

(SAMPLE PAST CERTIFICATION LETTER)

(DATE)

MEMORANDUM FOR Whom It May Concern

FROM:

SUBJECT: PAST Certification Letter

I certify that (Applicant's Name) was administered the PAST on (Date). He performed the following repetitions/exercises/elapsed times as indicated below.

<u>EXERCISE</u>	<u>REPETITIONS / ELAPSED TIME</u>	
1. UNDERWATER SWIM	SUCCESSFUL/UNSUCCESSFUL	
2. 1000-METER SURFACE SWIM	_____	minutes/seconds
3. 1.5 MILE RUN	_____	minutes/seconds
4. CHIN UPS	_____	repetitions
5. SIT-UPS	_____	repetitions
6. PUSH-UPS	_____	repetitions
7. FLUTTER KICKS	_____	repetitions

(PAST applicant's name)
PRINTED / TYPED

Signature

(PAST administrator's name, Rank, Unit, Phone #)
PRINTED / TYPED

Signature

(Commanders name, rank, unit, Phone #)
PRINTED / TYPED

Signature

“That Others May Live...To Return With Honor”