

Annex B

**PHYSICAL FITNESS AWARD FOR AEROBIC EXCELLENCE
APPLICATION FORM**

I, _____
 SN Rank Surname and Initials Unit

am applying for scroll number:

1 () 2 () 3 () 4 () 5 () 6 () 7 ()

and/or Seal:

Red () White () Blue () Bronze () Silver () Gold ()

It is certified that during the period of _____ to _____
 (Date started) (Date completed)

I have completed my qualifying units by the combination of aerobic activities listed below:

Activity	Standard	Value
Swimming	400 meters*	1 unit
Jogging	1 kilometer	1 unit
Snowshoeing	1.5 kilometers	1 unit
Cross-country skiing	1.5 kilometers	1 unit
Cross-country skiing machine	1.5 kilometers	1 unit
Skating (ice and roller)	1.5 kilometers	1 unit
Walking	3 kilometers	1 unit
Aerobic classes	10 minutes	1 unit
Cycling and Stationary cycling	3 kilometers or 7 minutes	1 unit
Stationary rowing	500 meters or 7 minutes	1 unit
Rowing (canoeing/ kayaking)	500 meters or 7 minutes	1 unit
Skiing & elliptical trainer	1.5 kilometers	1 unit
Stair climbing	7 minutes	1 unit
Rope skipping	7 minutes	1 unit
Martial Arts	7 minutes	1 unit

Total Units: _____

 Unit Date Member's signature

 Base Date PSP Fitness and Sport personnel