

FITNESS ASSESSMENT CHARTS

A10.1. Fitness Assessment Chart – **Male: Age: < 30.**

| Cardiorespiratory Endurance | | | Body Composition | | | Muscle Fitness | | | |
|--|-------------------------|--------|------------------|-------------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time (mins:secs) | Health Risk Category | Points | AC (inches) | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| ≤ 9:12 | Low-Risk | 60.0 | ≤ 32.5 | Low-Risk | 20.0 | ≥ 67 | 10.0 | ≥ 58 | 10.0 |
| 9:13 - 9:34 | Low-Risk | 59.7 | 33.0 | Low-Risk | 20.0 | 62 | 9.5 | 55 | 9.5 |
| 9:35 - 9:45 | Low-Risk | 59.3 | 33.5 | Low-Risk | 20.0 | 61 | 9.4 | 54 | 9.4 |
| 9:46 - 9:58 | Low-Risk | 58.9 | 34.0 | Low-Risk | 20.0 | 60 | 9.3 | 53 | 9.2 |
| 9:59 - 10:10 | Low-Risk | 58.5 | 34.5 | Low-Risk | 20.0 | 59 | 9.2 | 52 | 9.0 |
| 10:11 - 10:23 | Low-Risk | 57.9 | 35.0 | Low-Risk | 20.0 | 58 | 9.1 | 51 | 8.8 |
| 10:24 - 10:37 | Low-Risk | 57.3 | 35.5 | Moderate Risk | 17.6 | 57 | 9.0 | 50 | 8.7 |
| 10:38 - 10:51 | Low-Risk | 56.6 | 36.0 | Moderate Risk | 17.0 | 56 | 8.9 | 49 | 8.5 |
| 10:52 - 11:06 | Low-Risk | 55.7 | 36.5 | Moderate Risk | 16.4 | 55 | 8.8 | 48 | 8.3 |
| 11:07 - 11:22 | Low-Risk | 54.8 | 37.0 | Moderate Risk | 15.8 | 54 | 8.8 | 47 | 8.0 |
| 11:23 - 11:38 | Low-Risk | 53.7 | 37.5 # | Moderate Risk | 15.1 | 53 | 8.7 | 46 # | 7.5 |
| 11:39 - 11:56 | Low-Risk | 52.4 | 38.0 | Moderate Risk | 14.4 | 52 | 8.6 | 45 | 7.0 |
| 11:57 - 12:14 | Low-Risk | 50.9 | 38.5 | Moderate Risk | 13.5 | 51 | 8.5 | 44 | 6.5 |
| 12:15 - 12:33 | Low-Risk | 49.2 | 39.0 * | Moderate Risk | 12.6 | 50 | 8.4 | 43 | 6.3 |
| 12:34 - 12:53 | Moderate Risk | 47.2 | 39.5 | High Risk | 0 | 49 | 8.3 | 42 * | 6.0 |
| 12:54 - 13:14 # | Moderate Risk | 44.9 | 40.0 | High Risk | 0 | 48 | 8.1 | 41 | 0 |
| 13:15 - 13:36 * | Moderate Risk | 42.3 | 40.5 | High Risk | 0 | 47 | 8.0 | 40 | 0 |
| 13:37 - 14:00 | High Risk | 0 | 41.0 | High Risk | 0 | 46 | 7.8 | 39 | 0 |
| 14:01 - 14:25 | High Risk | 0 | 41.5 | High Risk | 0 | 45 | 7.7 | 38 | 0 |
| 14:26 - 14:52 | High Risk | 0 | 42.0 | High Risk | 0 | 44 # | 7.5 | 37 | 0 |
| 14:53 - 15:20 | High Risk | 0 | 42.5 | High Risk | 0 | 43 | 7.3 | 36 | 0 |
| 15:21 - 15:50 | High Risk | 0 | 43.0 | High Risk | 0 | 42 | 7.2 | 35 | 0 |
| 15:51 - 16:22 | High Risk | 0 | ≥ 43.5 | High Risk | 0 | 41 | 7.0 | 34 | 0 |
| 16:23 - 16:57 | High Risk | 0 | | | | 40 | 6.8 | 33 | 0 |
| ≥ 16:58 | High Risk | 0 | | | | 39 | 6.5 | 32 | 0 |
| | | | | | | 38 | 6.3 | 31 | 0 |
| | | | | | | 37 | 6.0 | 30 | 0 |
| NOTES: | | | | | | 36 | 5.8 | ≤ 29 | 0 |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems | | | | | | 35 | 5.5 | | |
| | | | | | | 34 | 5.3 | | |
| Passing Requirements - member <i>must</i>: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points | | | | | | 33 * | 5.0 | | |
| | | | | | | 32 | 0 | | |
| | | | | | | 31 | 0 | | |
| * Minimum Component Values | | | | | | 30 | 0 | | |
| Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches | | | | | | 29 | 0 | | |
| Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute | | | | | | 28 | 0 | | |
| | | | | | | 27 | 0 | | |
| # Target Component Values | | | | | | 26 | 0 | | |
| Member should attain or surpass these to achieve ≥ 75.0 composite score | | | | | | 25 | 0 | | |
| | | | | | | 24 | 0 | | |
| Composite Score Categories | | | | | | 23 | 0 | | |
| Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0 | | | | | | 22 | 0 | | |
| | | | | | | 21 | 0 | | |
| | | | | | | 20 | 0 | | |
| | | | | | | 19 | 0 | | |
| | | | | | | 18 | 0 | | |
| | | | | | | ≤ 17 | 0 | | |

Note: Even if you pass each of the minimums you can still fail the assessment if you do not score ≥ 75 points

A10.6. Fitness Assessment Chart - Female: Age: < 30.

| Cardiorespiratory Endurance | | | Body Composition | | | Muscle Fitness | | | |
|--|-------------------------|--------|------------------|-------------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time (mins:secs) | Health Risk Category | Points | AC (inches) | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| ≤ 10:23 | Low-Risk | 60.0 | ≤ 29.0 | Low Risk | 20.0 | ≥ 47 | 10.0 | ≥ 54 | 10.0 |
| 10:24 - 10:51 | Low-Risk | 59.9 | 29.5 | Low Risk | 20.0 | 42 | 9.5 | 51 | 9.5 |
| 10:52 - 11:06 | Low-Risk | 59.5 | 30.0 | Low Risk | 20.0 | 41 | 9.4 | 50 | 9.4 |
| 11:07 - 11:22 | Low-Risk | 59.2 | 30.5 | Low Risk | 20.0 | 40 | 9.3 | 49 | 9.0 |
| 11:23 - 11:38 | Low-Risk | 58.9 | 31.0 | Low Risk | 20.0 | 39 | 9.2 | 48 | 8.9 |
| 11:39 - 11:56 | Low-Risk | 58.6 | 31.5 | Low Risk | 20.0 | 38 | 9.1 | 47 | 8.8 |
| 11:57 - 12:14 | Low-Risk | 58.1 | 32.0 | Moderate Risk | 17.6 | 37 | 9.0 | 46 | 8.6 |
| 12:15 - 12:33 | Low-Risk | 57.6 | 32.5 | Moderate Risk | 17.1 | 36 | 8.9 | 45 | 8.5 |
| 12:34 - 12:53 | Low-Risk | 57.0 | 33.0 | Moderate Risk | 16.5 | 35 | 8.8 | 44 | 8.0 |
| 12:54 - 13:14 | Low-Risk | 56.2 | 33.5 | Moderate Risk | 15.9 | 34 | 8.6 | 43 | 7.8 |
| 13:15 - 13:36 | Low-Risk | 55.3 | 34.0 # | Moderate Risk | 15.2 | 33 | 8.5 | 42 # | 7.5 |
| 13:37 - 14:00 | Low-Risk | 54.2 | 34.5 | Moderate Risk | 14.5 | 32 | 8.4 | 41 | 7.0 |
| 14:01 - 14:25 | Low-Risk | 52.8 | 35.0 | Moderate Risk | 13.7 | 31 | 8.3 | 40 | 6.8 |
| 14:26 - 14:52 | Low-Risk | 51.2 | 35.5 * | Moderate Risk | 12.8 | 30 | 8.2 | 39 | 6.5 |
| 14:53 - 15:20 | Moderate Risk | 49.3 | 36.0 | High Risk | 0 | 29 | 8.1 | 38 * | 6.0 |
| 15:21 - 15:50 # | Moderate Risk | 46.9 | 36.5 | High Risk | 0 | 28 | 8.0 | 37 | 0 |
| 15:51 - 16:22 * | Moderate Risk | 44.1 | 37.0 | High Risk | 0 | 27 # | 7.5 | 36 | 0 |
| 16:23 - 16:57 | High Risk | 0 | 37.5 | High Risk | 0 | 26 | 7.3 | 35 | 0 |
| 16:58 - 17:34 | High Risk | 0 | 38.0 | High Risk | 0 | 25 | 7.2 | 34 | 0 |
| 17:35 - 18:14 | High Risk | 0 | 38.5 | High Risk | 0 | 24 | 7.0 | 33 | 0 |
| 18:15 - 18:56 | High Risk | 0 | 39.0 | High Risk | 0 | 23 | 6.5 | 32 | 0 |
| 18:57 - 19:43 | High Risk | 0 | 39.5 | High Risk | 0 | 22 | 6.3 | 31 | 0 |
| 19:44 - 20:33 | High Risk | 0 | ≥ 40.0 | High Risk | 0 | 21 | 6.0 | 30 | 0 |
| ≥ 20:34 | High Risk | 0 | | | | 20 | 5.8 | 29 | 0 |
| | | | | | | 19 | 5.5 | 28 | 0 |
| | | | | | | 18 * | 5.0 | 27 | 0 |
| NOTES: | | | | | | 17 | 0 | 26 | 0 |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems | | | | | | 16 | 0 | 25 | 0 |
| | | | | | | 15 | 0 | 24 | 0 |
| Passing Requirements - member <i>must</i>: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points | | | | | | 14 | 0 | 23 | 0 |
| | | | | | | 13 | 0 | ≤ 22 | 0 |
| | | | | | | 12 | 0 | | |
| * Minimum Component Values | | | | | | 11 | 0 | | |
| Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches | | | | | | 10 | 0 | | |
| Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute | | | | | | 9 | 0 | | |
| | | | | | | 8 | 0 | | |
| # Target Component Values | | | | | | ≤ 7 | 0 | | |
| Member should attain or surpass these to achieve ≥ 75.0 composite score | | | | | | | | | |
| | | | | | | | | | |
| Composite Score Categories | | | | | | | | | |
| Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0 | | | | | | | | | |

Note: Even if you pass each of the minimums you can still fail the assessment if you do not score ≥ 75 points