



Law Enforcement Training Advisory Commission

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Ellen L. Petty, Director

PEACE OFFICERS WELLNESS EVALUATION REPORT (P.O.W.E.R.) TEST COMPLETION FORM

(To be completed only by certified POWER Test Monitor. Please bring form to MTU's POWER Test to be completed.)

TEST DATE: _____ DEPARTMENT: _____

OFFICER NAME: _____
(LAST) (FIRST) (MIDDLE)

D.O.B. _____ SEX _____ PTB ID NUMBER _____

OFFICER HEIGHT _____ OFFICER WEIGHT _____

			<u>STANDARD</u>	<u>ACTUAL</u>
SIT & REACH	PASS	FAIL	_____	_____
SIT UPS (1 MIN.)	PASS	FAIL	_____	_____
BENCH PRESS	PASS	FAIL	_____	_____
1.5 MILE RUN	PASS	FAIL	_____	_____

_____ The officer named above successfully completed the Police Training Board's P.O.W.E.R. test pursuant to the standards and regulations established by the Board. This certification is valid for entry into basic training if said person enters the Academy within 45 days of the date of successful completion. (Successful completion of the POWER test does not exempt the person from having a valid physical fitness exam within 60 days of entry into the Academy.)

_____ The officer named above has NOT successfully completed the P.O.W.E.R. test. A retake has been scheduled for the following date: _____

POWER Test Monitor

Date