

FITNESSGRAM

Standards for Healthy Fitness Zone*

GENDER	AGE	AEROBIC CAPACITY	AEROBIC CAPACITY	MUSCLE STRENGTH & ENDURANCE	MUSCLE STRENGTH & ENDURANCE	FLEXIBILITY	FLEXIBILITY	BODY COMPOSITION
		Pacers	Mile Run	Push-up	Curl-up	Trunk Lift	Sit and Reach**	Body Mass Index
GIRLS	12	15-41	12:00-9:00	7-15	18-32	9-12	10	24.5-14.5
	13	23-51	11:30-9:00	7-15	18-32	9-12	10	24.5-14.9
	14	23-51	11:00-8:30	7-15	18-32	9-12	10	25---15.4
	15	32-51	10:30-8:00	7-15	18-35	9-12	12	25-----16
	16	32-61	10:00-8:00	7-15	18-35	9-12	12	25----16.4
BOYS	12	32-72	10:30-8:00	10-20	18-36	6-12	8	22----14.6
	13	41-83	10:00-7:30	12-25	21-40	6-12	8	22----15.1
	14	41-83	9:30-7:00	14-30	24-45	6-12	8	24.5--15.6
	15	51-94	9:00-7:00	16-35	24-47	6-12	8	25----13.2
	16	61-94	8:30-7:00	18-35	24-47	6-12	8	26.5---16.6

*Number on left is lower end of HFZ; number on right is upper end of HFZ. **Test scored Pass/Fail; must reach this distance to pass.