

Fitnessgram

Healthy Fitness Zone Standards

These “Healthy Fitness Zone” standards were established to represent a level of physical fitness that offers some degree of protection against diseases that result from being inactive throughout life. Refer to these standards after performing each test and track your scores on the Personal Fitness Record.

GIRLS	Age	Mile Run	PACER	Sit & Reach	Curl Ups	Flexed Arm Hang	Push Ups	Pull Ups	Trunk Lift	BMI
	10	12:30-9:30	15-41	9	12-26	4-10	7-15	1-2	9-12	23.5-16.6
	11	12:00-9:00	15-41	10	15-29	6-12	7-15	1-2	9-12	24.0-16.9
	12	12:00-9:00	23-41	10	18-32	7-12	7-15	1-2	9-12	24.5-16.9
	13	11:30-9:00	23-51	10	18-32	8-12	7-15	1-2	9-12	24.5-17.5
	14	11:00-8:30	23-51	10	18-32	8-12	7-15	1-2	9-12	25.0-17.5
	15	10:30-8:00	23-51	12	18-35	8-12	7-15	1-2	9-12	25.0-17.5

BOYS	Age	Mile Run	PACER	Sit & Reach	Curl Ups	Flexed Arm Hang	Push Ups	Pull Ups	Trunk Lift	BMI
	10	11:30-9:00	23-61	8	12-24	4-10	7-20	1-2	9-12	21.0-15.3
	11	11:00-8:30	23-72	8	15-28	6-13	8-20	1-3	9-12	21.0-15.8
	12	10:30-8:00	32-72	8	18-36	6-13	10-20	1-3	9-12	22.0-16.0
	13	10:00-7:30	41-72	8	21-40	12-17	12-25	1-4	9-12	23.0-16.6
	14	9:30-7:00	41-83	8	24-45	15-20	14-30	2-5	9-12	24.5-17.5
15	9:00-7:00	51-94	8	24-47	15-20	16-35	3-7	9-12	25.0-18.1	