

## CONDUCT OF PHYSICAL FITNESS TEST (PFT)

NR	PROCEDURES/STEPS		PERSON IN CHARGE	DURATION	REMARKS
	APPLICANT	PAFPMC ACTION			
1	Go to PAF Gymnasium/Respective Special Svcs Areas at 6 AM on the day of the Physical Fitness Test (PFT)	Get the attendance and account the applicants	Recruitment Branch, PTD personnel	1 hour	Applicants will be notified regarding the date of the PFT. Attire: White T-Shirt, shorts and rubber shoes
2	Perform the PFT	Supervise/Conduct the PFT with Air Force Special Service Group (AFFSG personnel)	Recruitment Branch, PTD personnel	3 hours	PFT Exercise (See PFT form) 1) Push-ups 2) Sit-ups 3) 2 km Run
3	Prepare for the briefing	Brief applicants regarding the results	Recruitment Branch, PTD personnel	10 mins	Results will be posted in the afternoon after PFT at PAFPMC