



U.S. Department of State 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. For information on the PRT standards, please visit the special agent vacancy announcement at <https://careers.state.gov/work/opportunities/vacancy-announcements/sa> . 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 (push-ups and sit-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 your actual scores as tested:

Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Age: _____	Test Site: <input type="checkbox"/> At Sea Level (< 5,000 FT) <input type="checkbox"/> > 5,000 FT Above Sea Level	Push-ups (2 Min.)	Sit-ups (2 Min.)	1.5 Mile Run (time)
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: _____

The Section Below Is For Office Use Only				
Verified By:	Date:	Push-ups (2 Min.)	Sit-ups (2 Min.)	1.5 Mile Run (time)
Gender/Age Minimum Score				