OFFICIAL PHYSICAL READINESS TEST (PRT) SCORE SHEET
NAVPERS 6110/11 (Rev. 12-2025)

Supporting Directive OPNAVINST 6110.1L

NOTE: Only one NAVPERS 6110/11 Official PRT Score Sheet may be used per PRT test date. Multiple testing dates require a separate NAVPERS 6110/11 for each date.

PRT Date:	CFL/ACFL Print Name:	CFL/ACFL Print Name:
Command UIC:	CFL/ACFL Signature:	CFL/ACFL Signature:

#	Name (Last, First, MI)	Sex (M/F)	Rank/Rat	Age	Number of Push Ups	Forearm Plank Time	* Cardio Modality	Cardio Time/Calories	Member's Signature (Required before leaving testing site)

*Cardio Modality	Run/Walk = Run	Swim (Yard/Meters) = Swim Y / M	Bike = (B / Model Name)	2000-Meter Row = Rower	Med Waived Event = Waived
	Example: Run	Example: Swim Y	Example: B / 95CiXL	Example: Rower	Example: Waived