

NYC FITNESSGRAM Healthy Fitness Zone Standards

Male Students

AGE	Body Mass Index Percentile*	PACER 15-meter # of laps	90° Push-Up # completed up to max of 75	Curl-Up # completed up to max of 75	Trunk Lift # of inches up to max of 12	Sit & Reach # of inches up to max of 12
5	5 – 85	Students begin these fitness assessments in fourth grade.				
6	5 – 85					
7	5 – 85					
8	5 – 85					
9	5 – 85	21	6 +	9 +	6	8
10	5 – 85	21	7 +	12 +	9	8
11	5 – 85	25	8 +	15 +	9	8
12	5 – 85	30	10 +	18 +	9	8
13	5 – 85	38	12 +	21 +	9	8
14	5 – 85	47	14 +	24 +	9	8
15	5 – 85	54	16 +	24 +	9	8
16	5 – 85	61	18 +	24 +	9	8
17	5 – 85	65	18 +	24 +	9	8
18+	5 – 85	70	18 +	24 +	9	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 the Cooper Institute Healthy Fitness Zones for 2015.

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Female Students

AGE	Body Mass Index Percentile*	PACER 15-meter # of laps	90° Push-Up # completed up to max of 75	Curl-Up # completed up to max of 75	Trunk Lift # of inches up to max of 12	Sit & Reach # of inches up to max of 12
5	5 – 85	Students begin these fitness assessments in fourth grade.				
6	5 – 85					
7	5 – 85					
8	5 – 85					
9	5 – 85	21	6 +	9 +	6	9
10	5 – 85	21	7 +	12 +	9	9
11	5 – 85	25	7 +	15 +	9	10
12	5 – 85	30	7 +	18 +	9	10
13	5 – 85	32	7 +	18 +	9	10
14	5 – 85	35	7 +	18 +	9	10
15	5 – 85	39	7 +	18 +	9	12
16	5 – 85	42	7 +	18 +	9	12
17	5 – 85	46	7 +	18 +	9	12
18+	5 – 85	49	7 +	18 +	9	12

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