

MINIMUM HEALTH REALATED FITNESS STANDARDS
(50TH PERCENTILE)

		Age													
Activity	Gender	5	6	7	8	9	10	11	12	13	14	15	16	17	18
BMI	F	13.1-19.6	13.1-19.6	13.1-19.6	13.2-20.7	13.5-21.4	13.8-22.5	14.1-23.2	14.7-24.2	15.5-25.3	16.2-25.3	16.6-26.5	16.8-26.5	17.1-26.9	17.1-26.9
BMI	M	13.3-19.5	13.3-19.5	13.3-19.5	13.4-20.5	13.7-21.4	14.0-22.5	14.0-23.7	14.8-24.1	15.4-24.7	16.1-25.4	16.6-26.4	17.2-26.8	17.7-27.5	17.7-27.5
Pacer - 20 Meter	F				7	7	7	15	15	23	23	23	32	41	41
Pacer - 20 Meter	M				19	21	23	23	32	41	41	51	61	61	72
Push-Ups	F		3	4	5	6	7	7	8	7	7	7	7	7	7
Push-Ups	M		3	4	5	6	7	8	9	10	12	14	16	18	18
Sit and Reach-Inches	F	9	9	9	9	9	9	9	9	9.5	9.5	9.5	9.5	9.5	9.5
Sit and Reach-Inches	M	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5	8.5
Sit-Ups	F	23	23	25	29	30	30	32	35	37	37	36	35	34	34
Sit-Ups	M	22	22	28	31	32	35	37	40	42	45	45	45	44	44

EXCEEDS MINIMUM HEALTH RELATED FITNESS STANDARDS
(85TH PERCENTILE)

		Age													
Activity	Gender	5	6	7	8	9	10	11	12	13	14	15	16	17	18
BMI	F	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BMI	M	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Pacer - 20 Meter	F						41	41	41	51	51	51	61	61	72
Pacer - 20 Meter	M						61	72	72	83	83	94	94	106	106
Push- Ups	F	8	8	10	13	15	15	15	15	15	15	15	15	15	15
Push- Ups	M	8	8	10	13	15	20	20	20	25	30	35	35	35	35
Sit and Reach- Inches	F	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sit and Reach- Inches	M	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sit-Ups	F	32	32	34	38	39	40	42	45	46	47	48	45	44	44
Sit-Ups	M	33	33	36	40	41	45	47	50	53	56	57	56	55	55