FITNESS ASSESSMENT SCORE CHARTS

Males Under 25

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤9:36	≥54	50.00
9:37-9:48	53	47.50
9:49-10:12	51-52	45.00
10:13-10:36	49-50	43.50
10:37-11:06	47-48	42.00
11:07-11:36	45-46	40.50
11:37-12:12	43-44	39.00
12:13-12:54	41-42	37.50
12:55-13:36	39-40	36.00
13:37-14:24	37-38	34.00
14:25-14:54	36	32.00
14:55-15:18	35	30.00
15:19-15:48	34	27.00
15:49-16:24	33	24.00
16:25-16:54	32	21.00
16:55-17:36	31	18.00
17:37-18:12	30	15.00
18:13-18:54	29	12.00
18:55-19:42	28	9.00
19:43-20:36	27	6.00
20:37-21:30	26	3.00
>21:30	<26	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥62	10.00	≥55	10.00
61	9.75	53-54	9.50
60	9.50	52	9.00
59	9.25	50-51	8.75
57-58	9.00	48-49	8.50
52-56	8.75	46-47	8.25
49-51	8.50	44-45	8.00
45-48	8.25	42-43	7.75
41-44	8.00	40-41	7.50
37-40	7.75	38-39	7.40
33-36	7.50	36-37	7.30
30-32	7.40	35	7.20
27-29	7.30	33-34	7.10
24-26	7.20	32	7.00
21-23	7.10	30-31	6.00
19-20	7.00	28-29	4.00
17-18	6.00	27	2.00
15-16	5.00	<27	0.00
14	4.00		
12-13	3.00		
10-11	2.00		
8-9	1.00		
<8	0.00		

Males 25-29

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤9:36	≥54	50.00
9:37-9:48	53	47.50
9:49-10:12	51-52	45.00
10:13-10:36	49-50	43.50
10:37-11:06	47-48	42.00
11:07-11:36	45-46	40.50
11:37-12:12	43-44	39.00
12:13-12:54	41-42	37.50
12:55-13:36	39-40	36.00
13:37-14:24	37-38	34.00
14:25-14:54	36	32.00
14:55-15:18	35	30.00
15:19-15:48	34	27.00
15:49-16:24	33	24.00
16:25-16:54	32	21.00
16:55-17:36	31	18.00
17:37-18:12	30	15.00
18:13-18:54	29	12.00
18:55-19:42	28	9.00
19:43-20:36	27	6.00
20:37-21:30	26	3.00
>21:30	<26	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥57	10.00	≥53	10.00
56	9.75	51-52	9.50
55	9.50	50	9.00
54	9.25	48-49	8.75
52-53	9.00	46-47	8.50
48-51	8.75	44-45	8.25
45-47	8.50	42-43	8.00
41-44	8.25	40-41	7.75
37-40	8.00	38-39	7.50
34-36	7.75	36-37	7.40
30-33	7.50	34-35	7.30
27-29	7.40	33	7.20
25-26	7.30	31-32	7.10
23-24	7.20	30	7.00
20-22	7.10	28-29	6.00
17-19	7.00	27	4.00
15-16	6.00	25-26	2.00
13-14	5.00	<25	0.00
11-12	4.00		
10	3.00		
9	2.00		
7-8	1.00		
<7	0.00		

Males 30-34

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤9:48	≥53	50.00
9:49-10:12	51-52	47.50
10:13-10:24	50	45.00
10:25-10:54	48-49	43.50
10:55-11:24	46-47	42.00
11:25-11:54	44-45	40.50
11:55-12:30	42-43	39.00
12:31-12:54	41	37.50
12:55-13:36	39-40	36.00
13:37-14:24	37-38	34.00
14:25-14:54	36	32.00
14:55-15:18	35	30.00
15:19-15:48	34	27.00
15:49-16:24	33	24.00
16:25-16:54	32	21.00
16:55-17:36	31	18.00
17:37-18:12	30	15.00
18:13-18:54	29	12.00
18:55-19:42	28	9.00
19:43-20:36	27	6.00
20:37-21:30	26	3.00
>21:30	<26	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥52	10.00	≥51	10.00
50-51	9.75	49-50	9.50
49	9.50	48	9.00
48	9.25	46-47	8.75
46-47	9.00	44-46	8.50
43-45	8.75	42-43	8.25
40-42	8.50	40-41	8.00
36-39	8.25	38-39	7.75
33-35	8.00	36-37	7.50
30-32	7.75	34-35	7.40
27-29	7.50	33	7.30
24-26	7.40	31-32	7.20
22-23	7.30	30	7.10
20-21	7.20	28-29	7.00
17-19	7.10	26-27	6.00
15-16	7.00	25	4.00
13-14	6.00	23-24	2.00
12	5.00	<23	0.00
10-11	4.00		
8-9	3.00		
7	2.00		
5-6	1.00		
<5	0.00		

Males 35-39

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤9:48	≥53	50.00
9:49-10:12	51-52	47.50
10:13-10:24	50	45.00
10:25-10:54	48-49	43.50
10:55-11:24	46-47	42.00
11:25-11:54	44-45	40.50
11:55-12:30	42-43	39.00
12:31-12:54	41	37.50
12:55-13:36	39-40	36.00
13:37-14:24	37-38	34.00
14:25-14:54	36	32.00
14:55-15:18	35	30.00
15:19-15:48	34	27.00
15:49-16:24	33	24.00
16:25-16:54	32	21.00
16:55-17:36	31	18.00
17:37-18:12	30	15.00
18:13-18:54	29	12.00
18:55-19:42	28	9.00
19:43-20:36	27	6.00
20:37-21:30	26	3.00
>21:30	<26	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥46	10.00	≥49	10.00
45	9.75	47-48	9.50
44	9.50	46	9.00
42-43	9.25	44-45	8.75
41	9.00	42-43	8.50
38-40	8.75	40-41	8.25
35-37	8.50	38-39	8.00
32-34	8.25	36-37	7.75
30-31	8.00	34-35	7.50
27-29	7.75	32-33	7.40
24-26	7.50	30-31	7.30
21-23	7.40	29	7.20
19-20	7.30	27-28	7.10
17-18	7.20	25-26	7.00
15-16	7.10	23-24	6.00
13-14	7.00	22	4.00
11-12	6.00	20-21	2.00
9-10	5.00	<20	0.00
8	4.00		
6-7	3.00		
5	2.00		
3-4	1.00		
<3	0.00		

Males 40-44

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤10:24	≥50	50.00
10:25-10:36	49	47.50
10:37-10:54	48	45.00
10:55-11:24	46-47	43.50
11:25-11:54	44-45	42.00
11:55-12:30	42-43	40.50
12:31-13:12	40-41	39.00
13:13-13:36	39	37.50
13:37-14:24	37-38	36.00
14:25-15:18	35-36	34.00
15:19-15:48	34	32.00
15:49-16:24	33	30.00
16:25-16:54	32	27.00
16:55-17:36	31	24.00
17:37-18:12	30	21.00
18:13-18:54	29	18.00
18:55-19:42	28	15.00
19:43-20:36	27	12.00
20:37-21:30	26	9.00
21:31-22:30	25	6.00
22:31-23:36	24	3.00
>23:36	<24	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥40	10.00	≥47	10.00
39	9.75	45-46	9.50
38	9.50	43-44	9.00
37	9.25	41-42	8.75
36	9.00	39-40	8.50
33-35	8.75	37-38	8.25
31-32	8.50	35-36	8.00
28-30	8.25	33-34	7.75
26-27	8.00	31-32	7.50
23-25	7.75	29-30	7.40
21-22	7.50	27-28	7.30
18-20	7.40	26	7.20
16-17	7.30	24-25	7.10
14-15	7.20	22-23	7.00
12-13	7.10	20-21	6.00
10-11	7.00	19	4.00
8-9	6.00	17-18	2.00
7	5.00	<17	0.00
6	4.00		
4-5	3.00		
3	2.00		
1-2	1.00		
<1	0.00		

Males 45-49

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤10:24	≥50	50.00
10:25-10:36	49	47.50
10:37-10:54	48	45.00
10:55-11:24	46-47	43.50
11:25-11:54	44-45	42.00
11:55-12:30	42-43	40.50
12:31-13:12	40-41	39.00
13:13-13:36	39	37.50
13:37-14:24	37-38	36.00
14:25-15:18	35-36	34.00
15:19-15:48	34	32.00
15:49-16:24	33	30.00
16:25-16:54	32	27.00
16:55-17:36	31	24.00
17:37-18:12	30	21.00
18:13-18:54	29	18.00
18:55-19:42	28	15.00
19:43-20:36	27	12.00
20:37-21:30	26	9.00
21:31-22:30	25	6.00
22:31-23:36	24	3.00
>23:36	<24	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥40	10.00	≥45	10.00
39	9.75	43-44	9.50
37-38	9.50	41-42	9.00
35-36	9.25	39-40	8.75
33-34	9.00	37-38	8.50
30-32	8.75	36-36	8.25
27-29	8.50	33-34	8.00
25-26	8.25	31-32	7.75
22-24	8.00	29-30	7.50
20-21	7.75	27-28	7.40
18-19	7.50	25-26	7.30
16-17	7.40	24	7.20
14-15	7.30	22-23	7.10
12-13	7.20	20-21	7.00
10-11	7.10	18-19	6.00
9	7.00	17	4.00
7-8	6.00	16-16	2.00
6	5.00	<15	0.00
5	4.00		
4	3.00		
2-3	2.00		
1	1.00		
0	0.00		

Males 50-54

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤11:06	≥47	50.00
11:07-11:24	46	47.50
11:25-11:36	45	45.00
11:37-12:12	43-44	43.50
12:13-12:54	41-42	42.00
12:55-13:36	39-40	40.50
13:37-14:24	37-38	39.00
14:25-15:18	35-36	37.50
15:19-15:48	34	36.00
15:49-16:54	32-33	34.00
16:55-17:36	31	32.00
17:37-18:12	30	30.00
18:13-18:54	29	27.00
18:55-19:42	28	24.00
19:43-20:36	27	21.00
20:37-21:30	26	18.00
21:31-22:30	25	15.00
22:31-23:36	24	12.00
23:37-24:48	23	9.00
24:49-26:06	22	6.00
26:07-27:36	21	3.00
>27:36	<21	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥39	10.00	≥43	10.00
37-38	9.75	41-42	9.50
35-36	9.50	39-40	9.00
32-34	9.25	37-38	8.75
30-31	9.00	35-36	8.50
27-29	8.75	32-34	8.25
25-26	8.50	30-31	8.00
22-24	8.25	28-29	7.75
20-21	8.00	26-27	7.50
17-19	7.75	24-25	7.40
15-16	7.50	22-23	7.30
13-14	7.40	21	7.20
12	7.30	19-20	7.10
10-11	7.20	17-18	7.00
9	7.10	15-16	6.00
7-8	7.00	14	4.00
6	6.00	12-13	2.00
5	5.00	<12	0.00
4	4.00		
3	3.00		
2	2.00		
1	1.00		
0	0.00		

Males 55+

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤11:06	≥47	50.00
11:07-11:24	46	47.50
11:25-11:36	45	45.00
11:37-12:12	43-44	43.50
12:13-12:54	41-42	42.00
12:55-13:36	39-40	40.50
13:37-14:24	37-38	39.00
14:25-15:18	35-36	37.50
15:19-15:48	34	36.00
15:49-16:54	32-33	34.00
16:55-17:36	31	32.00
17:37-18:12	30	30.00
18:13-18:54	29	27.00
18:55-19:42	28	24.00
19:43-20:36	27	21.00
20:37-21:30	26	18.00
21:31-22:30	25	15.00
22:31-23:36	24	12.00
23:37-24:48	23	9.00
24:49-26:06	22	6.00
26:07-27:36	21	3.00
>27:36	<21	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥36	10.00	≥41	10.00
33-34	9.75	39-40	9.50
31-32	9.50	37-38	9.00
29-30	9.25	34-36	8.75
28	9.00	32-33	8.50
26-27	8.75	30-31	8.25
24-25	8.50	27-29	8.00
21-23	8.25	25-26	7.75
19-20	8.00	23-24	7.50
17-18	7.75	21-22	7.40
15-16	7.50	20	7.30
13-14	7.40	18-19	7.20
11-12	7.30	16-17	7.10
10	7.20	15	7.00
8-9	7.10	13-14	6.00
6-7	7.00	12	4.00
5	6.00	10-11	2.00
4	5.00	<10	0.00
3	4.00		
2	3.00		
1	2.00		
0	0.00		

Females Under 25

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:06	≥47	50.00	<29.5	30.00	≥42	10.00	≥51	10.00
11:07-11:36	45-46	47.50	29.50	28.75	41	9.75	50	9.50
11:37-11:54	44	45.00	30.00	27.50	40	9.50	49	9.00
11:55-12:30	42-43	43.50	30.50	26.25	38-39	9.25	46-48	8.75
12:31-13:12	40-41	42.00	31.00	25.00	37	9.00	44-45	8.50
13:13-14:00	38-39	40.50	31.50	23.75	34-36	8.75	42-43	8.25
14:01-14:54	36-37	39.00	32.00	22.50	31-33	8.50	40-41	8.00
14:55-15:18	35	37.50	32.50	22.30	27-30	8.25	37-39	7.75
15:19-15:48	34	36.00	33.00	22.00	24-26	8.00	35-36	7.50
15:49-16:24	33	34.00	33.50	21.80	21-23	7.75	33-34	7.40
16:25-16:54	32	32.00	34.00	21.50	18-20	7.50	30-32	7.30
16:55-17:36	31	30.00	34.50	21.30	16-17	7.40	28-29	7.20
17:37-18:12	30	27.00	35.00	21.00	14-15	7.30	26-27	7.10
18:13-18:54	29	24.00	35.50	18.00	12-13	7.20	24-25	7.00
18:55-19:42	28	21.00	36.00	15.00	10-11	7.10	22-23	6.00
19:43-20:36	27	18.00	36.50	12.00	9	7.00	20-21	4.00
20:37-21:30	26	15.00	37.00	9.00	8	6.00	18-19	2.00
21:31-22:30	25	12.00	37.50	6.00	7	5.00	<18	0.00
22:31-23:36	24	9.00	38.00	3.00	6	4.00		
23:37-24:48	23	6.00	>38.00	0.00	5	3.00		
24:49-26:06	22	3.00			4	2.00		
>26:06	<22	0.00			3	1.00		
					<3	0.00		

Females 25-29

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:24	≥46	50.00	<29.5	30.00	≥41	10.00	≥47	10.00
11:25-11:36	45	47.50	29.50	28.75	40	9.75	46	9.50
11:37-11:54	44	45.00	30.00	27.50	38-39	9.50	45	9.00
11:55-12:30	42-43	43.50	30.50	26.25	36-37	9.25	42-44	8.75
12:31-13:12	40-41	42.00	31.00	25.00	35	9.00	40-41	8.50
13:13-14:00	38-39	40.50	31.50	23.75	31-34	8.75	38-39	8.25
14:01-14:54	36-37	39.00	32.00	22.50	28-30	8.50	36-37	8.00
14:55-15:18	35	37.50	32.50	22.30	25-27	8.25	34-35	7.75
15:19-15:48	34	36.00	33.00	22.00	22-24	8.00	31-33	7.50
15:49-16:24	33	34.00	33.50	21.80	19-21	7.75	29-30	7.40
16:25-16:54	32	32.00	34.00	21.50	16-18	7.50	27-28	7.30
16:55-17:36	31	30.00	34.50	21.30	14-15	7.40	25-26	7.20
17:37-18:12	30	27.00	35.00	21.00	13	7.30	23-24	7.10
18:13-18:54	29	24.00	35.50	18.00	11-12	7.20	21-22	7.00
18:55-19:42	28	21.00	36.00	15.00	10	7.10	19-20	6.00
19:43-20:36	27	18.00	36.50	12.00	8-9	7.00	17-18	4.00
20:37-21:30	26	15.00	37.00	9.00	7	6.00	15-16	2.00
21:31-22:30	25	12.00	37.50	6.00	6	5.00	<15	0.00
22:31-23:36	24	9.00	38.00	3.00	5	4.00		
23:37-24:48	23	6.00	>38.00	0.00	4	3.00		
24:49-26:06	22	3.00			3	2.00		
>26:06	21	0.00			2	1.00		
					<2	0.00		

Females 30-34

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:54	≥44	50.00	<29.5	30.00	≥40	10.00	≥42	10.00
11:55-12:30	42-43	47.50	29.50	28.75	39	9.75	41	9.50
12:31-12:54	41	45.00	30.00	27.50	37-38	9.50	40	9.00
12:55-13:12	40	43.50	30.50	26.25	35-36	9.25	37-39	8.75
13:13-13:36	39	42.00	31.00	25.00	33-34	9.00	35-36	8.50
13:37-14:24	37-38	40.50	31.50	23.75	29-32	8.75	33-34	8.25
14:25-14:54	36	39.00	32.00	22.50	26-28	8.50	31-32	8.00
14:55-15:18	35	37.50	32.50	22.30	23-25	8.25	29-30	7.75
15:19-15:48	34	36.00	33.00	22.00	20-22	8.00	27-28	7.50
15:49-16:24	33	34.00	33.50	21.80	17-19	7.75	25-26	7.40
16:25-16:54	32	32.00	34.00	21.50	14-16	7.50	23-24	7.30
16:55-17:36	31	30.00	34.50	21.30	12-13	7.40	22	7.20
17:37-18:12	30	27.00	35.00	21.00	11	7.30	20-21	7.10
18:13-18:54	29	24.00	35.50	18.00	10	7.20	18-19	7.00
18:55-19:42	28	21.00	36.00	15.00	9	7.10	16-17	6.00
19:43-20:36	27	18.00	36.50	12.00	7-8	7.00	13-15	4.00
20:37-21:30	26	15.00	37.00	9.00	6	6.00	11-12	2.00
21:31-22:30	25	12.00	37.50	6.00	5	5.00	<11	0.00
22:31-23:36	24	9.00	38.00	3.00	4	4.00		
23:37-24:48	23	6.00	>38.00	0.00	3	3.00		
24:49-26:06	22	3.00			2	2.00		
>26:06	<22	0.00			1	1.00		
					0	0.00		

Females 35-39

Aerobic Fitness			Body Composition		Muscle Fitness			
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points	Abdominal Circumference (inches)	Component Points	1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≤11:54	≥44	50.00	<29.5	30.00	≥30	10.00	≥40	10.00
11:55-12:30	42-43	47.50	29.50	28.75	29	9.75	38-39	9.50
12:31-12:54	41	45.00	30.00	27.50	28	9.50	37	9.00
12:55-13:12	40	43.50	30.50	26.25	27	9.25	35-36	8.75
13:13-13:36	39	42.00	31.00	25.00	26	9.00	33-34	8.50
13:37-14:24	37-38	40.50	31.50	23.75	23-25	8.75	31-32	8.25
14:25-14:54	36	39.00	32.00	22.50	21-22	8.50	29-30	8.00
14:55-15:18	35	37.50	32.50	22.30	19-20	8.25	27-28	7.75
15:19-15:48	34	36.00	33.00	22.00	17-18	8.00	25-26	7.50
15:49-16:24	33	34.00	33.50	21.80	15-16	7.75	23-24	7.40
16:25-16:54	32	32.00	34.00	21.50	13-14	7.50	21-22	7.30
16:55-17:36	31	30.00	34.50	21.30	11-12	7.40	20	7.20
17:37-18:12	30	27.00	35.00	21.00	10	7.30	18-19	7.10
18:13-18:54	29	24.00	35.50	18.00	9	7.20	16-17	7.00
18:55-19:42	28	21.00	36.00	15.00	8	7.10	14-15	6.00
19:43-20:36	27	18.00	36.50	12.00	6-7	7.00	12-13	4.00
20:37-21:30	26	15.00	37.00	9.00	4-5	6.00	9-11	2.00
21:31-22:30	25	12.00	37.50	6.00	3	4.00	<9	0.00
22:31-23:36	24	9.00	38.00	3.00	1-2	2.00		
23:37-24:48	23	6.00	>38.00	0.00	<1	0.00		
24:49-26:06	22	3.00						
>26:06	<22	0.00						

Females 40-44

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤12:30	≥42	50.00
12:31-12:54	41	47.50
12:55-13:12	40	45.00
13:13-14:00	38-39	43.50
14:01-14:54	36-37	42.00
14:55-15:48	34-35	40.50
15:49-16:24	33	39.00
16:25-16:54	32	37.50
16:55-17:36	31	36.00
17:37-18:12	30	34.00
18:13-18:54	29	32.00
18:55-19:42	28	30.00
19:43-20:36	27	27.00
20:37-21:30	26	24.00
21:31-22:30	25	21.00
22:31-23:36	24	18.00
23:37-24:48	23	15.00
24:49-26:06	22	12.00
26:07-27:36	21	9.00
27:37-29:18	20	6.00
29:19-31:12	19	3.00
>31:12	<19	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥20	10.00	≥38	10.00
19	9.50	36-37	9.50
18	9.00	34-35	9.00
16-17	8.75	32-33	8.75
15	8.50	30-31	8.50
14	8.25	28-29	8.25
13	8.00	26-27	8.00
12	7.75	24-25	7.75
11	7.50	22-23	7.50
9-10	7.40	20-21	7.40
8	7.30	18-19	7.30
7	7.20	17	7.20
6	7.10	15-16	7.10
5	7.00	13-14	7.00
3-4	6.00	11-12	6.00
2	4.00	9-10	4.00
1	2.00	7-8	2.00
0	0.00	<7	0.00

Females 45-49

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤12:30	≥42	50.00
12:31-12:54	41	47.50
12:55-13:12	40	45.00
13:13-14:00	38-39	43.50
14:01-14:54	36-37	42.00
14:55-15:48	34-35	40.50
15:49-16:24	33	39.00
16:25-16:54	32	37.50
16:55-17:36	31	36.00
17:37-18:12	30	34.00
18:13-18:54	29	32.00
18:55-19:42	28	30.00
19:43-20:36	27	27.00
20:37-21:30	26	24.00
21:31-22:30	25	21.00
22:31-23:36	24	18.00
23:37-24:48	23	15.00
24:49-26:06	22	12.00
26:07-27:36	21	9.00
27:37-29:18	20	6.00
29:19-31:12	19	3.00
>31:12	<19	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥18	10.00	≥34	10.00
17	9.50	33	9.50
16	9.00	32	9.00
14-15	8.75	30-31	8.75
13	8.50	28-29	8.50
12	8.25	26-27	8.25
11	8.00	24-25	8.00
10	7.75	22-23	7.75
9	7.50	20-21	7.50
8	7.40	18-19	7.40
7	7.30	16-17	7.30
6	7.20	14-15	7.20
5	7.10	12-13	7.10
4	7.00	10-11	7.00
3	6.00	8-9	6.00
2	4.00	7	4.00
1	2.00	6	2.00
0	0.00	<6	0.00

Females 50-54

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤14:24	≥37	50.00
14:25-14:54	36	47.50
14:55-15:18	35	45.00
15:19-16:24	33-34	43.50
16:25-16:54	32	42.00
16:55-17:36	31	40.50
17:37-18:12	30	39.00
18:13-18:54	29	37.50
18:55-19:42	28	36.00
19:43-20:36	27	34.00
20:37-21:30	26	32.00
21:31-22:30	25	30.00
22:31-23:36	24	27.00
23:37-24:48	23	24.00
24:49-26:06	22	21.00
26:07-27:36	21	18.00
27:37-29:18	20	15.00
29:19-31:12	19	12.00
31:13-33:18	18	9.00
33:19-35:48	17	6.00
35:49-38:36	16	3.00
>38:36	<16	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥16	10.00	≥30	10.00
15	9.60	29	9.00
14	9.00	27-28	8.75
13	8.75	25-26	8.50
12	8.50	23-24	8.25
11	8.25	21-22	8.00
10	8.00	19-20	7.75
9	7.75	17-18	7.50
8	7.60	15-16	7.40
7	7.40	13-14	7.30
6	7.30	11-12	7.20
5	7.20	9-10	7.10
4	7.10	7-8	7.00
3	7.00	5-6	6.00
2	6.00	3-4	4.00
1	3.00	1-2	2.00
<1	0.00	<1	0.00

Females 55+

Aerobic Fitness		
1.5-Mile Run Time (min.)	Bike Test (VO_2)	Component Points
≤14:24	≥37	50.00
14:25-14:54	36	47.50
14:55-15:18	35	45.00
15:19-16:24	33-34	43.50
16:25-16:54	32	42.00
16:55-17:36	31	40.50
17:37-18:12	30	39.00
18:13-18:54	29	37.50
18:55-19:42	28	36.00
19:43-20:36	27	34.00
20:37-21:30	26	32.00
21:31-22:30	25	30.00
22:31-23:36	24	27.00
23:37-24:48	23	24.00
24:49-26:06	22	21.00
26:07-27:36	21	18.00
27:37-29:18	20	15.00
29:19-31:12	19	12.00
31:13-33:18	18	9.00
33:19-35:48	17	6.00
35:49-38:36	16	3.00
>38:36	<16	0.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥14	10.00	≥27	10.00
13	9.50	26	9.50
12	9.00	25	9.00
10-11	8.50	23-24	8.75
9	8.00	21-22	8.50
7-8	7.60	19-20	8.25
6	7.40	18	8.00
5	7.30	16-17	7.75
4	7.20	14-15	7.50
3	7.10	12-13	7.40
2	7.00	10-11	7.30
1	6.00	8-9	7.20
<1	0.00	6-7	7.10
		4-5	7.00
		3	6.00
		2	4.00
		1	2.00
		<1	0.00