

APPENDIX
Fitnessgram Standards for Healthy Fitness Zone

BOYS

AGE	Grade	One-mile run (Min:Sec)	Pacer (Trips)	Push-ups	Curl-ups	Sit&Reach** (Inches)
9	3			6-15	9-24	8
10	4			7-20	12-24	8
11	5	11:00-8:30		8-20	15-28	8
12	6	10:30-8:00		10-20	18-36	8
13	7	10:00-7:30		12-25	21-40	8
14	8	9:30-7:00		14-30	24-45	8
15	9	9:00-7:00		16-35	24-47	8
16	10	8:30-7:00		18-35	24-47	8
17	11	8:30-7:00		18-35	24-47	8
17+	12	8:30-7:00		18-35	24-47	8

GIRLS

AGE	Grade	One-mile run (Min:Sec)	Pacer (Trips)	Push-ups	Curl-ups	Sit&Reach** (Inches)
9	3			6-15	9-22	9
10	4			7-15	12-26	9
11	5	12:00-9:00		7-15	15-29	10
12	6	12:00-9:00		7-15	18-32	10
13	7	11:30-9:00		7-15	18-32	10
14	8	11:00-8:30		7-15	18-32	10
15	9	10:30-8:00		7-15	18-35	12
16	10	10:00-8:00		7-15	18-35	12
17	11	10:00-8:00		7-15	18-35	12
17+	12	10:00-8:00		7-15	18-35	12

*Number on left is lower end of Healthy Fitness Zone; number on right is upper end of Healthy Fitness Zone.

**Test scored Pass/Fail; must reach this distance to pass.