

# Navy Diver PFA Tracker

Use this tracker for Navy Diver PFA preparation. Verify current requirements with ADF Careers before testing or making training decisions.

## Weekly Tracker

Week	Push-ups	Sit-ups	Shuttle run	Swim/water notes
1				
2				
3				
4				
5				
6				
7				
8				

## Preparation Checks

- Push-up and sit-up standards are repeatable
- Shuttle pacing is calm under fatigue
- Swimming work is supervised when challenging
- No breath-hold or underwater confidence work is done alone
- Recovery and sleep are planned

Track your Navy Diver preparation free in ClearancePath: <https://clearance.selectionready.com.au>

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