IPPT Test Day Checklist

Print it. Tick it off. Walk in ready. — IPPT Scores (ipptscores.com)

Night before

- ■ Light dinner, hydrated — no heavy or oily food late
- ■ Kit laid out: PT attire, running shoes, socks
- ■ Water bottle filled; towel and spare shirt in the bag
- ■ Photo ID (NRIC / 11B) in the bag, not on the dresser
- ■ Alarm set — early night, no all-night gaming
- ■ Target splits screenshotted or printed (pace calculator on ipptscores.com)

Booking & admin

- ■ IPPT session booked on OneNS — transaction code saved
- ■ Session time confirmed (bookings close 0000 hrs before for morning/afternoon, 1200 hrs on the day for evening)
- ■ Age 35+? SAF Health Screening (HSP) cleared with Low Cardiac Risk
- ■ Know your window closing date — no surprises

Test morning

- ■ Light meal 2–3 hours before the test
- ■ Arrive early for registration and a proper warm-up
- ■ Static stations first: full reps, clean form — partial reps don't count
- ■ Run: even pacing to your splits; check the clock at every lap

After the test

- ■ Note your three station scores before you leave
- ■ Check the official result on OneNS (decoder at ipptscores.com/check-ippt-result/)
- ■ Incentive lands ~14 days later — or immediately at the FCC if PayNow is linked to your NRIC

Independent tool — not affiliated with MINDEF, SAF, CMPB or OneNS. Always confirm official matters with your unit or OneNS.