

FITNESSGRAM[®] Standards for Healthy Fitness Zone*

The *FITNESSGRAM*[®] uses criterion-referenced standards to evaluate fitness performance. These standards, established by The Cooper Institute, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 10/11/2005)

FEMALES

Age	One Mile Run min:sec	20m PACER # laps	Walk Test VO _{2max} *** ml/kg/min	Skinfold Measurement percent fat	Body Mass Index	Curl-Up # completed
5				17 – 32	16.2 – 21.0	2 – 10
6	Completion of	Participate in		17 – 32	16.2 – 21.0	2 – 10
7	distance. Time standards not	run. Lap count standards not		17 – 32	16.2 – 22.0	4 – 14
8	recommended.	recommended.	VO _{2max}	17 – 32	16.2 – 22.0	6 – 20
9		recommended.	standards not available.	13 – 32	13.5 – 23.0	9 – 22
10	12:30 - 9:30	7 – 41	avaliable.	13 – 32	13.7 – 23.5	12 – 26
11	12:00 - 9:00	15 – 41		13 – 32	14.0 – 24.0	15 – 29
12	12:00 - 9:00	15 – 41		13 – 32	14.5 – 24.5	18 – 32
13	11:30 – 9:00	23 – 51	36 – 44	13 – 32	14.9 – 24.5	18 – 32
14	11:00 – 8:30	23 – 51	35 – 43	13 – 32	15.4 – 25.0	18 – 32
15	10:30 - 8:00	32 – 51	35 – 43	13 – 32	16.0 – 25.0	18 – 35
16	10:00 - 8:00	32 – 61	35 – 43	13 – 32	16.4 – 25.0	18 – 35
17	10:00 - 8:00	41 – 61	35 – 43	13 – 32	16.8 – 26.0	18 – 35
17+	10:00 - 8:00	41 – 72	35 – 43	13 – 32	17.2 – 27.3	18 – 35
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach** inches	Shoulder Stretch
Age 5			Pull-Up	Hang	Sit & Reach**	
	inches	# completed	Pull-Up # completed	Hang seconds	Sit & Reach** inches	
5	inches 6 – 12	# completed 3 – 8	Pull-Up # completed 2 – 7	Hang seconds 2 – 8	Sit & Reach** inches 9	
5 6	inches 6 – 12 6 – 12	# completed 3 – 8 3 – 8	Pull-Up # completed 2 – 7 2 – 7	Hang seconds 2 - 8 2 - 8	Sit & Reach** inches 9 9	
5 6 7	inches 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10	Pull-Up # completed 2 - 7 2 - 7 3 - 9	Hang seconds 2 - 8 2 - 8 3 - 8	Sit & Reach** inches 9 9 9 9	Stretch
5 6 7 8	inches 6 – 12 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10	Sit & Reach** inches 9 9 9 9 9 9	Stretch Touching fingertips
5 6 7 8 9	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15	Pull-Up # completed 2 - 7 3 - 9 4 - 11 4 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10	Sit & Reach** inches 9 9 9 9 9 9 9	Stretch Touching fingertips together
5 6 7 8 9 10	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	Pull-Up # completed 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10	Sit & Reach** inches 9 9 9 9 9 9 9 9 9	Stretch Touching fingertips together behind the
5 6 7 8 9 10 11	inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$	$\begin{array}{r} \text{\# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 15 \\ \hline 7 - 15 \\ \hline 7 - 15 \\ \hline \end{array}$	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $4 - 13$ $4 - 13$	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 12	Sit & Reach** inches 9 9 9 9 9 9 9 9 9 10	Stretch Touching fingertips together behind the back on <u>both</u>
5 6 7 8 9 10 11 12	$\begin{array}{c} \text{inches} \\ \hline 6 - 12 \\ \hline 9 - 12 \end{array}$	$\begin{array}{r} \text{\# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 15 \\ \hline \end{array}$	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $4 - 13$ $4 - 13$ $4 - 13$	Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$	Sit & Reach** inches 9 9 9 9 9 9 9 9 10 10	Stretch Touching fingertips together behind the
5 6 7 8 9 10 11 12 13	inches 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 1	$\begin{array}{r} \text{\# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 15 \\ \hline \end{array}$	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$	Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$	Sit & Reach** inches 9 9 9 9 9 9 9 9 10 10 10	Stretch Touching fingertips together behind the back on <u>both</u> the right and
5 6 7 8 9 10 11 12 13 14	inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	$\begin{array}{r} \text{\# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 15 \\ $	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$	Hang $2-8$ $2-8$ $3-8$ $3-10$ $4-10$ $4-10$ $6-12$ $7-12$ $8-12$ $8-12$	Sit & Reach** inches 9 9 9 9 9 9 9 9 10 10 10 10 10	Stretch Touching fingertips together behind the back on <u>both</u> the right and
5 6 7 8 9 10 11 12 13 14 15	$\begin{array}{c} \text{inches} \\ \hline 6 - 12 \\ \hline 9 - 12 \\ \hline 1 - 12 \\ \hline 1$	$\begin{array}{r} \text{\# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 15 \\ $	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$ $4 - 13$	Hang $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$ $8 - 12$ $8 - 12$	Sit & Reach** inches 9 9 9 9 9 9 9 9 10 10 10 10 10 10	Stretch Touching fingertips together behind the back on <u>both</u> the right and

*Number on the left is lower end of the HFZ; number on right is the upper end of the HFZ.

**Test scored pass/fail. The student must reach this distance to pass.

***Aerobic capacity (VO_{2max}) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.



FITNESSGRAM[®] Standards for Healthy Fitness Zone*

The *FITNESSGRAM*[®] uses criterion-referenced standards to evaluate fitness performance. These standards, established by The Cooper Institute, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 10/11/2005)

MALES

Age	One Mile Run min:sec	20m PACER # laps	Walk Test VO _{2max} *** ml/kg/min	Skinfold Measurement percent fat	Body Mass Index	Curl-Up # completed
5				10 – 25	14.7 – 20.0	2 – 10
6	Completion of	Participate in		10 – 25	14.7 – 20.0	2 – 10
7	distance. Time	run. Lap count standards not		10 – 25	14.9 – 20.0	4 – 14
8	 standards not recommended. 	recommended.	VO _{2max}	10 – 25	15.1 – 20.0	6 – 20
9	recommended.	recommended.	standards not available.	7 – 25	13.7 – 20.0	9 – 24
10	11:30 - 9:00	23 – 61	avaliable.	7 – 25	14.0 – 21.0	12 – 24
11	11:00 - 8:30	23 – 72		7 – 25	14.3 – 21.0	15 – 28
12	10:30 - 8:00	32 – 72		7 – 25	14.6 – 22.0	18 – 36
13	10:00 - 7:30	41 – 83	42 – 52	7 – 25	15.1 – 23.0	21 – 40
14	9:30 - 7:00	41 – 83	42 – 52	7 – 25	15.6 – 24.5	24 – 45
15	9:00 - 7:00	51 – 94	42 – 52	7 – 25	16.2 – 25.0	24 – 47
16	8:30 - 7:00	61 – 94	42 – 52	7 – 25	16.6 – 26.5	24 – 47
17	8:30 - 7:00	61 – 106	42 – 52	7 – 25	17.3 – 27.0	24 – 47
17+	8:30 - 7:00	72 – 106	42 – 52	7 – 25	17.8 – 27.8	24 – 47
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach** inches	Shoulder Stretch
Age 5		•	Pull-Up	Hang	Sit & Reach**	
	inches	# completed	Pull-Up # completed	Hang seconds	Sit & Reach** inches	
5	inches 6 – 12	# completed	Pull-Up # completed 2 – 7	Hang seconds 2 – 8	Sit & Reach** inches 8	
5 6	inches 6 – 12 6 – 12	# completed 3 – 8 3 – 8	Pull-Up # completed 2 – 7 2 – 7	Hang seconds 2 – 8 2 – 8	Sit & Reach** inches 8 8	
5 6 7	inches 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10	Pull-Up # completed 2 - 7 2 - 7 3 - 9	Hang seconds 2 - 8 2 - 8 3 - 8	Sit & Reach** inches 8 8 8 8	Stretch
5 6 7 8	inches 6 – 12 6 – 12 6 – 12 6 – 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10	Sit & Reach** inches 8 8 8 8 8 8	Stretch Touching fingertips
5 6 7 8 9	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15	Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 5 - 11	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10	Sit & Reach** inches 8 8 8 8 8 8 8 8	Stretch Touching fingertips together
5 6 7 8 9 10	inches 6 – 12 6 – 12 6 – 12 6 – 12 6 – 12 9 – 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20	Pull-Up # completed 2 - 7 3 - 9 4 - 11 5 - 11 5 - 15	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the
5 6 7 8 9 10 11	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20 12 - 25	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $5 - 11$ $5 - 15$ $6 - 17$	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 13	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the back on <u>both</u>
5 6 7 8 9 10 11 12	inches 6 - 12 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12 9 - 12 9 - 12 9 - 12	# completed 3-8 3-8 4-10 5-13 6-15 7-20 8-20 10-20	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $5 - 11$ $5 - 15$ $6 - 17$ $7 - 20$	Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10 4 - 10 4 - 10 6 - 13 10 - 15	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the
5 6 7 8 9 10 11 12 13	inches 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	# completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 20 8 - 20 10 - 20 12 - 25	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $5 - 15$ $6 - 17$ $7 - 20$ $8 - 22$ $9 - 25$ $10 - 27$	Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 13$ $10 - 15$ $12 - 17$	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the back on <u>both</u> the right and
5 6 7 8 9 10 11 12 13 14	inches 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	$\begin{array}{r} \text{# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 20 \\ \hline 8 - 20 \\ \hline 10 - 20 \\ \hline 12 - 25 \\ \hline 14 - 30 \\ \end{array}$	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $5 - 11$ $5 - 15$ $6 - 17$ $7 - 20$ $8 - 22$ $9 - 25$	Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 13$ $10 - 15$ $12 - 17$ $15 - 20$	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the back on <u>both</u> the right and
5 6 7 8 9 10 11 12 13 14 15	inches 6 - 12 6 - 12 6 - 12 6 - 12 9 - 12	$\begin{array}{r} \text{# completed} \\ \hline 3 - 8 \\ \hline 3 - 8 \\ \hline 4 - 10 \\ \hline 5 - 13 \\ \hline 6 - 15 \\ \hline 7 - 20 \\ \hline 8 - 20 \\ \hline 10 - 20 \\ \hline 12 - 25 \\ \hline 14 - 30 \\ \hline 16 - 35 \end{array}$	Pull-Up $2 - 7$ $2 - 7$ $3 - 9$ $4 - 11$ $5 - 15$ $6 - 17$ $7 - 20$ $8 - 22$ $9 - 25$ $10 - 27$	Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 13$ $10 - 15$ $12 - 17$ $15 - 20$ $15 - 20$	Sit & Reach** inches 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Stretch Touching fingertips together behind the back on <u>both</u> the right and

*Number on the left is lower end of the HFZ; number on right is the upper end of the HFZ.

**Test scored pass/fail. The student must reach this distance to pass.

***Aerobic capacity (VO_{2max}) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.