



### Healthy Fitness Zone\* Standards for Males

	AGE	15M PACER (# of LAPS)	BMI-FOR-AGE PERCENTILE*	CURL UP (# COMPLETED)	TRUNK LIFT	PUSH UP (# COMPLETED)	BACK SAVER SIT AND REACH (INCHES)
<b>M A L E S</b>	5	Participation in run. Lap count standards not established.	5 – 85	2-10	6-12	3-8	8
	6		5 – 85	2-10	6-12	3-8	8
	7		5 – 85	4-14	6-12	4-10	8
	8		5 – 85	6-20	6-12	5-13	8
	9		5 – 85	9-24	6-12	6-15	8
	10	30-79	5 – 85	12-24	9-12	7-20	8
	11	30-93	5 – 85	15-28	9-12	8-20	8
	12	42-93	5 – 85	18-36	9-12	10-20	8
	13	54-94	5 – 85	21-40	9-12	12-25	8
	14	54-108	5 – 85	24-45	9-12	14-30	8
	15	67-123	5 – 85	24-47	9-12	16-35	8
	16	79-123	5 – 85	24-47	9-12	18-35	8
	17	79-123	5 – 85	24-47	9-12	18-35	8
	17+	79-123	5 – 85	24-47	9-12	18-35	8

\* BMI-for-age percentiles are based on Centers for Disease Control and Prevention (CDC) BMI-for-age growth charts. All other fitness assessment standards are based on Cooper Institute Healthy Fitness Zones.



### Healthy Fitness Zone\* Standards for Females

	AGE	15M PACER (# of LAPS)	BMI-FOR-AGE PERCENTILE*	CURL UP (# COMPLETED)	TRUNK LIFT (INCHES)	PUSH UP (# COMPLETED)	BACK SAVER SIT AND REACH (INCHES)
<b>FEMALE</b>	5	Participation in run. Lap count standards not established.	5 – 85	2-10	6-12	3-8	9
	6		5 – 85	2-10	6-12	3-8	9
	7		5 – 85	4-14	6-12	4-10	9
	8		5 – 85	6-20	6-12	5-13	9
	9		5 – 85	9-22	6-12	6-15	9
<b>ADOLESCENT</b>	10	19-54	5 – 85	12-26	9-12	7-15	10
	11	19-54	5 – 85	15-29	9-12	7-15	10
	12	30-54	5 – 85	18-32	9-12	7-15	10
	13	30-66	5 – 85	18-32	9-12	7-15	10
	14	30-66	5 – 85	18-32	9-12	7-15	10
	15	30-66	5 – 85	18-35	9-12	7-15	12
	16	42-79	5 – 85	18-35	9-12	7-15	12
	17	53-79	5 – 85	18-35	9-12	7-15	12
	17+	53-79	5 – 85	18-35	9-12	7-15	12

\* BMI-for-age percentiles are based on Centers for Disease Control and Prevention (CDC) BMI-for-age growth charts. All other fitness assessment standards are based on Cooper Institute Healthy Fitness Zones.