DAY MONTH YEAR

MEMORANDUM

From: Naval Special Warfare Assessment Command

To: Navy SEAL Officer Community Manager (PERS-311D)

Subj: BASIC UNDERWATER DEMOLITION/SEAL TRAINING PHYSICAL

 SCREENING TEST ICO CANDIDATE LAST NAME, FIRST NAME, **XXX-XX-**LAST FOUR

Ref: (a) MILPERSMAN 1220-410

1. The member completed the Physical Screening Test (PST) as indicated below:

a. PST conducted by: RANK Last Name, First Name, Position, in City, State on DAY MONTH YEAR.

2. PST Results are as follows:

1. Swim: X:XX

 b. Push-ups: XX

 c. Sit-ups: XX

 d. Pull-ups: XX

 e. Run: X:XX

(SIGNED)

(PRINTED NAME)

(TITLE)