Prince George's County Fire/EMS Department

Physical Fitness Training Record

Name _____ Rank_____ PGFD ID # _____ Assignment:_____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
Jan.																																
Feb.																																
Mar.																																
Apr.																																
May																																
June																																
July																																
Aug.																																
Sept.																																
Oct.																																
Nov.																																
Dec.																																

F = Functional Physical Fitness Training
AE = Aerobic Training
AN = Anaerobic Training
R = Resistance Training - Calestenics/ Weight Lifting
FPA = Fitness Performance Appraisal
CMP = County Medical Physical

Notes: