



DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES AIR FORCE

AFI36-2905_AFGM2

20 December 2010

MEMORANDUM FOR DISTRIBUTION C
ALMAJCOM-FOA-DRU/CV

FROM: AF/A1

SUBJECT: Air Force Guidance Memorandum for AFI 36-2905, *Fitness Program*

This AF Guidance Memorandum provides policy changes to AFI 36-2905, *Fitness Program*, with an implementation date of 1 January 2011. Compliance with this Memorandum is mandatory. To the extent its directions are inconsistent with other Air Force publications, the information herein prevails, in accordance with AFI 33-360, *Publications and Forms Management*.

Based on feedback from the field, changes detailed in the Attachments to this Memorandum have been approved.

Directions of this Memorandum become void after 180 days have elapsed from the date of this Memorandum or upon incorporation into AFI 36-2905, whichever is earlier.

This is a coordinated AF/A1P and AFPC/DPS Guidance Memorandum that applies to the Total Force. Questions should be directed to AF/A1PP at DSN 222-4536 or 227-1661.

DARRELL D. JONES
Lieutenant General, USAF
DCS, Manpower, Personnel and Services

Attachments:

1. Guidance Changes
2. USAF Fitness Test Scoring Charts

Attachment 1

The changes outlined below are approved for immediate implementation.

Note: Paragraphs 2 through 6 of this Memorandum were previously listed in the 1 Jul 10 Air Force Guidance Memorandum for AFI 36-2905, *Fitness Program*. Modifications made to paragraphs 4, 5 and 6.

2. RegAF, AFR, and ANG (Title 10) Airmen who test in all four components (cardio: 1.5 mile run or 1.0-mile walk; AC measurement; push-ups; and sit-ups) of the new fitness program on/after 1 July 2010 and who score an Excellent (90 or above) are only required to test once a year. These Airmen will retest by the last day of the month, 12 calendar months following the previous test date on which they achieved an Excellent score. This guidance supersedes the scheduling and currency guidelines established in AFI 36-2905 (dated 1 July 10), paragraph 2.11.1.1 and 2.12.1.

3. Airmen who score an Excellent but were medically exempt from testing in one or more of the four components will continue to test twice a year. Airmen who score Satisfactory (89.9 and below) or Unsatisfactory (74.9 and below) will continue to test IAW AFI 36-2905, para 2.11 and 2.12.

4. The Air Force Fitness Management System (AFFMS) has been updated to reflect the new annual retest requirement; however, some updates are not finalized.

a. Until AFFMS is updated, the system will show Excellent scores as due to retest 6 months later. The unit fitness program managers (UFPMs) will manage 4 component Excellent retest dates for members of their unit and must notify the FAC to update AFFMS with the initial Excellent score at the 6-month point.

b. Example: On 20 Jul 2010, an Airman tested on all 4 components and scored a 95. This Airman is not due to retest until July 2011 even though AFFMS may forecast the Airman's next test date as January 2011. In January 2011, the FAC or UFPM, with AFFMS input privileges, will reenter the 95 earned by the Airman in July 2010, thus re-projecting the Airman's retest date to July 2011.

5. Installation or unit commanders may appoint trained physical training leaders (PTLs) to augment FACs during periods where there are gaps in FAC manning (i.e. periods of high employee turnover). PTLs will be appointed in writing and must be trained IAW AFI 36-2905 requirements. PTLs will conduct fitness assessments in the FAC and will not test members from their own unit. PTLs will be used sparingly to minimize the additional duty burden placed on Airmen. Use of PTLs will be periodically reviewed by higher headquarters inspections to ensure compliance with this guidance memorandum and AFI 36-2905.

6. Airmen are responsible for maintaining currency standards. Specifically, each Airman is affirmatively responsible as follows:

a. Know the block of time within which his or her Fitness Assessment (FA) is required to remain current IAW paragraph 2.12.

b. If a FA has not been scheduled in the period required to remain current, notify the designated FAC representative, UFPM, or superior authority, in writing (includes e-mail) of the need to schedule the FA and requests that it be scheduled immediately for accomplishment within the required window. It is ultimately the member's responsibility to ensure their FA is scheduled.

- c. Remain current as defined in para. 2.12. Failing to remain current, as well as failing to attain a passing score on the applicable fitness test before the end of any performance report reporting period, will result in a "DOES NOT MEET STANDARDS" rating on the member's OPR/EPR if, as of the closeout date of any performance report, currency or a passing score is not obtained.
 - d. Monitor any personal FA exemptions, schedule any necessary medical examinations, and initiate FA test arrangements in a timely manner.
7. FACs will supervise Airmen conducting push-ups, sit-ups, and the 1.5 mile run/1.0-mile walk at a ratio of no more than 12 members for every 1 FAC staff member or PTL. When multiple Airmen are testing, they will pair off and count for each other while the FAC staff member/PTL provides oversight to ensure proper form. Note: ARC may deviate from 12:1 ratio when weekend testing requires a ratio greater than 12:1. ARC members must be in a military duty status when FA is administered. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), paragraph 1.20.2.3.
 8. Airmen testing via the 1.0-mile (1609 meters) walk are required to walk as quickly as possible. Airmen must walk but not run, keeping at least one foot in contact with the ground at all times. Any attempts to alter heart rate such as intentional slowing or stopping during the walk are violations of the test protocol and will cause the test to be terminated and result in test failure. Airmen testing with the 1.0-mile walk as their cardio assessment will accomplish the test in the following order: AC measurement, walk, muscle fitness. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para A15.3.1.
 9. If an Airman tests on less than 4 components and receives a passing score, this passing score is valid for 6 months (12 months for ANG). This guidance supplements guidelines established in AFI 36-2905 (dated 1 July 10), para 2.12.1.
 10. Abdominal circumference assessment will be executed as follows:
 - a. Tester will start the measurement on the right side of the Airman. Tester will locate the measurement landmark immediately above the right uppermost hip bone (superior border of the iliac crest) at the side of the body vertically in line with the right armpit (midaxillary line). If desired, Airmen may assist the tester in locating the measurement landmark by resting the right hand on the hip, using rearward facing right thumb to locate the iliac crest. Tester will determine final horizontal - vertical intersection point for landmark confirmation.
 - b. Airmen will stand on a flat surface with feet no more than shoulder width apart. The head should be horizontal, looking directly forward with the chin parallel to the floor. Airmen may use one hand to initially assist the tester in anchoring the tape measure to the body, but must remove the hand from the tape measure before the official measurement is recorded. Measurement will be taken on bare skin. The free hand may be used to hold the shirt out of the way, but no part of the hands or arms may extend above the shoulders.
 - c. Airmen will remain stationary while the tester conducts the measurement by initially moving around the Airman to place the tape in a horizontal plane around the abdomen. Tester will ensure tape is parallel to the floor at the level of the landmark (bottom edge of the tape just contacts landmark), is snug, but does not compress the bare skin. Tester will take the measurement at the end of the Airman's normal respiration.

d. Tester will take the circumference measure three times and record each measurement, rounding down to the nearest ½ inch. If any of the measures differ by more than one inch from the other two, the tester will take an additional measurement. The tester will add the three closest measurements, divide by three, and round down to the nearest ½ inch. Tester will record this value as the AC measurement.

The above guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 2.6.3.3., 2.6.3.4., 2.6.3.5., 2.6.3.6., 2.6.3.7. and 2.6.3.8.

11. When conducting push-ups, Airmen will place their palms or fists on the floor. Their feet may be no more than 12 inches apart and should not be supported, braced or crossed. Resting can only be done in the up position; Airmen may remove hands or feet from the floor, or bridge or bow the back but only in the up position. If resting occurs in the down position, the push-up portion of test will be terminated. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), Push-up Assessment Procedures, Attachment 7.

Revised Push-Up Verbal Instructions; Test Administrator should read/state:

The push-up is one assessment of muscular fitness.

Place your palms or fists on the floor, hands will be slightly wider than shoulder width apart with your elbows fully extended. Your feet may be no more than 12 inches apart and should not be supported, braced or crossed. Your body should maintain a rigid head to heel form. This is the up/starting position.

Begin by lowering your body to the ground until your upper arms are at least parallel to the floor (elbows bent at 90 degrees) then return to the up position (arms fully extended but not locked). This is one repetition.

Your chest may touch, but not rest or bounce on the floor. If you do not come down parallel to the floor, the push-up will not count.

Resting can only be done in the UP position. You may remove your hands or feet from the floor or bridge or bow your back, but only in the up/rest position, resting any other body part on the floor is not allowed. If there is any resting other than in the up position the push-up portion of the test is terminated and your score will be based on the correct number of push-ups performed up to that point.

Your breathing should be as normal as possible. Make sure you do not hold your breath.

You have one minute to perform as many correct push-ups as you are able. Your counter will count the correct number of push-ups aloud. Your counter will not count incorrect push-ups. Your counter will tell you what you're doing wrong and will repeat the last number of correct push-ups until you correct the error. The total number of correct push-ups in one minute is recorded as your score.

12. When conducting sit-ups, members will cross arms over the chest so that any part of the hands/fingers remain in contact with the shoulders or upper chest at all times. Members may request the assessor to hold feet with his/her hands or by putting his/her knees on the feet. The assessor may not anchor member by holding behind the calves or by standing on the feet during the assessment as he/she could lose balance and step off. The member may request a member of the same gender to hold the feet and that request must be granted. Where available, an anchored toe-hold bar may be used. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), Sit-up Assessment Procedures, Attachment 7.

Revised Sit-up Verbal Instructions; Test Administrator should read/state:

The sit-up is one assessment of muscular fitness.

Begin by laying face up on the floor or mat. Your feet may extend off the floor or mat, but your buttocks, shoulders, and head must not extend beyond the mat. Bend your knees at 90 degrees, with your feet or heels in contact with the floor at all times. Cross your arms over your chest with your open hands or fingers at your shoulders or resting on your upper chest. This is the starting position.

If a toe hold bar is used: Anchor your feet to the ground by hooking your feet/toes under the bar. Your heels must remain in contact with the ground at all times and the bar cannot move while you perform the assessment.

If a toe hold bar is NOT used: Your feet will be held down with your monitor's hands and/or knees. Your legs may not be held behind your calves and the monitor may not stand on your feet. Let your monitor know if you need your feet held differently prior to beginning the assessment. (e.g. "You're holding my ankles/feet too tight or not enough.")

From the starting position, raise your upper torso until your elbows touch your knees or thighs. Then, lower your upper torso until your shoulder blades contact the floor. This is one repetition.

Your elbows must touch your knees or thighs at the top of the sit-up, and your shoulder blades must contact the floor or mat at the bottom of the sit-up (keeping any part of your hands/fingers in contact with your shoulder/upper chest at all times).

The repetition will not count if your hands/fingers come completely away from the chest/shoulder or if your buttocks or heels leave the ground. Additionally, you may not grab onto your shirt as it makes it difficult to determine if you are maintaining proper contact. Any resting must be done in the UP position. While resting you may not use knees or any object to support yourself. If there is any resting other than in the up position the sit-up portion of the test is terminated and your score will be based on the correct number of sit-ups performed up to that point.

Your breathing should be as normal as possible. Make sure you do not hold your breath.

You have one minute to perform as many correct sit-ups as you are able. Your counter will count the correct number of sit-ups aloud. Your counter will not count incorrect sit-ups. Your counter will tell you what you're doing wrong and will repeat the last number of correct sit-ups until you correct the error. The total number of correct sit-ups in one minute is recorded as your score.

13. If an Airman becomes injured or ill during the fitness assessment and is unable to complete all required components, he/she will have the option of being evaluated at the Medical Treatment Facility (MTF) but their test will still count unless rendered invalid by the Unit Commander. For ARC, Airmen will have the option of providing the ARC Fitness Program Medical Liaison Officer (MLO) with medical documentation from their Personal Care Physician to include diagnosis, prognosis period and type of physical limitations or restrictions.

If the medical evaluation validates the illness/injury, the Unit Commander may invalidate the test results. The Airman will then be required to retest within 5 duty days or when capable based on the recommendations of the medical provider/MLO and the Exercise Physiologist. If an AF Form 422 is required, an additional 7 days will be allowed for the AF Form 422 to be generated and provided. For non-AGR ARC, Airmen will be required to retest the next date they are in appropriate military duty status and official FAs are being conducted.

FAC staff (or UFPM where no FAC exists) will hold scores of RegAF and AGR Airmen who becomes injured or ill for 5 duty days to allow Medical and Commander review. Scores can be entered in AFFMS on the 6th duty day if the Commander does not invalidate test results. For non-AGR ARC Airmen, FAC staff will hold scores for up to 1 month and enter scores into AFFMS on the 30th calendar day if the Commander does not invalidate the test results. The Airman should notify his/her Commander in a timely manner regarding the injury/illness to ensure communication regarding test validity with the MTF and FAC staff occurs prior to score entry into AFFMS.

The above guidance supplements guidelines established in AFI 36-2905 (dated 1 July 10), para 2.4.1.

14. Airmen who have been exempted from 1 or more of the 4 components of the fitness test for a continuous 12-month period or have 4 component exemptions in a 24-month period will be reviewed by the UFPM. The UFPM will notify the Unit Commander, who will in-turn request the exercise physiologist/Wing FPM to review the case at the Deployment Availability Working Group (DAWG). The DAWG will ensure appropriate medical evaluation has been completed, decide whether or not a medical evaluation board (MEB) is required, and refer the case to the individual's primary care manager for MEB initiation or for additional medical work-up when necessary. This guidance supplements guidelines established in AFI 36-2905 (dated 1 July 10), para 4.2.

Example: An Airman who was exempt from sit-ups in Apr 10 FA, exempt from sit-ups and push-ups in Oct 10 FA, exempt from 1.5 mile run/1.0-mile walk in Apr 11 FA and exempt from sit-ups in Oct 11 FA must be recommended by the Unit Commander for review at the DAWG.

15. Unit Commanders may initiate (enlisted Airmen) or recommend (officers) administrative discharge only after the Airman has: received four Unsatisfactory FA scores in a 24-month period; and failed to demonstrate significant improvement (as determined by the commander) despite the reconditioning period; and has been evaluated by a military health care provider to rule out medical conditions precluding the members from achieving a passing score. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 9.1.5.1., 9.1.5.1.1., 9.1.5.1.2. and 9.1.5.1.3.

Unit Commanders must make a discharge or retention recommendation to the Installation Commander (or special/general court-martial convening authority in the Airman's chain of command) once an Airman receives four Unsatisfactory FA scores in a 24-month period and a military medical provider has ruled out medical conditions precluding the Airman from achieving a passing score. For every subsequent FA failure, Unit Commanders must submit a retention decision memorandum to the Installation Commander for final decision. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 9.1.5.2.

16. Commanders will exempt from the FA, Airmen who are on terminal leave/PTDY in conjunction with retirement/separation, incarceration, or on appellate leave or excess leave pending separation. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), table 4.3. Composite (Commander).

17. RegAF, AFR, and ANG (Title 10) Airmen must retest within 90 days following a failed FA. Unit Commanders may not mandate Airmen to retest any sooner than the end of the 90-day reconditioning period; however, Airmen may volunteer to do so. Retesting in the first 42 days after an Unsatisfactory test also requires Unit Commander approval since recognized medical guidelines recommend 42 days as the minimum timeframe to recondition from Unsatisfactory to Satisfactory status in a manner that reduces risk of injury. It is the Airman's responsibility to ensure he/she retests before the 90-day reconditioning period expires (non-currency begins on the 91st day). This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 2.11.1.2.

18. Guidance for Students/Accessions: Commanders, Superintendents, or Commandants of units such as the USAFA, BMT, Advanced Technical Training Centers, Undergraduate Pilot and Navigator Training Centers, ROTC, Graduate Medical Education, and Air Force Institute of Technology (AFIT) education programs will align minimum FA standards with AFI 36-2905. A current FA composite score of ≥ 75 and meeting all component minimums are required for all students to graduate from or obtain a commission/enlistment through USAFA, ROTC, OTS, Academy of Military Science, or BMT. Due to short duration of training, this does not include students graduating Commissioning Officer Training (COT). This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 6.1.

a. Officer accessions will be given 42 days from their Date Arrive Station (DAS) to acclimate, but will test NLT 6 months from their graduation date from their commissioning source. DAS may include tech school or their first duty location.

b. Developmental Education Students (i.e. AFIT, EWI, Joint PME and students in other civilian institutions) will participate in FAs conducted by local ROTC detachments where available, or base of servicing FAC or other arrangements as determined by the assigned CC. Results of FAs will be entered into the AFFMS by the FAC. Where a FAC does not exist, UFPMs and PTLs will fulfill the role of the FAC.

c. BMT Airmen will complete official FAs via training cadre PTLs. Graduated BMT Airmen will hand carry FA score sheets for input into AFFMS by the FAC at their first duty station or technical training school (MTL/UFPM), whichever location they report to first.

19. Environmental condition changes for the 1.5-Mile Run and 1.0-Mile Walk Courses:

a. Cold Stress temperatures must be ≥ 20 degrees F with wind ≤ 15 mph sustained, ≤ 20 mph gusting. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para A8.2.14.

b. Rain: No significant rain. If assessing on a wet day (rain, mist or heavy dew), the temperature must be > 34 degrees F, including wind chill. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para A8.2.6.

c. Heat Stress: Wet Bulb Globe Temperature (WBGT) must be ≤ 86 degrees F at the start of the walk/run. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para A8.2.15.

Consult with base bioenvironmental engineering, base weather, or civilian agencies to determine environmental conditions.

20. Delete requirement for Unit Commanders to have a written policy that describes their unit fitness program and provide EP/FPM with a copy of the written policy. While not mandatory, Unit Commanders are encouraged to provide written guidance to Airmen describing fitness expectations. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 1.21.3.

21. Delete recognition for excellence patches for members achieving and maintaining Excellent FA scores. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 2.13.

22. The new AF Fitness assessment video provides a definitive set of instructions for administering and taking the Air Force physical fitness test. The video shows proper form, as well as the "do's and don'ts" and common pitfalls to avoid for the push-ups and sit-ups. The Air Force Fitness video can be found at: <http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>

23. Updated Fitness metrics reporting requirements:

a. Delete requirement for FACs to provide unit statistics to UFPMs and wing stats to FSS/CC each month. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), para 8.1.1.2.1 and 8.1.1.2.3.

b. AFPC will provide monthly statistics on each base to MAJCOM/A1 for dissemination to base FSS/CCs.

24. Airmen will automatically be considered "exempt" if they are in a deployed location and their "current" FA expires. Any Airmen deployed for less than 1-year to a location that administers FAs may complete FAs on a volunteer basis only. Delete Composite (Deployment) from "Exemption Categories" in Table 4.3. This guidance supersedes guidelines established in AFI 36-2905 (dated 1 July 10), table 4.3. Composite (Deployment).

For Officer and Enlisted Evaluation purposes only (Ref AFI 36-2406 and MPFM 07-44/45), if an Airman fails before deploying and their evaluation closes out after the deployment starts, and the member has a current FA (failure), the Airman will be marked "DOES NOT MEET STANDARDS" unless they volunteer to test and receive a passing score prior to the closeout date of the evaluation. Any failures will be annotated in AFFMS and will be considered against the individual. However, if an Airman reaches the 91-day mark after the FA (failure), but before the evaluation closes out, the Unsatisfactory score is no longer current and therefore the evaluation will be marked "exempt".

If an Airman has a current/passing score before deploying and his/her evaluation closes out after the deployment starts, the Airman will be marked "MEETS STANDARDS". For Satisfactory and Excellent scores, deployed Airmen become "exempt" only when they reach the first day of the month, seven/thirteen calendar months following the previous official FA rating.

25. AF/A1PP may approve, on a case-by-case basis, OCONUS FA waivers when it is cost prohibitive to travel to the nearest testing facility. This guidance supplements guidelines established in AFI 36-2905 (dated 1 July 10), para 1.4.

26. Overall, scoring did not change, but several changes were made to the FA scoring charts for clarity: This guidance supersedes guidelines/charts established in AFI 36-2905 (dated 1 July 10), Attachment 14.

a. Scores below the required minimum component values now read zero.

b. "Targets" in each component are now provided. These targets are designed to illustrate a combination of component scores which would equal an overall 75 composite score. These targets are highlighted via a “#” symbol and dotted underline. The overall passing score of 75 may be obtained in many component score variations.

c. Airmen failing to meet a Target Component Value, but still scoring at or above the Minimum Component Value (lowest "fitness/health risk" limit), can still pass the assessment by exceeding targets in other components.

27. Change Healthy Living Program (HLP) references in AFI 36-2905 to Balance Eating-Workout Effectively-Live Long (BE WELL).

Attachment 2

USAF Fitness Test Scoring /Males < 30 years of age

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, <i>and</i> 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		

USAF Fitness Test Scoring /Males 30 – 39 years of age

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
≤ 9:34	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 57	10.0	≥ 54	10.0
9:35 - 9:58	Low-Risk	59.3	33.0	Low-Risk	20.0	52	9.5	51	9.5
9:59 - 10:10	Low-Risk	58.6	33.5	Low-Risk	20.0	51	9.4	50	9.4
10:11 - 10:23	Low-Risk	57.9	34.0	Low-Risk	20.0	50	9.3	49	9.2
10:24 - 10:37	Low-Risk	57.3	34.5	Low-Risk	20.0	49	9.2	48	9.0
10:38 - 10:51	Low-Risk	56.6	35.0	Low-Risk	20.0	48	9.2	47	8.8
10:52 - 11:06	Low-Risk	55.7	35.5	Moderate Risk	17.6	47	9.1	46	8.7
11:07 - 11:22	Low-Risk	54.8	36.0	Moderate Risk	17.0	46	9.0	45	8.5
11:23 - 11:38	Low-Risk	53.7	36.5	Moderate Risk	16.4	45	8.9	44	8.3
11:39 - 11:56	Low-Risk	52.4	37.0	Moderate Risk	15.8	44	8.8	43	8.0
11:57 - 12:14	Low-Risk	50.9	37.5 #	Moderate Risk	15.1	43	8.7	42 #	7.5
12:15 - 12:33	Low-Risk	49.2	38.0	Moderate Risk	14.4	42	8.6	41	7.0
12:34 - 12:53	Low-Risk	47.2	38.5	Moderate Risk	13.5	41	8.5	40	6.5
12:54 - 13:14 #	Moderate Risk	44.9	39.0 *	Moderate Risk	12.6	40	8.3	39 *	6.0
13:15 - 13:36	Moderate Risk	42.3	39.5	High Risk	0	39	8.0	38	0
13:37 - 14:00 *	Moderate Risk	39.3	40.0	High Risk	0	38	7.8	37	0
14:01 - 14:25	High Risk	0	40.5	High Risk	0	37	7.7	36	0
14:26 - 14:52	High Risk	0	41.0	High Risk	0	36 #	7.5	35	0
14:53 - 15:20	High Risk	0	41.5	High Risk	0	35	7.3	34	0
15:21 - 15:50	High Risk	0	42.0	High Risk	0	34	7.0	33	0
15:51 - 16:22	High Risk	0	42.5	High Risk	0	33	6.8	32	0
16:23 - 16:57	High Risk	0	43.0	High Risk	0	32	6.7	31	0
≥ 16:58	High Risk	0	≥ 43.5	High Risk	0	31	6.5	30	0
						30	6.0	29	0
						29	5.5	28	0
NOTES:						28	5.3	27	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						27 *	5.0	26	0
						26	0	≤ 25	0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						25	0		
						24	0		
						23	0		
<u>* Minimum Component Values</u>						22	0		
Run time ≤ 14:00 mins:secs / Abd Circ ≤ 39.0 inches						21	0		
Push-ups ≥ 27 repetitions/one minute / Sit-ups ≥ 39 repetitions/one minute						20	0		
						19	0		
<u># Target Component Values</u>						18	0		
Member should attain or surpass these to achieve ≥ 75.0 composite score						17	0		
						16	0		
Composite Score Categories						15	0		
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						14	0		
						13	0		
						≤ 12	0		

USAF Fitness Test Scoring /Males 50 – 59 years of age

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
≤ 10:37	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 46	10.0
10:38 - 11:06	Low-Risk	59.7	33.0	Low-Risk	20.0	39	9.5	43	9.5
11:07 - 11:22	Low-Risk	59.4	33.5	Low-Risk	20.0	38	9.4	42	9.4
11:23 - 11:38	Low-Risk	59.0	34.0	Low-Risk	20.0	37	9.4	41	9.2
11:39 - 11:56	Low-Risk	58.5	34.5	Low-Risk	20.0	36	9.3	40	9.1
11:57 - 12:14	Low-Risk	58.0	35.0	Low-Risk	20.0	35	9.3	39	9.0
12:15 - 12:33	Low-Risk	57.3	35.5	Moderate Risk	17.6	34	9.2	38	8.8
12:34 - 12:53	Low-Risk	56.5	36.0	Moderate Risk	17.0	33	9.2	37	8.7
12:54 - 13:14	Low-Risk	55.6	36.5	Moderate Risk	16.4	32	9.1	36	8.5
13:15 - 13:36	Low-Risk	54.5	37.0	Moderate Risk	15.8	31	9.1	35	8.0
13:37 - 14:00	Low-Risk	53.3	37.5 #	Moderate Risk	15.1	30	9.0	34	7.8
14:01 - 14:25	Low-Risk	51.8	38.0	Moderate Risk	14.4	29	8.8	33 #	7.5
14:26 - 14:52	Low-Risk	50.0	38.5	Moderate Risk	13.5	28	8.5	32	7.3
14:53 - 15:20	Moderate Risk	47.9	39.0 *	Moderate Risk	12.6	27	8.3	31	7.0
15:21 - 15:50 #	Moderate Risk	45.4	39.5	High Risk	0	26	8.2	30	6.5
15:51 - 16:22 *	Moderate Risk	42.4	40.0	High Risk	0	25	8.0	29	6.3
16:23 - 16:57	High Risk	0	40.5	High Risk	0	24 #	7.5	28 *	6.0
16:58 - 17:34	High Risk	0	41.0	High Risk	0	23	7.3	27	0
17:35 - 18:14	High Risk	0	41.5	High Risk	0	22	7.2	26	0
18:15 - 18:56	High Risk	0	42.0	High Risk	0	21	7.0	25	0
18:57 - 19:43	High Risk	0	42.5	High Risk	0	20	6.5	24	0
19:44 - 20:33	High Risk	0	43.0	High Risk	0	19	6.0	23	0
≥ 20:34	High Risk	0	≥ 43.5	High Risk	0	18	5.8	22	0
						17	5.5	21	0
						16	5.3	20	0
NOTES:						15 *	5.0	19	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						14	0	18	0
						13	0	17	0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						12	0	16	0
						11	0	15	0
						10	0	≤ 14	0
<u>* Minimum Component Values</u>						9	0		
Run time ≤ 16:22 mins:secs / Abd Circ ≤ 39.0 inches						8	0		
Push-ups ≥ 15 repetitions/one minute / Sit-ups ≥ 28 repetitions/one minute						7	0		
						6	0		
<u># Target Component Values</u>						≤ 5	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									

USAF Fitness Test Scoring /Males 60+ years of age

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
≤ 11:22	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 30	10.0	≥ 42	10.0
11:23 - 11:56	Low-Risk	59.7	33.0	Low-Risk	20.0	28	9.5	39	9.5
11:57 - 12:14	Low-Risk	59.4	33.5	Low-Risk	20.0	27	9.3	38	9.4
12:15 - 12:33	Low-Risk	59.0	34.0	Low-Risk	20.0	26	9.0	37	9.2
12:34 - 12:53	Low-Risk	58.5	34.5	Low-Risk	20.0	25	8.8	36	9.1
12:54 - 13:14	Low-Risk	58.0	35.0	Low-Risk	20.0	24	8.5	35	9.0
13:15 - 13:36	Low-Risk	57.3	35.5	Moderate Risk	17.6	23	8.0	34	8.9
13:37 - 14:00	Low-Risk	56.5	36.0	Moderate Risk	17.0	22 #	7.5	33	8.8
14:01 - 14:25	Low-Risk	55.6	36.5	Moderate Risk	16.4	21	7.0	32	8.6
14:26 - 14:52	Low-Risk	54.5	37.0	Moderate Risk	15.8	20	6.5	31	8.5
14:53 - 15:20	Low-Risk	53.3	37.5 #	Moderate Risk	15.1	19	6.3	30	8.0
15:21 - 15:50	Low-Risk	51.8	38.0	Moderate Risk	14.4	18	6.0	29	7.8
15:51 - 16:22	Low-Risk	50.0	38.5	Moderate Risk	13.5	17	5.8	28 #	7.5
16:23 - 16:57	Moderate Risk	47.9	39.0 *	Moderate Risk	12.6	16	5.5	27	7.3
16:58 - 17:34 #	Moderate Risk	45.4	39.5	High Risk	0	15	5.3	26	7.0
17:35 - 18:14 *	Moderate Risk	42.4	40.0	High Risk	0	14 *	5.0	25	6.8
18:15 - 18:56	High Risk	0	40.5	High Risk	0	13	0	24	6.5
18:57 - 19:43	High Risk	0	41.0	High Risk	0	12	0	23	6.3
19:44 - 20:33	High Risk	0	41.5	High Risk	0	11	0	22 *	6.0
20:34 - 21:28	High Risk	0	42.0	High Risk	0	10	0	21	0
21:29 - 22:28	High Risk	0	42.5	High Risk	0	9	0	20	0
22:29 - 23:34	High Risk	0	43.0	High Risk	0	8	0	19	0
≥ 23:35	High Risk	0	≥ 43.5	High Risk	0	7	0	18	0
						6	0	17	0
						5	0	16	0
NOTES:						4	0	15	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						≤ 3	0	14	0
								13	0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points								12	0
								11	0
								10	0
<u>* Minimum Component Values</u>								≤ 9	0
Run time ≤ 18:14 mins:secs / Abd Circ ≤ 39.0 inches									
Push-ups ≥ 14 repetitions/one minute / Sit-ups ≥ 22 repetitions/one minute									
<u># Target Component Values</u>									
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									

USAF Fitness Test Scoring /Females < 30 years of age

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, <i>and</i> 2) achieve a composite point total ≥ 75 points						14	0	23	0
						13	0	≤ 22	0
						12	0		
<u>* Minimum Component Values</u>						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		
<u># Target Component Values</u>						≤ 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									

USAF Fitness Test Scoring /Females 40 - 49 years of age

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
≤ 11:22	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 38	10.0	≥ 41	10.0
11:23 - 11:56	Low-Risk	59.9	29.5	Low Risk	20.0	33	9.5	38	9.5
11:57 - 12:14	Low-Risk	59.8	30.0	Low Risk	20.0	32	9.4	37	9.4
12:15 - 12:33	Low-Risk	59.6	30.5	Low Risk	20.0	31	9.2	36	9.2
12:34 - 12:53	Low-Risk	59.4	31.0	Low Risk	20.0	30	9.1	35	9.1
12:54 - 13:14	Low-Risk	59.1	31.5	Low Risk	20.0	29	9.0	34	9.0
13:15 - 13:36	Low-Risk	58.7	32.0	Moderate Risk	17.6	28	8.9	33	8.8
13:37 - 14:00	Low-Risk	58.2	32.5	Moderate Risk	17.1	27	8.8	32	8.5
14:01 - 14:25	Low-Risk	57.7	33.0	Moderate Risk	16.5	26	8.7	31	8.3
14:26 - 14:52	Low-Risk	56.9	33.5	Moderate Risk	15.9	25	8.6	30	8.2
14:53 - 15:20	Low-Risk	56.0	34.0 #	Moderate Risk	15.2	24	8.6	29	8.0
15:21 - 15:50	Low-Risk	54.8	34.5	Moderate Risk	14.5	23	8.5	28 #	7.5
15:51 - 16:22	Low-Risk	53.3	35.0	Moderate Risk	13.7	22	8.4	27	7.0
16:23 - 16:57	Moderate Risk	51.4	35.5 *	Moderate Risk	12.8	21	8.3	26	6.8
16:58 - 17:34	Moderate Risk	49.0	36.0	High Risk	0	20	8.2	25	6.4
17:35 - 18:14 *#	Moderate Risk	45.9	36.5	High Risk	0	19	8.1	24 *	6.0
18:15 - 18:56	High Risk	0	37.0	High Risk	0	18	8.0	23	0
18:57 - 19:43	High Risk	0	37.5	High Risk	0	17	7.8	22	0
19:44 - 20:33	High Risk	0	38.0	High Risk	0	16 #	7.5	21	0
20:34 - 21:28	High Risk	0	38.5	High Risk	0	15	7.0	20	0
21:29 - 22:28	High Risk	0	39.0	High Risk	0	14	6.5	19	0
≥ 22:29	High Risk	0	39.5	High Risk	0	13	6.0	18	0
			≥ 40.0	High Risk	0	12	5.5	17	0
						11 *	5.0	16	0
NOTES:						10	0	15	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						9	0	14	0
						8	0	13	0
						7	0	12	0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						6	0	11	0
						5	0	10	0
						4	0	≤ 9	0
<u>* Minimum Component Values</u>						≤ 3	0		
Run time ≤ 18:14 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 11 repetitions/one minute / Sit-ups ≥ 24 repetitions/one minute									
<u># Target Component Values</u>									
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									

USAF Fitness Test Scoring /Females 50 - 59 years of age

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
≤ 12:53	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 35	10.0	≥ 32	10.0
12:54 - 13:36	Low-Risk	59.8	29.5	Low Risk	20.0	30	9.5	30	9.5
13:37 - 14:00	Low-Risk	59.6	30.0	Low Risk	20.0	29	9.4	29	9.0
14:01 - 14:25	Low-Risk	59.3	30.5	Low Risk	20.0	28	9.3	28	8.9
14:26 - 14:52	Low-Risk	58.9	31.0	Low Risk	20.0	27	9.2	27	8.8
14:53 - 15:20	Low-Risk	58.4	31.5	Low Risk	20.0	26	9.1	26	8.6
15:21 - 15:50	Low-Risk	57.7	32.0	Moderate Risk	17.6	25	9.0	25	8.5
15:51 - 16:22	Low-Risk	56.8	32.5	Moderate Risk	17.1	24	8.8	24	8.0
16:23 - 16:57	Low-Risk	55.6	33.0	Moderate Risk	16.5	23	8.7	23 #	7.5
16:58 - 17:34	Low-Risk	54.0	33.5	Moderate Risk	15.9	22	8.6	22	7.0
17:35 - 18:14	Low-Risk	51.9	34.0 #	Moderate Risk	15.2	21	8.6	21	6.5
18:15 - 18:56	Moderate Risk	49.2	34.5	Moderate Risk	14.5	20	8.5	20 *	6.0
18:57 - 19:43 *#	Moderate Risk	45.5	35.0	Moderate Risk	13.7	19	8.4	19	0
19:44 - 20:33	High Risk	0	35.5 *	Moderate Risk	12.8	18	8.3	18	0
20:34 - 21:28	High Risk	0	36.0	High Risk	0	17	8.2	17	0
21:29 - 22:28	High Risk	0	36.5	High Risk	0	16	8.1	16	0
22:29 - 23:34	High Risk	0	37.0	High Risk	0	15	8.0	15	0
≥ 23:35	High Risk	0	37.5	High Risk	0	14 #	7.5	14	0
			38.0	High Risk	0	13	7.0	13	0
			38.5	High Risk	0	12	6.5	12	0
			39.0	High Risk	0	11	6.0	11	0
			39.5	High Risk	0	10	5.5	10	0
			≥ 40.0	High Risk	0	9 *	5.0	9	0
						8	0	8	0
						7	0	7	0
NOTES:						6	0	6	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						5	0	≤ 5	0
						4	0		
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						3	0		
						≤ 2	0		
<u>* Minimum Component Values</u>									
Run time ≤ 19:43 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 9 repetitions/one minute / Sit-ups ≥ 20 repetitions/one minute									
<u># Target Component Values</u>									
Member should attain or surpass these to achieve ≥ 75.0 composite score									
<u>Composite Score Categories</u>									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

USAF Fitness Test Scoring /Females 60+ years of age

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
≤ 14:00	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 21	10.0	≥ 31	10.0
14:01 - 14:52	Low-Risk	59.8	29.5	Low Risk	20.0	19	9.5	28	9.5
14:53 - 15:20	Low-Risk	59.5	30.0	Low Risk	20.0	18	9.4	27	9.4
15:21 - 15:50	Low-Risk	59.1	30.5	Low Risk	20.0	17	9.0	26	9.0
15:51 - 16:22	Low-Risk	58.6	31.0	Low Risk	20.0	16	8.8	25	8.9
16:23 - 16:57	Low-Risk	57.9	31.5	Low Risk	20.0	15	8.5	24	8.8
16:58 - 17:34	Low-Risk	57.0	32.0	Moderate Risk	17.6	14	8.0	23	8.7
17:35 - 18:14	Low-Risk	55.8	32.5	Moderate Risk	17.1	13 #	7.5	22	8.6
18:15 - 18:56	Low-Risk	54.2	33.0	Moderate Risk	16.5	12	7.0	21	8.5
18:57 - 19:43	Low-Risk	52.1	33.5	Moderate Risk	15.9	11	6.5	20	8.4
19:44 - 20:33	Moderate Risk	49.3	34.0 #	Moderate Risk	15.2	10	6.0	19	8.3
20:34 - 21:28 #	Moderate Risk	45.6	34.5	Moderate Risk	14.5	9	5.7	18	8.2
21:29 - 22:28 *	Moderate Risk	40.8	35.0	Moderate Risk	13.7	8	5.3	17	8.0
22:29 - 23:34	High Risk	0	35.5 *	Moderate Risk	12.8	7 *	5.0	16	7.8
23:35 - 24:46	High Risk	0	36.0	High Risk	0	6	0	15 #	7.5
24:47 - 26:06	High Risk	0	36.5	High Risk	0	5	0	14	7.3
≥ 26:07	High Risk	0	37.0	High Risk	0	4	0	13	7.0
			37.5	High Risk	0	3	0	12	6.5
			38.0	High Risk	0	2	0	11 *	6.0
			38.5	High Risk	0	≤1	0	10	0
			39.0	High Risk	0			9	0
			39.5	High Risk	0			8	0
			≥ 40.0	High Risk	0			7	0
								6	0
								5	0
								4	0
								3	0
								2	0
								≤1	0
NOTES:									
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems									
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points									
<u>* Minimum Component Values</u>									
Run time ≤ 22:28 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 7 repetitions/one minute / Sit-ups ≥ 11 repetitions/one minute									
<u># Target Component Values</u>									
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									