

# Diplomatic Security Service Physical Readiness Test Self-Evaluation

You must be in excellent physical condition when applying to be a Diplomatic Security Service (DSS) special agent. This is a self-evaluation to assess your preparedness for the DSS-administered Physical Readiness Test (PRT). Applicants must pass the PRT in order to advance in the DSS Special Agent application process. Please visit our website at <http://careers.state.gov/uploads/3e/90/3e90a964446694be7052fdbd0414d8cd/PRT-Test-Standards.pdf> for information on the PRT scoring scales. If you have questions regarding the PRT, please contact DS Recruitment.

**You will not be considered for further applicant processing if you do not submit this form with your application package**, certifying that you have a level of fitness sufficient to obtain a “satisfactory” score in all three events during an official DSS-administered PRT.

## About the Physical Readiness Test:

The PRT uses fitness metrics in the areas of muscular endurance (sit-ups and push-ups per 2 minutes) and aerobic capacity (1.5 mile run) to ascertain the current fitness levels of applicants. Applicant results are normalized and ranked according to age and gender. The PRT is the same test given to active duty special agents.

## Important

*During basic training, you will be tested several more times on both the DSS PRT and the Federal Law Enforcement Training Center (FLETC) Physical Efficiency Battery (PEB).* <https://www.fletc.gov/physical-efficiency-battery-peb>

After taking the self-evaluation, please complete the chart below, sign the form, and submit it with your application package. Insert the minimum satisfactory score for your age/gender in the top row and your actual score as tested in the bottom row:

	Push-ups (2 Min.)	Sit-ups (2 Min.)	1.5 Mile Run (time)
Age/Gender Minimum			
Self-Evaluation Score			

## Self-Evaluation Certification

*I have conducted a PRT self-evaluation and understand that I must submit this form online with my application package in order for my application to move forward. With my signature, I **certify that I achieved a “satisfactory” score or better in each PRT category** and that each test was administered and scored in strict accordance with the DSS testing protocols. I understand that falsifying my score on this self-evaluation form would constitute the deliberate provision of false information to my employer. I understand that such a misrepresentation could present a security concern and potentially be disqualifying for the grant of eligibility for access to classified information in a subsequent background investigation.*

Applicant's Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_