

SEAL Operator

DOB: _____ | Age: _____

Height: 71 in

SEAL Team _____

Rank: E-6



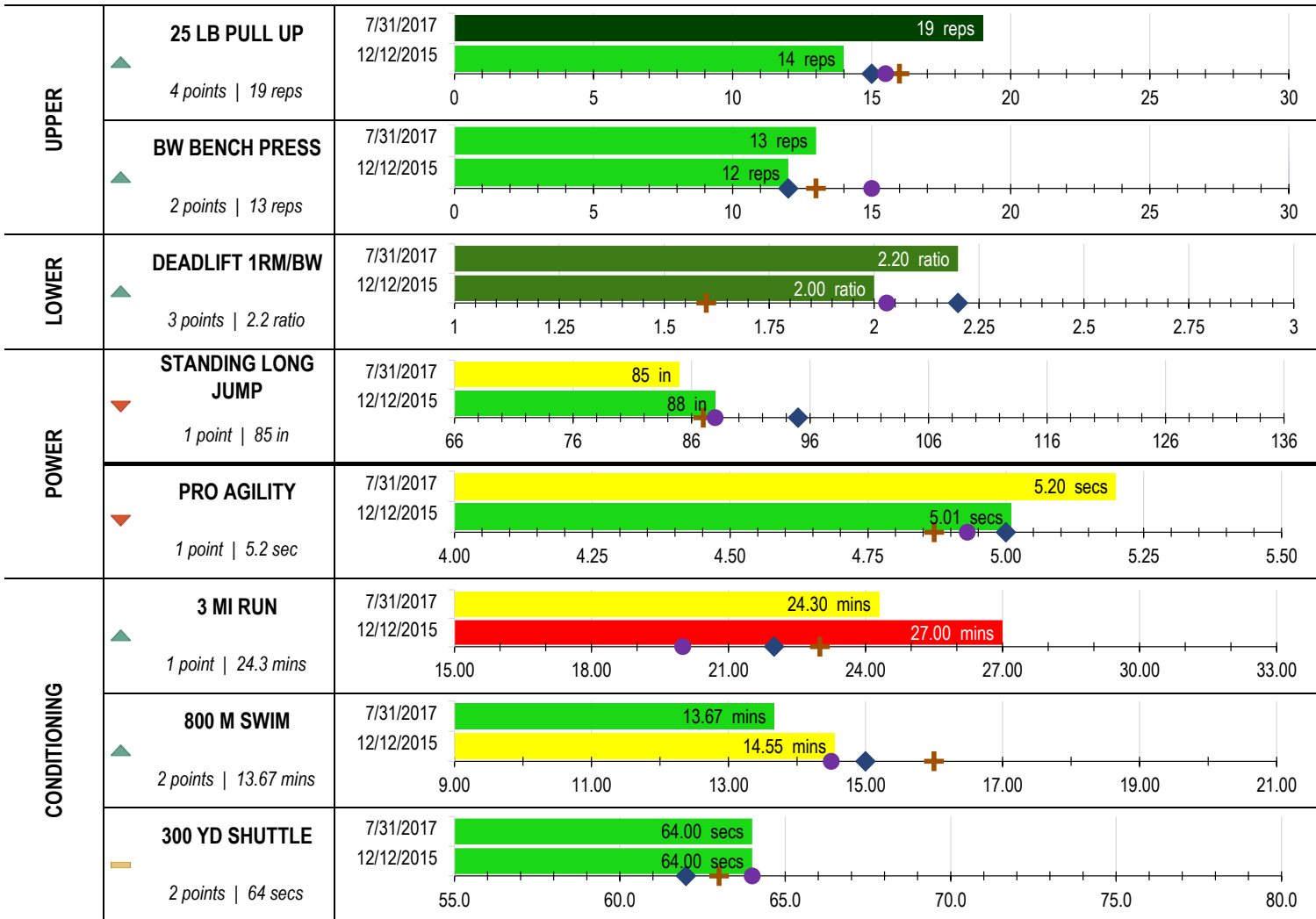
PHYSICAL TESTING

TOTAL SCORE: 16/32
55th PERCENTILE

SCORING OVER TIME



KEY: **BELOW** (bottom 10%) **STANDARD** (10th percentile) **GOOD** (average) **EXCELLENT** (80th percentile) **OUTSTANDING** (top 10%)
 ◆ SEAL/SWCC Avg. + Team Avg. ● Rank Avg.



BODY COMPOSITION

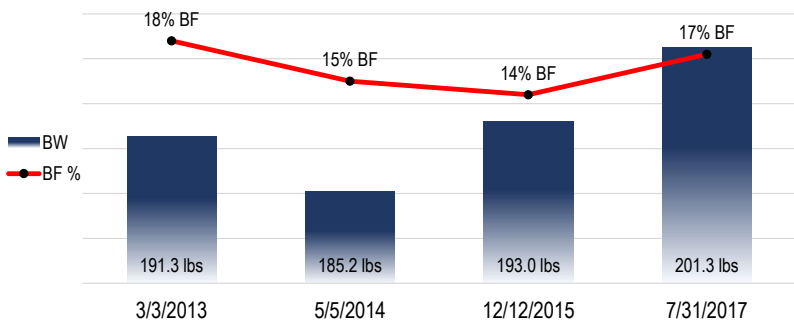
4 BODY COMPS ON FILE

Test Date	7/31/2017	12/12/2015	Change
Body Weight	201.3 lbs	193 lbs	11.3 lbs
Percent Body Fat	17.0%	14.0%	3.0%

PEER COMPARISON

Group ONE	E-6
192.5 lbs	191.8 lbs
15.9%	17.1%

BODY COMP HISTORY



FUNCTIONAL MOVEMENT SCREEN

MOBILITY TESTS	RIGHT	LEFT	SCORE
Active Straight Leg Raise:	2	2	2
Shoulder Mobility:	1	0	0
Rotary Stability:	2	2	2
Stability Push Up:			2
In Line Lunge:	2	2	2
Hurdle Step Over:	3	3	3
Overhead Deep Squat:			2
CLEARANCE TESTS			
Shoulder Impingement:	POS	NEG	
Posterior Rock:			NEG
Press Up:			NEG

TOTAL SCORE: 17