



# UNIFIED FIRE AUTHORITY

## MEMORANDUM

25-047

March 20, 2025

TO: All Personnel

FROM: Health & Safety Committee

SUBJECT: FPAT Workout Preparation & Plan

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The Health & Safety Committee identified a need to provide assistance to our members in preparation for the upcoming Firefighter Physical Agility Test (FPAT) by having a baseline workout program to help our members.

Captain Morgan has developed this 6-week program, and the Health & Safety Committee has reviewed and supports the plan. The plan is attached to this memo or can be found at [targetsolutions.com/ufa](https://targetsolutions.com/ufa) > File Center > Health & Safety > Peer Fitness > FPAT Preparation 6-Week Workout Program.