Prince George's County Fire/EMS Department

Functional Physical Fitness Training

Specific - What is the specific task? Ex. Crew and specialty equipment to specific floor of high rise
Measurable - What will be measured? Ex. Number of floors and elapsed time
Attainable - Is the task to hard or unsafe? Ex. Temperature and/or unreasonable expectations of crew
Relevant - Is the task applicable to the needs of emergency operations? Ex. High-rise evolution
Time-bound – Can the task be timed? Ex. Elapsed time from crew in cab to specific location

Date:	**Time of day:**	**Weather:**	**Company:**
Location: (In station, parking lot, or address)		**Measurement:** (distance, floors, remaining air etc.)	
Baseline Time - Date: _____ Minutes: _____Seconds: _____		**Today's Time – Date: _____** Minutes: _____Seconds: _____	
Task Description:			
Comments:			