-up in the same manner the male personnel perform the exercise.

f. The following chart shows the evaluation standard according to age and sex:

AGE CATEGORY	NUMBER OF REPETITIONS	
	MALE	FEMALE
17-25	47	35
26-30	39	31
31-35	35	27
36-40	59	23
41-44	25	21
45-48	21	15
49-52	19	13
53 and Up	15	11

### 3) Sit Up

a. Each participant is required to perform as many sit ups as possible within a two-minute time frame. The performance of the participant shall be measured based on how many repetitions she/he

performed within the allotted time frame, performing as many sit ups as she/he can.

b. The participant shall assume the starting position by lying on the back with knees bent at a 90 degree angle. The feet may be together or up to 12 inches apart, with another person holding the ankles with their hands only. No other method of bracing or holding the feet is authorized. The heel is the only part of the foot that must stay in contact with the ground. Fingers must be interlocked behind the head and the backs of the hand must touch the ground. The arms and elbows need not touch the ground. The participant is also allowed to position their arms crossed over their chest with their back touching the ground.

c. On the command "go", the participant shall begin by raising the upper body forward to, or beyond, the vertical position. The vertical position is when the base of the neck is above the base of the spine. After the participant reached or surpassed the vertical position, lower the body until the bottom of the shoulder blades touch the ground. The head, hands, arms or elbows do not have to touch the ground. At the end of each repetition, the scorer will state the number of repetitions that have been completed correctly. Any incorrectly performed sit ups will not be counted.

d. A repetition will not count if the participant fails to reach the vertical position, fail to keep his/her fingers interlocked behind his/her head or arms crossed over their chest, arch or bow his/her back, and raise the buttocks off the ground to raise their upper body, or let their knees exceed a 90 degree angle.

e. The up position is the only authorized rest position. Stopping and resting in the down position will terminate the said event.

f. The following chart shows the evaluation standard according to age and sex:

AGE CATEGORY	NUMBER OF REPETITIONS	
	MALE	FEMALE
17-25	55	39
26-30	51	35
31-35	47	31
36-40	41	27
41-44	35	23
45-48	29	19
49-52	23	17
53 and Up	19	15



## Heading

Date \_\_\_\_\_

**OFFICER**  
**PCG PHYSICAL FITNESS TEST**

(RANK) (LAST NAME) (FIRST NAME) (MI) (SN)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ BP: \_\_\_\_\_  
(DD/MM/YY) (Years) (M/F) SP/DP

Unit Assignment: \_\_\_\_\_ Place of Testing: \_\_\_\_\_

EVENTS		RAW SCORE/ TIME	RATING (%)
Timed Run			
Push Up	2 mins		
Sit Up	2 mins		

Average Rating: \_\_\_\_\_ ☐ Passed ☐ Failed  
Type of Testing: ☐ Regular ☐ Special VALID UNTIL: \_\_\_\_\_  
☐ 1<sup>st</sup> Remedial ☐ 2<sup>nd</sup> Remedial

Signature

Conducted by:

Authenticated by:

**FULL NAME**  
**RANK BOS**  
Proctor/ Examiner

**FULL NAME**  
**RANK** BOS  
Commander, SSC

Footer

## Heading

Date \_\_\_\_\_

## NON-OFFICER PCG PHYSICAL FITNESS TEST

(RANK) (LAST NAME) (FIRST NAME) (MI) (SN)

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ BP: \_\_\_\_\_  
(DD/MM/YY) (Years) (M/F) SP/DP

Unit Assignment: \_\_\_\_\_ Place of Testing: \_\_\_\_\_

EVENTS		RAW SCORE/ TIME	RATING (%)
Timed Run			
Push Up	2 mins		
Sit Up	2 mins		

Average Rating: \_\_\_\_\_ ☐ Passed ☐ Failed  
Type of Testing: ☐ Regular ☐ Special VALID UNTIL: \_\_\_\_\_  
☐ 1<sup>st</sup> Remedial ☐ 2<sup>nd</sup> Remedial

Signature

**Conducted by:**

Authenticated by:

**FULL NAME**  
**RANK BOS**  
Proctor/ Examiner

**FULL NAME**  
**RANK** BOS  
Commander, SSC

*[Signature]*

## PFT EVALUATION CHART

## Event 1: PUSH-UP

AGE GROUP	21 BELOW		22-25		26-30		31-35		36-40		41-44		45-50		51-55		56-60		61 +	
Repetitions	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
80	100																			
79	99		100																	
78	98		99																	
77	97		98		100															
76	96		97		99															
75	95		96		98															
74	94		95		97		100													
73	93		94		96		99													
72	92		93		95		98													
71	91		92		94		97		100											
70	90		91		93		96		99											
69	89		90		92		95		98											
68	88		89		91		94		97											
67	87		88		90		93		96		100									
66	86		87		89		92		95		99									
65	85		86		88		91		94		98									
64	84	100	85		87		90		93		97									
63	83	99	84		86		89		92		96		100							
62	82	98	83	100	85		88		91		95		99							
61	81	97	82	99	84		87		90		94		98							
60	80	96	81	98	83		86		89		93		97							
59	79	95	80	97	82	100	85		88		92		96		100					
58	78	94	79	96	81	99	84		87		91		95		99					
57	78	93	78	95	80	98	83		86		90		94		98					
56	77	92	78	94	79	97	82		85		89		93		97					
55	77	91	77	93	78	96	81	100	84		88		92		96		100			
54	76	90	77	92	78	95	80	99	83		87		91		95		99			
53	76	89	76	91	77	94	79	98	82		86		90		94		98			
52	75	88	76	90	77	93	79	97	82		85		89		93		97			
51	75	87	75	89	76	92	78	96	81		84		88		92		96		100	
50	74	86	75	88	76	91	78	95	81		83		87		91		95		99	
49	74	85	74	87	75	90	77	94	80	100	83		86		90		94		98	
48	73	84	74	86	75	89	77	93	80	99	82		85		89		93		97	
47	73	83	73	85	74	88	76	92	79	98	82		84		88		92		96	
46	72	82	73	84	74	87	76	91	79	97	81		83		87		91		95	
45	72	81	72	83	73	86	75	90	78	96	81		83		86		90		94	
44	71	80	72	82	73	85	75	89	78	95	80	100	82		85		89		93	
43	71	80	71	81	72	84	74	88	77	94	80	99	82		84		88		92	
42	70	79	71	80	72	83	74	87	77	93	79	98	81		83		87		91	
41	70	79	70	80	71	82	73	86	76	92	79	97	81		83		86		90	
40		78	70	79	71	81	73	85	76	91	78	96	80		82		85		89	
39		78		79	70	80	72	84	75	90	78	95	80	100	82		84		88	
38		77		78	70	79	72	83	75	89	77	94	79	98	81		83		87	
37		77		78		79	71	82	74	88	77	93	79	96	81		82		86	
36		76		77		78	71	81	74	87	76	92	78	94	80		82		85	
35		76		77		78	70	80	73	86	76	91	78	93	80		81		84	
34		75		76		77	70	79	73	85	75	90	77	92	79	100	81		83	
33		75		76		77		78	72	84	75	89	77	91	79	98	80		82	
32		74		75		76		78	72	83	74	88	76	90	78	96	80		81	
31		74		75		76		77	71	82	74	87	76	89	78	94	79		80	
30		73		74		75		77	71	81	73	86	75	88	77	92	79	100	80	
29		73		74		75		76	70	80	73	85	75	87	77	90	78	98	79	
28		72		73		74		76	70	79	72	84	74	86	76	88	78	96	79	
27		72		73		74		75		78	72	83	74	85	76	86	77	94	78	
26		71		72		73		75		77	71	82	73	84	75	85	77	92	78	100
25		71		72		73		74		76	71	81	73	83	75	84	76	90	77	98
24		70		71		72		74		75	70	80	72	82	74	83	76	88	77	96
23		70		71		72		73		74	70	79	72	81	74	82	75	86	76	94
22				70		71		73		73		78	71	80	73	81	75	84	76	92
21				70		71		72		73		77	71	79	73	80	74	82	75	90
20						70		72		72		76	70	78	72	79	74	80	75	88
19						70		71		72		75	70	77	72	78	73	79	74	86
18								71		71		74		76	71	77	73	78	74	84
17								70		71		73		75	71	76	72	77	73	82
16										70		72		74	70	75	72	76	73	80
15										70		71		73	70	74	71	75	72	78
14												70		72		73	71	74	72	76
13														71		72	70	73	71	74
12																71	70	72	71	73
11																70		71	70	72
10																		70	70	71
9																				70



## Event 2: SIT-UP

AGE GROUP	21 BELOW		22-25		26-30		31-35		36-40		41-44		45-50		51-55		56-60		61 +	
Repetitions	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
85	100																			
84	99																			
83	98		100																	
82	97		99																	
81	96		98		100															
80	95	100	97		99															
79	94	99	96		98		100													
78	93	98	95	100	97		99													
77	92	97	94	99	96		98		100											
76	91	96	93	98	95		97		99		100									
75	90	95	92	97	94	100	96		98		99									
74	89	94	91	96	93	99	95		97		98									
73	88	93	90	95	92	98	94		96		97		100							
72	87	92	89	94	91	97	93		95		96		99							
71	86	91	88	93	90	96	92	100	94		95		98		100					
70	85	90	87	92	89	95	91	99	93		94		97		99					
69	84	89	86	91	88	94	90	98	92		93		96		98		100			
68	83	88	85	90	87	93	89	97	91		92		95		97		99			
67	82	87	84	89	86	92	88	96	90	100	91		94		96		98		100	
66	81	86	83	88	85	91	87	95	89	99	90		93		95		97		99	
65	80	85	82	87	84	90	86	94	88	98	89		92		94		96		98	
64	79	84	81	86	83	89	85	93	87	97	88	100	91		93		95		97	
63	78	83	80	85	82	88	84	92	86	96	87	99	90		92		94		96	
62	77	82	79	84	81	87	83	91	85	95	86	98	89		91		93		95	
61	76	81	78	83	80	86	82	90	84	94	85	97	88		90		92		94	
60	75	80	77	82	79	85	81	89	83	93	84	96	88		90		92		94	
59	74	79	76	81	78	84	80	88	82	92	83	95	87		90		92		94	
58	73	78	75	80	77	83	79	87	81	91	82	94	86	100	89		91		93	
57	72	77	74	79	76	82	78	86	80	90	81	93	85	97	88		90		92	
56	71	76	73	78	75	81	77	85	79	89	80	92	84	96	87		89		91	
55	70	75	72	77	74	80	76	84	78	88	79	91	83	95	86		88		90	
54	69	74	71	76	73	79	75	83	77	87	78	90	82	94	85		87		89	
53	68	73	70	75	72	78	74	82	76	86	77	89	81	93	84		86		88	
52	67	72	69	74	71	77	73	81	75	85	76	88	80	92	83		85		87	
51	66	71	68	73	70	76	72	80	74	84	75	87	79	91	82		84		86	
50	65	70	67	72	69	75	71	79	73	83	74	86	78	90	81		83		85	
49	64	69	66	71	68	74	70	78	72	82	73	85	77	89	80		82		84	
48	63	68	65	70	67	73	69	77	71	81	72	84	76	88	79		81		83	
47	62	67	64	69	66	72	68	76	70	80	71	83	75	87	78		80		82	
46	61	66	63	68	65	71	67	75	69	79	70	82	74	86	76		79		81	
45	60	65	62	67	64	70	66	74	68	78	69	81	73	85	75		78		80	
44	59	64	61	66	63	69	65	73	67	77	68	80	72	84	74		77		79	
43	58	63	60	65	62	68	64	72	66	76	67	79	71	83	73		76		78	
42	57	62	59	64	61	67	63	71	65	75	66	78	70	82	72		75		77	
41	56	61	58	63	60	66	62	70	64	74	65	77	69	81	71		74		76	
40	55	60	57	62	59	65	61	69	63	73	64	76	68	80	70		73		75	
39	54	59	56	61	58	64	60	68	62	72	63	75	67	79	69		72		74	
38	53	58	55	60	57	63	59	67	61	71	62	74	66	78	68		71		73	
37	52	57	54	59	56	62	58	66	60	70	61	73	65	77	67		70		72	
36	51	56	53	58	55	61	57	65	59	69	60	72	64	76	66		69		71	
35	50	55	52	57	54	60	56	64	58	68	59	71	63	75	65		68		70	
34	49	54	51	56	53	59	55	63	57	67	58	70	62	74	64		67		69	
33	48	53	50	55	52	58	54	62	56	66	57	69	61	73	63		66		68	
32	47	52	49	54	51	57	53	61	55	65	56	68	60	72	62		65		67	
31	46	51	48	53	50	56	52	60	54	64	55	67	59	71	61		64		66	
30	45	50	47	52	49	55	51	59	53	63	54	66	58	70	60		63		65	
29	44	49	46	51	48	54	50	58	52	62	53	65	57	69	59		62		64	
28	43	48	45	50	47	53	49	57	51	61	52	64	56	68	58		61		63	
27	42	47	44	49	46	52	48	56	50	60	51	63	55	67	57		60		62	
26	41	46	43	48	45	51	47	55	49	59	50	62	54	66	56		59		61	
25	40	45	42	47	44	50	46	54	48	58	49	61	53	65	55		58		60	
24	39	44	41	46	43	49	45	53	47	57	48	60	52	64	54		57		59	
23	38	43	40	45	42	48	44	52	46	56	47	59	51	63	53		56		58	
22	37	42	39	44	41	47	43	51	45	55	46	58	50	62	52		55		57	
21	36	41	38	43	40	46	42	50	44	54	45	57	49	61	51		54		56	
20	35	40	37	42	39	45	41	49	43	53	44	56	48	60	50		53		55	
19	34	39	36	41	38	44	40	48	42	52	43	55	47	59	49		52		54	
18	33	38	35	40	37	43	39	47	41	51	42	54	46	58	48		51		53	
17	32	37	34	39	36	42	38	46	40	50	41	53	45	57	47		50		52	
16	31	36	33	38	35	41	37	45	39	49	40	52	44	56	46		49		51	
15	30	35	32	37	34	40	36	44	38	48	39	51	43	55	45		48		50	
14	29	34	31	36	33	39	35	43	37	47	38	50	42	54	44		47		49	
13	28	33	30	35	32	38	34	42	36	46	37	49	41	53	43		46		48	
12	27	32	29	34	31	37	33	41	35	45	36	48	40	52	42		45		47	
11	26	31	28	33	30	36	32	40	34	44	35	47	39	51	41		44		46	
10	25	30	27	32	29	35	31	39	33	43	34	46	38	50	40		43		45	
9	24	29	26	31	28	34	30	38	32	42	33	45	37	49	39		42		44	
8	23	28	25	30	27	33	29	37	31	41	32	44	36	48	38		41		43	
7	22	27	24	29	26	32	28	36	30	40	31	43	35	47	37		40		42	
6	21	26	23	28	25	31	27	35	29	39	30	42	34	46	36		39		41	
5	20	25	22	27	24	30	26	34	28	38	29	41	33	45	35		38		40	



### Event 3: TIMED RUN

#### 3.2 KILOMETER RUN (35 YEARS OLD AND BELOW)

AGE GROUP	21 BELOW		22-25		26-30		31-35	
TIME	M	F	M	F	M	F	M	F
11:00-11:14	100							
11:15-11:29	99							
11:30-11:44	98		100					
11:45-11:59	97		99					
12:00-12:14	96		98					
12:15-12:29	95		97					
12:30-12:44	94		96					
12:45-12:59	93		95					
13:00-13:14	92	100	94		100			
13:15-13:29	91	99	93		99			
13:30-13:44	90	98	92		98			
13:45-13:59	89	97	91		97			
14:00-14:14	88	96	90	100	96		100	
14:15-14:29	87	95	89	99	95		99	
14:30-14:44	86	94	88	98	94		98	
14:45-14:59	85	93	87	97	93		97	
15:00-15:14	84	92	86	96	92		96	
15:15-15:29	83	91	85	95	91	100	95	
15:30-15:39	82	90	84	94	90	99	94	
15:40-15:49	81	89	83	93	89	98	93	
15:50-15:59	80	88	82	92	88	97	92	
16:00-16:09	79	87	81	91	87	96	91	100
16:10-16:19	78	86	80	90	86	95	90	99
16:20-16:29	77	85	79	89	85	94	89	98
16:30-16:34	76	84	78	88	84	93	88	97
16:35-16:39	75	83	77	87	83	92	87	96
16:40-16:44	74	82	76	86	82	91	86	95
16:45-16:49	73	81	75	85	81	90	85	94
16:50-16:54	72	80	74	84	80	89	84	93
16:55-16:59	71	79	73	83	79	88	83	92
17:00-17:09	70	78	72	82	76	87	82	91
17:10-17:19		77	71	81	75	86	81	90
17:20-17:29		76	70	80	74	85	80	89
17:30-17:39		75		79	73	84	79	88
17:40-17:59		74		78	72	83	78	87
18:00-18:14		73		77	71	82	77	86
18:15-18:29		72		76	70	81	76	85
18:30-18:44		71		75		80	75	84
18:45-18:59		70		74		79	74	83
19:00-19:14				73		78	73	82
19:15-19:29				72		77	72	81
19:30-19:44				71		76	71	80
19:45-19:59				70		75	70	79
20:00-20:14						74		78
20:15-20:29						73		77
20:30-20:44						72		76
20:45-20:59						71		75
21:00-21:14						70		74
21:15-21:29								73
21:30-21:44								72
21:45-21:59								71
22:00-22:29								70

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## 2 KILOMETER RUN (36-44 YEARS OLD)

AGE GROUP	36-40		41-44	
TIME	M	F	M	F
09:00	100			
09:10	99			
09:20	99		100	
09:30	98		99	
09:40	98		99	
09:50	97		98	
10:00	97		98	
10:10	96		97	
10:20	96	100	97	
10:30	95	99	96	
10:40	95	99	96	100
10:50	94	98	95	99
11:00	94	98	95	99
11:10	93	97	94	98
11:20	93	97	94	98
11:30	92	96	93	97
11:40	92	96	93	97
11:50	91	95	92	96
12:00	91	95	92	96
12:10	90	94	91	95
12:20	90	94	91	95
12:30	89	93	90	94
12:40	89	93	90	94
12:50	88	92	89	93
13:00	88	92	89	93
13:10	87	91	88	92
13:20	87	91	88	92
13:30	86	90	87	91
13:40	85	90	87	91
13:50	84	89	86	90
14:00	83	89	86	90
14:10	82	88	85	89
14:20	81	88	85	89
14:30	80	87	84	88
14:40	79	87	84	88
14:50	78	86	83	87
15:00	77	86	83	87
15:10	76	85	82	86
15:20	75	85	82	86
15:30	74	84	81	85
15:40	73	84	81	85
15:50	72	83	80	84
16:00	71	82	80	84
16:10	70	81	79	83
16:20		80	78	83
16:30		79	77	82
16:40		78	76	82
16:50		77	75	81
17:00		76	74	81
17:10		75	73	80
17:20		74	72	80
17:30		73	71	79
17:40		72	70	79
17:50		71		78
18:00		70		78
18:10				77
18:20				77
18:30				76
18:40				76
18:50				75
19:00				74
19:10				73
19:20				72
19:30				71
19:40				70

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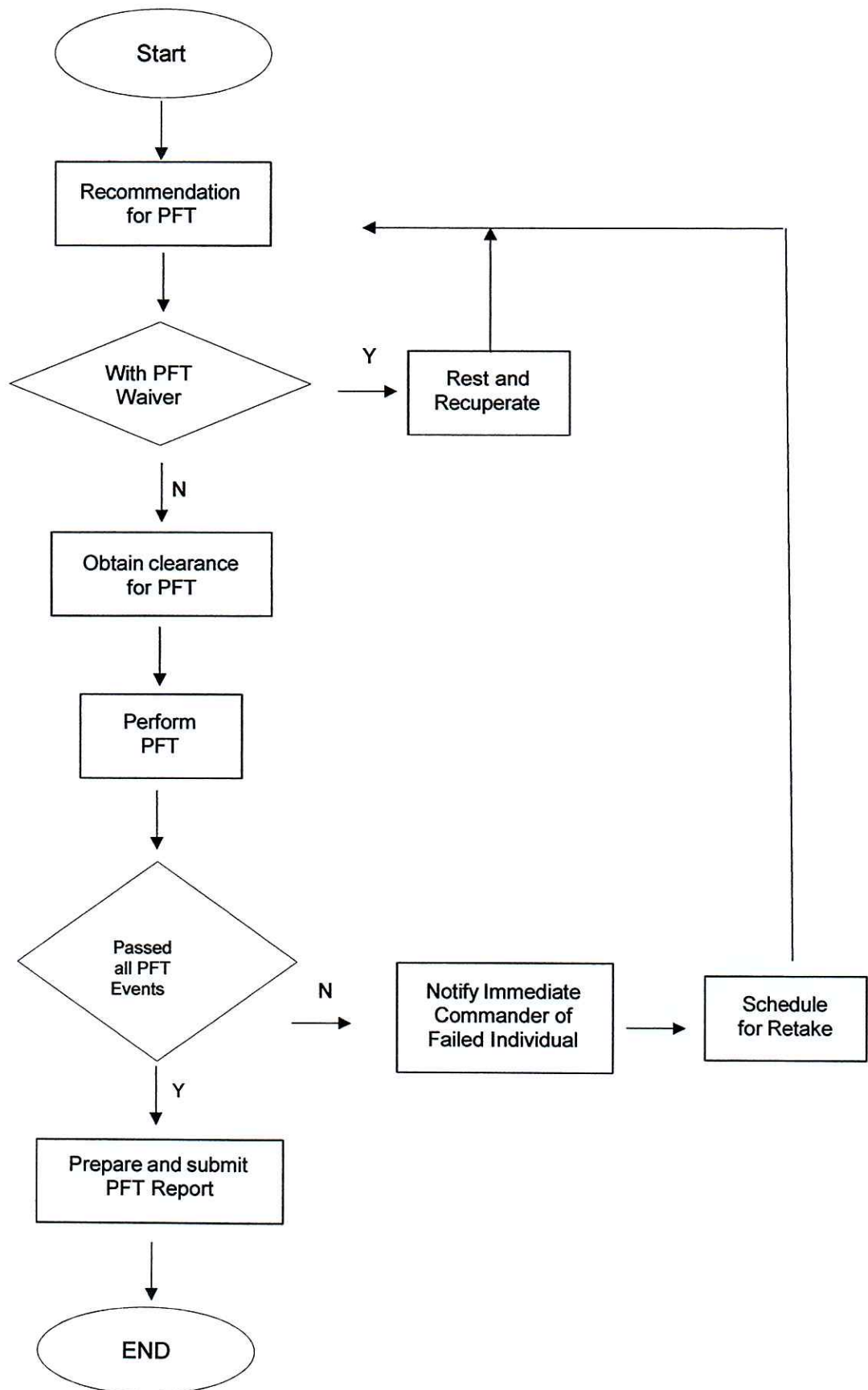


# 1 KILOMETER RUN (45 YEARS OLD AND ABOVE)

AGE GROUP	45-50		51-55		56-60		61 +	
TIME	M	F	M	F	M	F	M	F
05:00	100							
05:05	99							
05:10	98							
05:15	97							
05:20	96							
05:25	95		100					
05:30	94		99					
05:35	93		98					
05:40	92		97					
05:45	91	100	96					
05:50	90	99	95		100			
05:55	89	98	94		99			
06:00	88	97	93		98			
06:05	87	96	92		97			
06:10	86	95	91	100	96			
06:15	85	94	90	99	95		100	
06:20	84	93	89	98	94		99	
06:25	83	92	88	97	93		98	
06:30	82	91	87	96	92		97	
06:35	81	90	86	95	91	100	96	
06:40	80	89	85	94	90	99	95	
06:45	79	88	84	93	89	98	94	
06:50	78	87	83	92	88	97	93	
06:55	77	86	82	91	87	96	92	
07:00	76	85	81	90	86	95	91	100
07:05	75	84	80	89	85	94	90	99
07:10	74	83	79	88	84	93	89	98
07:15	73	82	78	87	83	92	88	97
07:20	72	81	77	86	82	91	87	96
07:25	71	80	76	85	81	90	86	95
07:30	70	79	75	84	80	89	85	94
07:35		78	74	83	79	88	84	93
07:40		77	73	82	78	87	83	92
07:45		76	72	81	77	86	82	91
07:50		75	71	80	76	85	81	90
07:55		74	70	79	75	84	80	89
08:00		73		78	74	83	79	88
08:05		72		77	73	82	78	87
08:10		71		76	72	81	77	86
08:15		70		75	71	80	76	85
08:20				74	70	79	75	84
08:25				73		78	74	83
08:30				72		77	73	82
08:35				71		76	72	81
08:40				70		75	71	80
08:45						74	70	79
08:50						73		78
08:55						72		77
09:00						71		76
09:05						70		75
09:10								74
09:15								73
09:20								72
09:25								71
09:30								70

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## PFT FLOW CHART



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**PFT CLEARANCE FORM**

<b><u>PFT CLEARANCE FORM</u></b>	
Rank/Name/BOS	Immunization History:
Gender: ( ) Male ( ) Female	Tetanus _____ Flu _____ Vaccine: _____
Blood Type: _____ Birthday: _____	Hepatitis B _____ HPV: _____
Allergies (specify): _____	Others (Specify): _____
Social/ Personal History: Alcohol beverage drinker? ( ) Yes ( ) No If yes, how many bottles per day? _____	
Smoker? ( ) Yes ( ) No If yes, how many sticks per day? _____	
Medical Diagnosis:	Remarks:
Major Surgical Procedures, if any:	Remarks:
Stress Test Result, if any:	Medical Clearance: ( ) Granted ( ) Denied
Name and Signature of Attending Physician	
-- Coast Guard Medical Service Unit Copy --	

<b><u>PFT CLEARANCE FORM</u></b>	
Rank/Name/BOS	Immunization History:
Gender: ( ) Male ( ) Female	Tetanus _____ Flu _____ Vaccine: _____
Blood Type: _____ Birthday: _____	Hepatitis B _____ HPV: _____
Allergies (specify): _____	Others (Specify): _____
Social/ Personal History: Alcohol beverage drinker? ( ) Yes ( ) No If yes, how many bottles per day? _____	
Smoker? ( ) Yes ( ) No If yes, how many sticks per day? _____	
Medical Diagnosis:	Remarks:
Major Surgical Procedures, if any:	Remarks:
Stress Test Result, if any:	Medical Clearance: ( ) Granted ( ) Denied
Name and Signature of Attending Physician	
-- CGHRMC- CGSSC Copy --	



## FITNESS LEVEL ASSESSMENT

### A. RESTING HEART RATE

To check your heart rate:

1. Turn the wrist so the palm is facing up.
2. Feel the pulse (throbbing or pulsating sensation) in the thumb side of the wrist.
3. Count how many times you feel the beat in sixty (60) seconds.
4. You can also check the heart rate with a fitness tracker, smartwatch or a heart rate app.
5. A normal resting heart rate for adults is between 60-100 beats per minute. Newborns and children below six years of age have a higher resting heart rate than adults. Athletes, on the other hand, may have a resting heart rate between 40-50 beats per minute.

### B. BODY COMPOSITION

#### 1. Skinfold Test

- Firmly grasp a fold of a person's skin between the thumb and index finger and lift. The skinfold should include two thicknesses: one of skin and one of the subcutaneous fats, but no muscle or fascia.
- Place the contact surface of the calipers at a 90-degree angle to the skinfold approximately 1 cm below the fingers.
- Slightly release the pressure between the fingers, but remain holding the skinfold so that a greater pressure is applied by the calipers.
- Release the handle of the calipers and read the needle to the nearest 0.1 mm approximately 4 seconds after the pressure is released.

The "Durmin and Womersley" Four-Site Skinfold Test

- a. Triceps Skinfold
  - Vertical fold



- Located on the posterior midline of the upper arm.
- Measure halfway between the acromion (bony point of the shoulder) and olecranon processes (bony point of the elbow).
- Arm held freely to the side of the body.

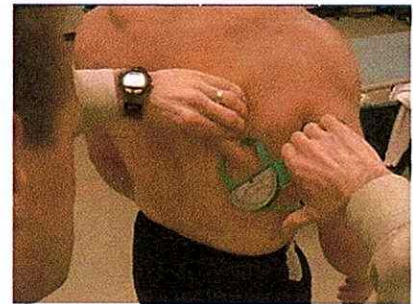


#### b. Biceps Skinfold

- Vertical fold
- Located on the anterior midline of the upper arm over the belly of the biceps muscle.
- Located 1 cm higher than the level used to mark the triceps site

#### c. Subscapula Skinfold

- Diagonal fold
- Located 1 to 2 cm below the inferior angle of the scapula (bottom of the shoulder blade)
- The person can raise his arm up behind his back, making the scapula more prominent.



#### d. Suprailiac Skinfold

- Diagonal fold
- Located 1 cm above the anterior superior iliac crest (top of the hip bone).
- Locating this landmark may require to poke firmly through thick subcutaneous layers of fat to find the bone underneath.

### Body Fat % Conversion Table

- Use the following table for the conversion of the sum of the four skinfolds in mm into % body fat.

Skinfolds (mm)	Males (age in years)				Females (age in years)			
	17-29	30-39	40-49	50+	18-29	30-39	40-49	50+
15	4.8	-	-	12.6	10.5	-	-	-
20	8.1	12.2	12.2	15.6	14.1	17.0	19.8	21.4
25	10.5	14.2	15.0	18.6	18.8	19.4	22.2	24.0



30	12.9	16.2	17.7	20.8	19.5	21.8	24.5	26.6u
35	14.7	17.7	19.8	22.9	21.5	23.7	26.4	28.5
40	16.4	19.2	21.4	24.7	23.4	25.5	28.2	30.3
45	17.7	20.4	23.0	26.5	25.0	26.9	29.6	31.9
50	19.0	21.5	24.6	27.9	26.5	28.2	31.0	33.4
55	20.1	22.5	25.9	29.2	27.8	29.4	32.1	34.6
60	21.2	23.6	27.1	30.4	29.1	30.6	33.2	35.7
65	22.2	24.3	28.2	31.6	30.2	31.6	34.1	36.7
70	23.1	25.1	29.3	32.7	31.2	32.5	35.0	37.7
75	24.0	25.9	30.3	33.8	32.2	33.4	35.9	38.7
80	24.8	26.6	31.2	34.8	33.1	34.3	36.7	39.8
85	25.6	27.2	32.1	35.8	34.0	35.8	37.5	40.4
90	26.2	27.8	33.0	36.6	34.8	36.5	38.3	41.2
95	26.9	28.4	33.7	37.4	35.6	37.2	39.0	41.9
100	27.6	29.0	34.4	38.2	36.4	37.9	39.7	42.6
105	28.2	29.6	35.1	39.0	37.1	38.6	40.4	43.3
110	28.8	30.1	35.8	39.7	37.8	39.1	41.0	43.9
115	29.4	30.6	36.4	40.4	38.4	39.6	41.5	44.5
120	30.0	31.1	37.0	41.1	39.0	40.1	42.0	45.1
125	30.5	31.5	37.6	41.8	39.6	40.6	42.5	45.7
130	31.0	31.9	38.2	42.4	40.2	41.1	43.0	46.2
135	31.5	32.3	38.7	43.0	40.8	41.6	43.5	46.7
140	32.0	32.7	39.2	43.6	41.3	42.1	44.0	47.2
145	32.5	33.1	39.7	44.1	41.8	42.6	44.5	47.7
150	32.9	33.6	40.2	44.6	42.3	43.1	45.0	48.2
155	33.3	33.9	40.7	45.1	42.8	43.6	45.4	48.7
160	33.7	34.3	41.2	45.1	43.3	44.0	45.8	49.2
165	34.1	34.6	41.6	-	43.7	44.4	46.2	49.6
170	34.5	34.8	42.0	46.1	44.1	44.8	46.6	50.0
175	34.9	-	-	-	-	45.2	47.0	50.4
180	35.3	-	-	-	-	45.6	47.4	50.8
185	35.6	-	-	-	-	45.9	47.8	51.2
190	35.9	-	-	-	-	46.2	48.2	51.6
195	-	-	-	-	-	46.5	48.5	52.0
200	-	-	-	-	-	-	48.8	52.4
205	-	-	-	-	-	-	49.1	52.7

#### Rating of the Sum of the Four Skinfolts

Ability	Gender	Excellent	Good	Average	Below Average	Poor
Normal	Male	60-80	81-90	91-100	111-150	150+



Normal	Female	70-90	91-100	101-120	121-150	150+
Athletic	Male	40-60	61-80	81-100	101-130	130+
Athletic	Female	50-70	71-85	86-110	111-130	130+

## 2. Waist-Hip Ratio (WHR)

To measure:

- Stand up straight and breathe out.
- Use a tape measure to check the distance around the smallest part of the waist, just above the belly button. This is the waist circumference.
- Then measure the distance around the largest part of the hips- the widest part of the buttocks. This is the hip circumference.
- Calculate the WHR by dividing the waist circumference by the hip circumference.

$$\text{WHR} = \frac{\text{Waist Circumference}}{\text{Hip Circumference}}$$

Waist- to-Hip Ratio Chart

Health Risk	Women	Men
Low	0.80 or lower	0.95 or lower
Moderate	0.81 – 0.85	0.96 – 1.0
High	0.86 or higher	1.0 or higher

## C. CARDIOVASCULAR ENDURANCE

### 1. 2.4 km (1.5 mile) Run Test

Procedure:

- Complete the 2.4 km course in the shortest possible time.
- On the command “go”, the clock is started and the participant shall begin running at his/her own pace.
- Timer will stop once the 2.4 km course is completed. The total time to complete the course is recorded.
- Walking is allowed but strongly discouraged.

Rating Chart

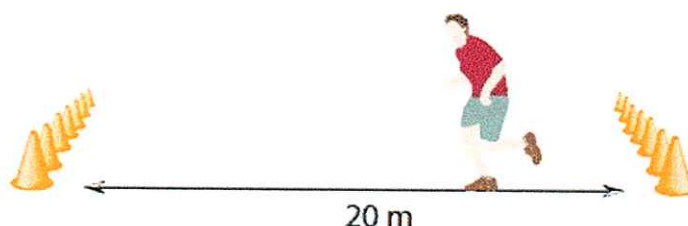
Rating	Male	Female
Superior	< 9:44	< 12:29
Excellent	10:45 – 9:45	13:30 – 12:30
Good	12:00 – 10:46	15:54 – 13:31

Fair	14:00 – 12:01	18:30 – 15:55
Poor	16:00 – 14:01	19:00 – 18:31
Very Poor	> 16:01	> 19:01

## 2. 20m Multistage Fitness test (Beep Test)

Procedure:

- The test involves continuous running between two lines 20m apart in time to recorded beeps.
- At the start, stand behind one of the lines facing the second line.
- Begin running when instructed by the recording. The speed at the start is quite slow.
- The participant shall continue running between two lines, turning when signaled by the recorded beeps.
- After about one minute, a sound shall indicate an increase in speed, and the beeps will be closer together. This continues each minute (level).
- If the line is reached before the beep sounds, the participant must wait until the beep sounds before continuing.
- If the line is not reached before the beep sounds, the participant is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more beeps.
- The participant is given a warning the first time he/she fails to reach the line (within 2 meters) and eliminated after the second warning.
- The score is the level and the number of shuttles (20m) reached by the participant before he/she was unable to keep up with the recording. Record the last level completed.



Level Score for Beep Test:

Rating	Men	Women
Excellent	> 13	> 12
Very Good	11 – 13	10 – 12
Good	9 – 11	8 – 10

Average	7 – 9	6 – 8
Poor	5 – 7	4 – 6
Very Poor	< 5	< 4

## D. FLEXIBILITY

### 1. Sit and Reach

Position:

- Sit on the floor with shoes removed, legs extended in front of with feet flat against the front of the test box.
- In a slow, steady motion, hinge at the hips, keep the knees straight, and slide both hands up the ruler as far as possible.
- Extend as far as you can and record the result in cm.

Interpretation of Scores:

Rating	Scores (cm)	
	Men	Women
Excellent	34 or above	37 or above
Above Average	28 – 33	33 – 36
Average	23 – 27	29 – 32
Below Average	16 – 22	23 – 28
Poor	Below 16	Below 22

### 2. Back Scratch Test

Procedure:

- In a standing position, place one hand behind the head and back over the shoulder, and reach as far as possible down the middle of the back, with palm touching the body and fingers directed downwards.
- Place the other arm behind the back, palm facing outward and fingers upward and reach as far as possible attempting to touch or overlap the middle fingers of both hands.
- Ensure the fingers are aligned then measure the distance between the tips of the middle fingers. Record the best score to the nearest centimeter or ½ inch.
- If the fingertips touch, the score is zero. If they do not touch, measure the distance between the fingertips (negative score). If they overlap, measure by how much (a positive score).



## E. MUSCULAR STRENGTH AND ENDURANCE

### 1. Plank Test

Procedure:

- The aim of this test is to hold an elevated position for as long as possible.
- Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes.
- The hip is lifted off the floor creating a straight line from the head to toe.
- As soon as the participant is in the correct position, the stopwatch is started.
- The head should be facing towards the ground and not looking forward.
- Time stops when the participant is unable to hold the back straight and the hip is lowered.

Interpretation of Scores:

Time	Rating
> 6 minutes	Excellent
4 – 6 minutes	Very Good
2 – 4 minutes	Above Average
1 – 2 minutes	Average
30 – 60 seconds	Below Average
15 – 30 seconds	Poor
< 15 seconds	Very Poor

### 2. Squat Test

Procedure:

- Perform as many squats as possible.
- To start, stand in front of a chair or bench with the feet at shoulder's width apart, facing away from it.
- Place both hands on the hips. Squat down and lightly touch the chair before standing up.
- Record how many squats the participant performed until he/she is fatigued.

Interpretation of Scores:

<b>MEN</b>					
Age	20-29	30-39	40-49	50-59	60+
Excellent	> 34	> 32	> 29	> 26	> 23
Good	33-34	30-32	27-29	24-26	21-23
Above Average	30-32	27-29	24-26	21-23	18-20
Average	27-29	24-26	21-23	18-20	15-17
Below Average	24-26	21-23	18-20	15-17	12-14
Poor	21-23	18-20	15-17	12-14	9-11
Very Poor	< 21	< 18	< 15	< 12	< 9

<b>WOMEN</b>					
Age	20-29	30-39	40-49	50-59	60+
Excellent	> 29	> 26	> 23	> 20	> 17
Good	27-29	24-26	21-23	18-20	15-17
Above Average	24-26	21-23	18-20	15-17	12-14
Average	21-23	18-20	15-17	12-14	9-11
Below Average	18-20	15-17	12-14	9-11	6-8
Poor	15-17	12-14	9-11	6-18	3-5
Very Poor	< 15	< 12	< 9	< 6	< 3

## FITNESS TRAINING PROGRAM

### Aerobic Exercises and Muscle-Strengthening Exercises

All activities enumerated herein are non-contact and contact activities which may be done individually and are encouraged to be executed outdoors (though may also be done indoors). These health-enhancing physical activities benefit the physique and functional capability of the person without undue harm or risk.

Combination of these activities (aerobic and strengthening exercises) are to be done for 60 minutes per day for two days preferably Tuesday and Thursday; at the very least, 120 minutes if conducted only once in a week. Ensure that there are proper warm-up and cool down activities before and after the 120-minute work-out, specifically:

- a) A 10-minute warm up portion, which includes slow movements, dynamic stretching, and slow tempo/rhythm activities (Preparation Drill).
- b) The 120-minute muscular conditioning and cardio-respiratory portion (aerobics) which may incorporate strength/endurance exercises - examples of which are as enumerated herein. This aims to prepare oneself to pass the sit-up and push-up portions as well as to ensure endurance for the recorded PFT:

<b>Ages 17-25 years old</b> (45 minutes aerobic exercises and 15 minutes muscle strengthening exercise)	
<b>A. Aerobic Exercise</b> (Moderate to Vigorous Intensity) <ul style="list-style-type: none"> <li>· Brisk Walking</li> <li>· Running</li> <li>· Sustained Biking and/ or Uphill Biking</li> <li>· Jogging</li> <li>· Swimming</li> <li>· Lawn Tennis</li> <li>· Basketball</li> <li>· Volleyball</li> </ul>	<b>B. Muscle-Strengthening Exercise</b> (Moderate to Vigorous Intensity) <ul style="list-style-type: none"> <li>· Push-ups</li> <li>· Sit-ups</li> <li>· High Knees</li> <li>· Mountain Climbers</li> <li>· Crunches</li> <li>· Shoulder Tap</li> <li>· Planks (Full or Alternate Arm and Leg Raise)</li> <li>· Squat</li> <li>· Flutter Kick</li> <li>· Lunges</li> </ul>



**Ages 26-35 years old**  
(45 minutes aerobic exercises and 15 minutes muscle strengthening exercise)

<b>A. Aerobic Exercise</b> (Moderate to Vigorous Intensity) <ul style="list-style-type: none"> <li>▪ Brisk Walking</li> <li>▪ Running</li> <li>▪ Jogging</li> <li>▪ Swimming</li> <li>▪ Badminton</li> <li>▪ Sustained Biking</li> </ul>	<b>B. Muscle-Strengthening Exercise (Moderate to Vigorous Intensity)</b> <ul style="list-style-type: none"> <li>▪ Push-ups</li> <li>▪ Sit-Ups</li> <li>▪ Crunches</li> <li>▪ Shoulder Tap</li> <li>▪ Mountain Climbers</li> </ul>
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**Ages 36-44 years old**  
(45 minutes aerobic exercises and 15 minutes muscle strengthening exercise)

<b>A. Aerobic Exercise</b> (Low to Vigorous Intensity) <ul style="list-style-type: none"> <li>▪ Walking</li> <li>▪ Swimming</li> <li>▪ Level Ground Biking or Stationary Biking</li> <li>▪ Yoga</li> <li>▪ Zumba</li> <li>▪ Ballroom Dancing</li> <li>▪ Golfing</li> </ul>	<b>D. Muscle-Strengthening Exercise (Low to Moderate Intensity)</b> <ul style="list-style-type: none"> <li>▪ Wall Push-ups</li> <li>▪ Side Planks</li> <li>▪ Dumbbell Workouts</li> <li>▪ Resistance Band Workouts (Leg press, Triceps press)</li> </ul>
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**Ages 44 years old and above**  
(45 minutes aerobic exercises and 15 minutes muscle strengthening exercise)

<b>A. Aerobic Exercise</b> (Low to Vigorous Intensity) ( to Moderate Intensity) <ul style="list-style-type: none"> <li>▪ Walking</li> <li>▪ Swimming</li> <li>▪ Stationary Biking</li> <li>▪ Yoga</li> <li>▪ Light Zumba</li> <li>▪ Ballroom Dancing</li> <li>▪ Golfing</li> </ul>	<b>D. Muscle-Strengthening Exercise (Low to Moderate Intensity)</b> <ul style="list-style-type: none"> <li>▪ Wall Push-ups</li> <li>▪ Side Planks</li> <li>▪ Dumbbell Workouts</li> <li>▪ Resistance Band Workouts (Lateral raise, Bicep curl, Band pull apart)</li> </ul>
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*\*The intensity and duration of the fitness activities may increase after at least 3 months of regularly complying with these routines; these recommended activities may be supplemented or complemented with other referred aerobics, strengthening exercises.*

- c) A 10-minute cool-down segment portion which may include a slowing down of the aerobic activity followed by gentle stationary stretching. All heart rates must be at or below 100 beats per minute (bpm) before terminating the session.

### **POSTPARTUM PHYSICAL TRAINING PROGRAM (PPTP)**

1. Upon return of PCG personnel from maternity leave, she must provide her unit with a postpartum Physical Profile as reference of the CGSSO.
2. Postpartum personnel shall be required to undergo PPTP up to six months after child delivery. She may, however, return to the regular physical fitness program upon the approval and/or certification from CO and Unit Commander after successfully passing a diagnostic PFT.
3. Postpartum personnel are exempted from the PFT for 180 days following the termination of pregnancy. After the termination of maternity leave (usually 90-120 days), the PCG personnel will be given at least 60-90 days to recondition before taking a recorded PFT. PCG Personnel shall attend the four weeks postpartum physical program during the reconditioning time given. After receiving clearance from a physician/medical officer to resume physical training, postpartum personnel are expected to prepare for return to their unit capable of performing the physical demands of their duties, and passing the PFT. This guidance can be modified only if, upon evaluation of a physician/medical officer, it is determined that the postpartum personnel require a more restrictive or longer profile because of complicated or unusual medical problems. The Unit Commander, in coordination with Coast Guard Medical Service, shall make exceptions from the PPPT Program participation on a case-by-case basis.
4. During the postpartum reconditioning phase, PCG personnel shall participate in the diagnostic PFT to track progress.
5. Postpartum PCG personnel shall not participate in a diagnostic PFT until she has completed and attended four weeks of PPTP.
6. At least four exercise sessions per week for postpartum personnel (up to six months post-delivery or pregnancy termination).
7. The basic postpartum fitness program shall consist of the following:
  - a. A 10-15-minute warm up portion, which includes slow movements, dynamic stretching, and slow cadence calisthenics.
  - b. A 10-20-minute muscular conditioning portion which may incorporate calisthenics drill, strength/endurance exercises with free weights or resistance bands, sit-ups, and pushups. This aims to prepare oneself to pass the sit-up and pushup portions of the PFT
  - c. A 20-45-minute cardio-respiratory portion which may include low- impact aerobics, speed and agility drills, cardio machines, circuit training, and walk/jog/run groups. The postpartum personnel are encouraged to gradually begin running and increasing its frequency.



d. A 10-minute cool-down segment portion which may include a slowing down of the aerobic activity followed by gentle stationary stretching. All heart rates must be at or below 100 bpm before leaving the area.

## SAMPLE MEAL PLAN

SUBJECT A's WEIGHT LOSS MEAL PLAN 1800 Calories		
MEASUREMENT	MENU	AMOUNT OF CALORIE
Breakfast		
	Medium Banana	105 calories
	1 Cup Cooked Oatmeal	166 calories
	1 Medium boiled egg	155 calories
	Half glass of fresh milk	61 calories
		<b>Total: 487 Calories</b>
A.M. Snacks		
	100 grams of sweet potato	86 calories
Lunch		
	250g Skinless Grilled Chicken Breast	280 calories
	Half cup chopsuey	141 calories
	1 Cup Jasmine Rice White	180 calories
		<b>Total: 601 Calories</b>
P.M. Snacks		
	1 apple with skin	95 calories
Dinner		
	1 Cup Jasmine Rice White	180 calories
	¾ cup grams pork adobo	341 calories
	1 cup boiled broccoli	27 calories
		<b>Total: 548 Calories</b>
Total calories: 1817		

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## HOW TO MAKE A MEAL PLAN

### Step 1: Calculate your BMR

BMR	
MALE	FEMALE
$\text{BMR} = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$	$\text{BMR} = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

### Example

AGE	25
GENDER	MALE
HEIGHT (centimeters)	166
WEIGHT (kilograms)	70
PHYSICAL ACTIVITY	Lightly active

### Computation:

$$= 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$$

$$= 88.362 + (13.397 \times 70 \text{ kg}) + (4.799 \times 166 \text{ cm}) - (5.677 \times 25)$$

$$= 88.362 + 937.79 + 796.634 - 141.925$$

$$= 1,822.786 - 141.925$$

$$= 1680.861$$

$$\text{BMR} = 1681$$

### Step 2: Compute your Total Daily Energy Expenditure (TDEE)

Total Daily Energy Expenditure (TDEE) is an estimate of the daily calories you burn, accounting for physical activity and exercise. Once you've calculated your BMR, the next step is to factor in the calories burned through your daily activities based on your lifestyle.

Sedentary (little or no exercise):	BMR x 1.2
Lightly active (light exercise or sports 1-3 days a week):	BMR x 1.375
Moderately active (moderate exercise or sports 3-5 days a week):	BMR x 1.55
Very active (hard exercise or sports 6-7 days a week):	BMR x 1.725
Super active (very hard exercise or a physical job & exercise):	BMR x 1.9

### Computation:

Since the subject A exercises 1-3 days a week, he is classified in Lightly active. We will be using BMR x 1.375

Subject A BMR is 1681

$$\text{BMR} \times 1.375$$

$$= 1681 \times 1.375$$

**TDEE = 2,311.375**

This final number provides you with an estimate of the daily calorie requirement needed to maintain your current weight.

*Subject A's TDEE is 2311 calories. To stay the same weight, he should eat the same amount. If he wants to lose fat, he should eat 500 calories less, and if he wants to gain weight, he should eat 500 calories more each day.*

### ***How to calculate daily calorie intake?***

You can estimate your daily caloric intake using various online calculators or apps. One commonly used method is the Harris-Benedict Equation, which calculates your Basal Metabolic Rate (BMR) and then applies an activity factor to it. Here is the formula:

- For men:  $BMR = 88.362 + (13.397 \times \text{weight in kg}) + (4.799 \times \text{height in cm}) - (5.677 \times \text{age in years})$
- For women:  $BMR = 447.593 + (9.247 \times \text{weight in kg}) + (3.098 \times \text{height in cm}) - (4.330 \times \text{age in years})$

Basal Metabolic Rate (BMR) refers to the number of calories your body uses to maintain essential functions, like keeping your heart beating and breathing, when you're at rest, with no physical activity.

After calculating your BMR, you can multiply it by an activity factor to estimate your daily caloric needs. Below are the common activity factors:

- Sedentary (little or no exercise):  $BMR \times 1.2$
- Lightly active (light exercise or sports 1-3 days a week):  $BMR \times 1.375$
- Moderately active (moderate exercise or sports 3-5 days a week):  $BMR \times 1.55$
- Very active (hard exercise or sports 6-7 days a week):  $BMR \times 1.725$
- Super active (very hard exercise or a physical job & exercise):  $BMR \times 1.9$

You can find various online calculators that use these formulas to estimate your daily caloric intake based on your activity level.

The result will be your ***estimated daily calorie intake***.



## KEY MENTAL HEALTH STRATEGIES IN FITNESS PROGRAMS

### 1. Mindfulness and Relaxation Techniques

Purpose: To enhance focus, reduce anxiety and improve stress management.

Activities:

- a) Meditation before and after workouts.
- b) Breathing exercises to calm the nervous system.
- c) Progressive muscle relaxation to release tension.

### 2. Stress Management Training

Purpose: To equip individuals with tools to handle life's stressors effectively.

Activities:

- a) Time management workshops to balance fitness goals with daily responsibilities.
- b) Cognitive behavioral strategies to address negative thought patterns.
- c) Journal for emotional expression and goal tracking.

### 3. Social Support

Purpose: A supportive environment fosters camaraderie, accountability and emotional well being.

Activities:

- a) Group fitness activities to promote social interaction.
- b) Access to peer support groups for mental health discussions.

### 4. Education and Awareness

Purpose: To equip individuals with knowledge and information about mental health.

Activities:

- a) Conduct of workshops and seminars to educate personnel on mental health.
- b) Provide strategies to help identify signs of mental health issues.

- c) Educate individuals on how to recognize symptoms of stress, anxiety, and depression in themselves and others.

## 5. Access to Mental Health Resources

### Activities:

- a) Integration of counselors, psychologists or therapists to provide professional support.
- b) Conduct of regular mental health check-ups and referrals to specialist as needed.
- c) Provide resources for handling mental health crises (e.i. hotlines, emergency contacts).

## PCG INDIVIDUAL FITNESS CARD

Rank/Name/SN:		Unit Assignment:	For the Month covering (MM/YY):
Gender (M/F):	Birthdate:	Age:	
Height (cm):	Weight (kg):	BMI:	Physical Profile:

**A. Fitness Level Assessment**

Resting Heart Rate: \_\_\_\_\_

Waist-Hip Ratio: \_\_\_\_\_

**Cardiovascular Endurance**

- a) 2.4 km Run Test: \_\_\_\_\_  
 b) Beep Test: \_\_\_\_\_

**Flexibility**

- a) Sit and Reach: \_\_\_\_\_  
 b) Back Scratch Test: \_\_\_\_\_

**Muscular Strength and Endurance**

- a) Plank Test: \_\_\_\_\_  
 b) Squat Test: \_\_\_\_\_  
 c) 1 minute Push Up Test

**B. Weight Tracker**

BMI: \_\_\_\_\_

	Starting Weight	Current Weight	Remarks
Week 1			
Week 2			
Week 3			
Week 4			

**C. Fitness Training Program**

Fitness Activities of Choice Performed	Date & Time	Duration	Signature of Performer	Name and Signature of Athletic Officer
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				