Attachment 14

FITNESS ASSESSMENT SCORE CHARTS

Figure A14.1. Fitness Assessment Score Chart for Males Under 25.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:36	<55	50.00
9:37-9:48	55-61	47.50
9:49-10:12	62-69	45.00
10:13-10:36	70-74	43.50
10:37-11:06	75-78	42.00
11:07-11:36	79-83	40.50
11:37-12:12	84-88	39.00
12:13-12:54	89-92	37.50
12:55-13:36	93-97	36.00
13:37-14:24	98-103	34.00
14:25-14:54	104-109	32.00
14:55-15:18	110-115	30.00
15:19-15:48	116-124	27.00
15:49-16:24	125-128	24.00
16:25-16:54	129-131	21.00
16:55-17:36	132-135	18.00
17:37-18:12	137-138	15.00
18:13-18:54	139-142	12.00
18:55-19:42	143-146	9.00
19:43-20:36	147-149	6.00
20:37-21:30	150-153	3.00
>21:30	>153	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.5	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥62	10.00	≥55	10.00
61	9.75	53-54	9.50
60	9.50	52	9.00
59	9.25	50-51	8.75
57-58	9.00	48-49	8.50
52-56	8.75	46-47	8.25
49-51	8.50	44-45	8.00
45-48	8.25	42-43	7.75
41-44	8.00	40-41	7.50
37-40	7.75	38-39	7.40
33-36	7.50	36-37	7.30
30-32	7.40	35	7.20
27-29	7.30	33-34	7.10
24-26	7.20	32	7.00
21-23	7.10	30-31	6.00
19-20	7.00	28-29	4.00
17-18	6.00	27	2.00
15-16	5.00	<27	0.00
14	4.00		
12-13	3.00		
10-11	2.00		
8-9	1.00		
<8	0.00		

Figure A14.2. Fitness Assessment Score Chart for Males 25-29.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:36	<56	50.00
9:37-9:48	56-62	47.50
9:49-10:12	63-71	45.00
10:13-10:36	72-75	43.50
10:37-11:06	76-80	42.00
11:07-11:36	81-84	40.50
11:37-12:12	85-89	39.00
12:13-12:54	90-93	37.50
12:55-13:36	94-98	36.00
13:37-14:24	99-105	34.00
14:25-14:54	106-111	32.00
14:55-15:18	112-117	30.00
15:19-15:48	118-126	27.00
15:49-16:24	127-130	24.00
16:25-16:54	131-134	21.00
16:55-17:36	135-137	18.00
17:37-18:12	138-141	15.00
18:13-18:54	142-145	12.00
18:55-19:42	146-149	9.00
19:43-20:36	150-152	6.00
20:37-21:30	153-156	3.00
>21:30	>156	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.50	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥57	10.00	≥53	10.00
56	9.75	51-52	9.50
55	9.50	50	9.00
54	9.25	48-49	8.75
52-53	9.00	46-47	8.50
48-51	8.75	44-45	8.25
45-47	8.50	42-43	8.00
41-44	8.25	40-41	7.75
37-40	8.00	38-39	7.50
34-36	7.75	36-37	7.40
30-33	7.50	34-35	7.30
27-29	7.40	33	7.20
25-26	7.30	31-32	7.10
23-24	7.20	30	7.00
20-22	7.10	28-29	6.00
17-19	7.00	27	4.00
15-16	6.00	25-26	2.00
13-14	5.00	<25	0.00
11-12	4.00		
10	3.00		
9	2.00		
7-8	1.00		
<7	0.00		

Figure A14.3. Fitness Assessment Score Chart for Males 30-34.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:48	<56	50.00
9:49-10:12	56-62	47.50
10:13-10:24	63-71	45.00
10:25-10:54	72-75	43.50
10:55-11:24	76-80	42.00
11:25-11:54	81-84	40.50
11:55-12:30	85-89	39.00
12:31-12:54	90-93	37.50
12:55-13:36	94-98	36.00
13:37-14:24	99-105	34.00
14:25-14:54	106-111	32.00
14:55-15:18	112-117	30.00
15:19-15:48	118-126	27.00
15:49-16:24	127-130	24.00
16:25-16:54	131-134	21.00
16:55-17:36	135-137	18.00
17:37-18:12	138-141	15.00
18:13-18:54	142-145	12.00
18:55-19:42	146-149	9.00
19:43-20:36	150-152	6.00
20:37-21:30	153-156	3.00
>21:30	>156	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥52	10.00	≥51	10.00
50-51	9.75	49-50	9.50
49	9.50	48	9.00
48	9.25	46-47	8.75
46-47	9.00	44-45	8.50
43-45	8.75	42-43	8.25
40-42	8.50	40-41	8.00
36-39	8.25	38-39	7.75
33-35	8.00	36-37	7.50
30-32	7.75	34-35	7.40
27-29	7.50	33	7.30
24-26	7.40	31-32	7.20
22-23	7.30	30	7.10
20-21	7.20	28-29	7.00
17-19	7.10	26-27	6.00
15-16	7.00	25	4.00
13-14	6.00	23-24	2.00
12	5.00	<23	0.00
10-11	4.00		
8-9	3.00		
7	2.00		
5-6	1.00		
<5	0.00		

Figure A14.4. Fitness Assessment Score Chart for Males 35-39.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<9:48	<57	50.00
9:49-10:12	57-63	47.50
10:13-10:24	64-72	45.00
10:25-10:54	73-76	43.50
10:55-11:24	77-82	42.00
11:25-11:54	83-86	40.50
11:55-12:30	87-91	39.00
12:31-12:54	92-96	37.50
12:55-13:36	97-101	36.00
13:37-14:24	102-107	34.00
14:25-14:54	108-114	32.00
14:55-15:18	115-120	30.00
15:19-15:48	121-130	27.00
15:49-16:24	131-134	24.00
16:25-16:54	135-137	21.00
16:55-17:36	138-141	18.00
17:37-18:12	142-144	15.00
18:13-18:54	145-148	12.00
18:55-19:42	149-152	9.00
19:43-20:36	153-155	6.00
20:37-21:30	156-159	3.00
>21:30	>159	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥46	10.00	≥49	10.00
45	9.75	47-48	9.50
44	9.50	46	9.00
42-43	9.25	44-45	8.75
41	9.00	42-43	8.50
38-40	8.75	40-41	8.25
35-37	8.50	38-39	8.00
32-34	8.25	36-37	7.75
30-31	8.00	34-35	7.50
27-29	7.75	32-33	7.40
24-26	7.50	30-31	7.30
21-23	7.40	29	7.20
19-20	7.30	27-28	7.10
17-18	7.20	25-26	7.00
15-16	7.10	23-24	6.00
13-14	7.00	22	4.00
11-12	6.00	20-21	2.00
9-10	5.00	<20	0.00
8	4.00		
6-7	3.00		
5	2.00		
3-4	1.00		
<3	0.00		

Figure A14.5. Fitness Assessment Score Chart for Males 40-44.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<10:24	<57	50.00
10:25-10:36	57-63	47.50
10:37-10:54	64-72	45.00
10:55-11:24	73-76	43.50
11:25-11:54	77-82	42.00
11:55-12:30	83-86	40.50
12:31-13:12	87-91	39.00
13:13-13:36	92-96	37.50
13:37-14:24	97-101	36.00
14:25-15:18	102-107	34.00
15:19-15:48	108-114	32.00
15:49-16:24	115-120	30.00
16:25-16:54	121-130	27.00
16:55-17:36	131-134	24.00
17:37-18:12	135-137	21.00
18:13-18:54	138-141	18.00
18:55-19:42	142-144	15.00
19:43-20:36	145-148	12.00
20:37-21:30	149-152	9.00
21:31-22:30	153-155	6.00
22:31-23:36	156-159	3.00
>23:36	>159	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥47	10.00
39	9.75	45-46	9.50
38	9.50	43-44	9.00
37	9.25	41-42	8.75
36	9.00	39-40	8.50
33-35	8.75	37-38	8.25
31-32	8.50	35-36	8.00
28-30	8.25	33-34	7.75
26-27	8.00	31-32	7.50
23-25	7.75	29-30	7.40
21-22	7.50	27-28	7.30
18-20	7.40	26	7.20
16-17	7.30	24-25	7.10
14-15	7.20	22-23	7.00
12-13	7.10	20-21	6.00
10-11	7.00	19	4.00
8-9	6.00	17-18	2.00
7	5.00	<17	0.00
6	4.00		
4-5	3.00		
3	2.00		
1-2	1.00		
<1	0.00		

Figure A14.6. Fitness Assessment Score Chart for Males 45-49.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<10:24	<61	50.00
10:25-10:36	61-67	47.50
10:37-10:54	68-76	45.00
10:55-11:24	77-80	43.50
11:25-11:54	81-85	42.00
11:55-12:30	86-89	40.50
12:31-13:12	90-94	39.00
13:13-13:36	95-98	37.50
13:37-14:24	99-103	36.00
14:25-15:18	104-110	34.00
15:19-15:48	111-116	32.00
15:49-16:24	117-122	30.00
16:25-16:54	123-131	27.00
16:55-17:36	132-135	24.00
17:37-18:12	136-138	21.00
18:13-18:54	139-142	18.00
18:55-19:42	143-145	15.00
19:43-20:36	146-149	12.00
20:37-21:30	150-153	9.00
21:31-22:30	154-156	6.00
22:31-23:36	157-160	3.00
>23:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥45	10.00
39	9.75	43-44	9.50
37-38	9.50	41-42	9.00
35-36	9.25	39-40	8.75
33-34	9.00	37-38	8.50
30-32	8.75	35-36	8.25
27-29	8.50	33-34	8.00
25-26	8.25	31-32	7.75
22-24	8.00	29-30	7.50
20-21	7.75	27-28	7.40
18-19	7.50	25-26	7.30
16-17	7.40	24	7.20
14-15	7.30	22-23	7.10
12-13	7.20	20-21	7.00
10-11	7.10	18-19	6.00
9	7.00	17	4.00
7-8	6.00	15-16	2.00
6	5.00	<15	0.00
5	4.00		
4	3.00		
2-3	2.00		
1	1.00		
0	0.00		

Figure A14.7. Fitness Assessment Score Chart for Males 50-54.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:06	<61	50.00
11:07-11:24	61-67	47.50
11:25-11:36	68-76	45.00
11:37-12:12	77-80	43.50
12:13-12:54	81-85	42.00
12:55-13:36	86-89	40.50
13:37-14:24	90-94	39.00
14:25-15:18	95-98	37.50
15:19-15:48	99-103	36.00
15:49-16:54	104-110	34.00
16:55-17:36	111-116	32.00
17:37-18:12	117-122	30.00
18:13-18:54	123-131	27.00
18:55-19:42	132-135	24.00
19:43-20:36	136-138	21.00
20:37-21:30	139-142	18.00
21:31-22:30	143-145	15.00
22:31-23:36	146-149	12.00
23:37-24:48	150-153	9.00
24:49-26:06	154-156	6.00
26:07-27:36	157-160	3.00
>27:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥39	10.00	≥43	10.00
37-38	9.75	41-42	9.50
35-36	9.50	39-40	9.00
32-34	9.25	37-38	8.75
30-31	9.00	35-36	8.50
27-29	8.75	32-34	8.25
25-26	8.50	30-31	8.00
22-24	8.25	28-29	7.75
20-21	8.00	26-27	7.50
17-19	7.75	24-25	7.40
15-16	7.50	22-23	7.30
13-14	7.40	21	7.20
12	7.30	19-20	7.10
10-11	7.20	17-18	7.00
9	7.10	15-16	6.00
7-8	7.00	14	4.00
6	6.00	12-13	2.00
5	5.00	<12	0.00
4	4.00		
3	3.00		
2	2.00		
1	1.00		
0	0.00		

Figure A14.8. Fitness Assessment Score Chart for Males 55+.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:06	<63	50.00
11:07-11:24	63-69	47.50
11:25-11:36	70-77	45.00
11:37-12:12	78-81	43.50
12:13-12:54	82-86	42.00
12:55-13:36	87-90	40.50
13:37-14:24	91-95	39.00
14:25-15:18	96-99	37.50
15:19-15:48	100-104	36.00
15:49-16:54	105-110	34.00
16:55-17:36	111-116	32.00
17:37-18:12	117-122	30.00
18:13-18:54	123-131	27.00
18:55-19:42	132-135	24.00
19:43-20:36	136-138	21.00
20:37-21:30	139-142	18.00
21:31-22:30	143-145	15.00
22:31-23:36	146-149	12.00
23:37-24:48	150-153	9.00
24:49-26:06	154-156	6.00
26:07-27:36	157-160	3.00
>27:36	>160	0.00

Body Composition	
Abdominal Circumference	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥35	10.00	≥41	10.00
33-34	9.75	39-40	9.50
31-32	9.50	37-38	9.00
29-30	9.25	34-36	8.75
28	9.00	32-33	8.50
26-27	8.75	30-31	8.25
24-25	8.50	27-29	8.00
21-23	8.25	25-26	7.75
19-20	8.00	23-24	7.50
17-18	7.75	21-22	7.40
15-16	7.50	20	7.30
13-14	7.40	18-19	7.20
11-12	7.30	16-17	7.10
10	7.20	15	7.00
8-9	7.10	13-14	6.00
6-7	7.00	12	4.00
5	6.00	10-11	2.00
4	5.00	<10	0.00
3	4.00		
2	3.00		
1	2.00		
0	0.00		

Figure A14.9. Fitness Assessment Score Chart for Females Under 25.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11.07	<58	50.00
11:07-11:36	58-65	47.50
11:37-11:54	66-74	45.00
11:55-12:30	75-79	43.50
12:31-13:12	80-84	42.00
13:13-14:00	85-89	40.50
14:01-14:54	90-94	39.00
14:55-15:18	95-99	37.50
15:19-15:48	100-105	36.00
15:49-16:24	106-111	34.00
16:25-16:54	112-118	32.00
16:55-17:36	119-125	30.00
17:37-18:12	126-134	27.00
18:13-18:54	135-138	24.00
18:55-19:42	139-141	21.00
19:43-20:36	142-145	18.00
20:37-21:30	146-148	15.00
21:31-22:30	149-152	12.00
22:31-23:36	153-156	9.00
23:37-24:48	157-159	6.00
24:49-26:06	160-163	3.00
>26:06	>163	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥42	10.00	≥51	10.00
41	9.75	50	9.50
40	9.50	49	9.00
38-39	9.25	46-48	8.75
37	9.00	44-45	8.50
34-36	8.75	42-43	8.25
31-33	8.50	40-41	8.00
27-30	8.25	37-39	7.75
24-26	8.00	35-36	7.50
21-23	7.75	33-34	7.40
18-20	7.50	30-32	7.30
16-17	7.40	28-29	7.20
14-15	7.30	26-27	7.10
12-13	7.20	24-25	7.00
10-11	7.10	22-23	6.00
9	7.00	20-21	4.00
8	6.00	18-19	2.00
7	5.00	<18	0.00
6	4.00		
5	3.00		
4	2.00		
3	1.00		
<3	0.00		

Figure A14.10. Fitness Assessment Score Chart for Females 25-20.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:25	<59	50.00
11:25-11:36	59-67	47.50
11:37-11:54	68-75	45.00
11:55-12:30	76-80	43.50
12:31-13:12	81-85	42.00
13:13-14:00	86-90	40.50
14:01-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-106	36.00
15:49-16:24	107-112	34.00
16:25-16:54	113-119	32.00
16:55-17:36	120-126	30.00
17:37-18:12	127-135	27.00
18:13-18:54	136-139	24.00
18:55-19:42	140-142	21.00
19:43-20:36	134-146	18.00
20:37-21:30	147-149	15.00
21:31-22:30	150-153	12.00
22:31-23:36	154-157	9.00
23:37-24:48	158-160	6.00
24:49-26:06	161-164	3.00
>26:06	>164	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥41	10.00	≥47	10.00
40	9.75	46	9.50
38-39	9.50	45	9.00
36-37	9.25	42-44	8.75
35	9.00	40-41	8.50
31-34	8.75	38-39	8.25
28-30	8.50	36-37	8.00
25-27	8.25	34-35	7.75
22-24	8.00	31-33	7.50
19-21	7.75	29-30	7.40
16-18	7.50	27-28	7.30
14-15	7.40	25-26	7.20
13	7.30	23-24	7.10
11-12	7.20	21-22	7.00
10	7.10	19-20	6.00
8-9	7.00	17-18	4.00
7	6.00	15-16	2.00
6	5.00	<15	0.00
5	4.00		
4	3.00		
3	2.00		
2	1.00		
<2	0.00		

Figure A14.11. Fitness Assessment Score Chart for Females 30-34.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:55	<59	50.00
11:55-12:30	59-67	47.50
12:31-12:54	68-75	45.00
12:55-13:12	76-80	43.50
13:13-13:36	81-85	42.00
13:37-14:24	86-90	40.50
14:25-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-106	36.00
15:49-16:24	107-112	34.00
16:25-16:54	113-119	32.00
16:55-17:36	120-126	30.00
17:37-18:12	127-135	27.00
18:13-18:54	136-139	24.00
18:55-19:42	140-142	21.00
19:43-20:36	134-146	18.00
20:37-21:30	147-149	15.00
21:31-22:30	150-153	12.00
22:31-23:36	154-157	9.00
23:37-24:48	158-160	6.00
24:49-26:06	161-164	3.00
>26:06	>164	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥40	10.00	≥42	10.00
39	9.75	41	9.50
37-38	9.50	40	9.00
35-36	9.25	37-39	8.75
33-34	9.00	35-36	8.50
29-32	8.75	33-34	8.25
26-28	8.50	31-32	8.00
23-25	8.25	29-30	7.75
20-22	8.00	27-28	7.50
17-19	7.75	25-26	7.40
14-16	7.50	23-24	7.30
12-13	7.40	22	7.20
11	7.30	20-21	7.10
10	7.20	18-19	7.00
9	7.10	16-17	6.00
7-8	7.00	13-15	4.00
6	6.00	11-12	2.00
5	5.00	<11	0.00
4	4.00		
3	3.00		
2	2.00		
1	1.00		
0	0.00		

Figure A14.12. Fitness Assessment Score Chart for Females 35-39.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<11:55	<60	50.00
11:55-12:30	60-67	47.50
12:31-12:54	68-76	45.00
12:55-13:12	77-80	43.50
13:13-13:36	81-85	42.00
13:37-14:24	86-90	40.50
14:25-14:54	91-95	39.00
14:55-15:18	96-100	37.50
15:19-15:48	101-105	36.00
15:49-16:24	106-112	34.00
16:25-16:54	113-118	32.00
16:55-17:36	119-125	30.00
17:37-18:12	126-136	27.00
18:13-18:54	137-140	24.00
18:55-19:42	141-143	21.00
19:43-20:36	144-147	18.00
20:37-21:30	148-150	15.00
21:31-22:30	151-154	12.00
22:31-23:36	155-158	9.00
23:37-24:48	159-161	6.00
24:49-26:06	162-165	3.00
>26:06	>165	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.50	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥30	10.00	≥40	10.00
29	9.75	38-39	9.50
28	9.50	37	9.00
27	9.25	35-36	8.75
26	9.00	33-34	8.50
23-25	8.75	31-32	8.25
21-22	8.50	29-30	8.00
19-20	8.25	27-28	7.75
17-18	8.00	25-26	7.50
15-16	7.75	23-24	7.40
13-14	7.50	21-22	7.30
11-12	7.40	20	7.20
10	7.30	18-19	7.10
9	7.20	16-17	7.00
8	7.10	14-15	6.00
6-7	7.00	12-13	4.00
4-5	6.00	9-11	2.00
3	4.00	<9	0.00
1-2	2.00		
<1	0.00		

Figure A14.13. Fitness Assessment Score Chart for Females 40-44.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<12:31	<60	50.00
12:31-12:54	60-67	47.50
12:55-13:12	68-76	45.00
13:13-14:00	77-80	43.50
14:01-14:54	81-85	42.00
14:55-15:48	86-90	40.50
15:49-16:24	91-95	39.00
16:25-16:54	96-100	37.50
16:55-17:36	101-105	36.00
17:37-18:12	106-112	34.00
18:13-18:54	113-118	32.00
18:55-19:42	119-125	30.00
19:43-20:36	126-136	27.00
20:37-21:30	137-140	24.00
21:31-22:30	141-143	21.00
22:31-23:36	144-147	18.00
23:37-24:48	148-150	15.00
24:49-26:06	151-154	12.00
26:07-27:36	155-158	9.00
27:27-29:18	159-161	6.00
29:19-31:12	162-165	3.00
>31:12	>165	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥20	10.00	≥38	10.00
19	9.50	36-37	9.50
18	9.00	34-35	9.00
16-17	8.75	32-33	8.75
15	8.50	30-31	8.50
14	8.25	28-29	8.25
13	8.00	26-27	8.00
12	7.75	24-25	7.75
11	7.50	22-23	7.50
9-10	7.40	20-21	7.40
8	7.30	18-19	7.30
7	7.20	17	7.20
6	7.10	15-16	7.10
5	7.00	13-14	7.00
3-4	6.00	11-12	6.00
2	4.00	9-10	4.00
1	2.00	7-8	2.00
0	0.00	<7	0.00

Figure A14.14. Fitness Assessment Score Chart for Females 45-49.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<12:31	<63	50.00
12:31-12:54	63-70	47.50
12:55-13:12	71-78	45.00
13:13-14:00	79-83	43.50
14:01-14:54	84-88	42.00
14:55-15:48	89-93	40.50
15:49-16:24	94-98	39.00
16:25-16:54	99-102	37.50
16:55-17:36	103-108	36.00
17:37-18:12	109-114	34.00
18:13-18:54	115-121	32.00
18:55-19:42	122-127	30.00
19:43-20:36	128-137	27.00
20:37-21:30	138-141	24.00
21:31-22:30	142-145	21.00
22:31-23:36	146-148	18.00
23:37-24:48	149-152	15.00
24:49-26:06	153-156	12.00
26:07-27:36	157-160	9.00
27:27-29:18	161-163	6.00
29:19-31:12	164-167	3.00
>31:12	>167	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥18	10.00	≥34	10.00
17	9.50	33	9.50
16	9.00	32	9.00
14-15	8.75	30-31	8.75
13	8.50	28-29	8.50
12	8.25	26-27	8.25
11	8.00	24-25	8.00
10	7.75	22-23	7.75
9	7.50	20-21	7.50
8	7.40	18-19	7.40
7	7.30	16-17	7.30
6	7.20	14-15	7.20
5	7.10	12-13	7.10
4	7.00	10-11	7.00
3	6.00	8-9	6.00
2	4.00	7	4.00
1	2.00	6	2.00
0	0.00	<6	0.00

Figure A14.15. Fitness Assessment Score Chart for Females 50-54.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<14:25	<63	50.00
14:25-14:54	63-70	47.50
14:55-15:18	71-78	45.00
15:19-16:24	79-83	43.50
16:25-16:54	84-88	42.00
16:55-17:36	89-93	40.50
17:37-18:12	94-98	39.00
18:13-18:54	99-102	37.50
18:55-19:42	103-108	36.00
19:43-20:36	109-114	34.00
20:37-21:30	115-121	32.00
21:31-22:30	122-127	30.00
22:31-23:36	128-137	27.00
23:37-24:48	138-141	24.00
24:49-26:06	142-145	21.00
26:07-27:36	146-148	18.00
27:27-29:18	149-152	15.00
29:19-31:12	153-156	12.00
31:13-33:18	157-160	9.00
33:19-35:48	161-163	6.00
35:49-38:36	164-167	3.00
>38:36	>167	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥16	10	≥30	10
15	9.50	29	9.00
14	9.00	27-28	8.75
13	8.75	25-26	8.50
12	8.50	23-24	8.25
11	8.25	21-22	8.00
10	8.00	19-20	7.75
9	7.75	17-18	7.50
8	7.50	15-16	7.40
7	7.40	13-14	7.30
6	7.30	11-12	7.20
5	7.20	9-10	7.10
4	7.10	7-8	7.00
3	7.00	5-6	6.00
2	6.00	3-4	4.00
1	3.00	1-2	2.00
<1	0.00	<1	0.00

Figure A14.16. Fitness Assessment Score Chart for Females 55+.

Aerobic Fitness		
1.5 Mile Run Time (min)	3 Min Step (recovery pulse)	Component Points
<14:25	<66	50.00
14:25-14:54	66-73	47.50
14:55-15:18	74-81	45.00
15:19-16:24	82-86	43.50
16:25-16:54	87-91	42.00
16:55-17:36	92-96	40.50
17:37-18:12	97-101	39.00
18:13-18:54	102-106	37.50
18:55-19:42	107-111	36.00
19:43-20:36	112-117	34.00
20:37-21:30	118-124	32.00
21:31-22:30	125-130	30.00
22:31-23:36	131-140	27.00
23:37-24:48	141-144	24.00
24:49-26:06	145-147	21.00
26:07-27:36	148-151	18.00
27:27-29:18	152-154	15.00
29:19-31:12	155-158	12.00
31:13-33:18	159-162	9.00
33:19-35:48	163-165	6.00
35:49-38:36	166-169	3.00
>38:36	>169	0.00

Body Composition	
Abdominal Circumference	Component Points
<29.5	30.00
29.50	28.75
30.00	27.50
30.50	26.25
31.00	25.00
31.50	23.75
32.00	22.50
32.50	22.30
33.00	22.00
33.50	21.80
34.00	21.50
34.50	21.30
35.00	21.00
35.50	18.00
36.00	15.00
36.50	12.00
37.00	9.00
37.50	6.00
38.00	3.00
>38.00	0.00

Muscle Fitness			
1-minute Push-up (#Reps)	Component Points	1 Minute Crunch (#Reps)	Component Points
≥14	10.00	≥27	10.00
13	9.50	26	9.50
12	9.00	25	9.00
10-11	8.50	23-24	8.75
9	8.00	21-22	8.50
7-8	7.50	19-20	8.25
6	7.40	18	8.00
5	7.30	16-17	7.75
4	7.20	14-15	7.50
3	7.10	12-13	7.40
2	7.00	10-11	7.30
1	6.00	8-9	7.20
<1	0.00	6-7	7.10
		4-5	7.00
		3	6.00
		2	4.00
		1	2.00
		<1	0.00

Attachment 15

ADMINISTRATIVE AND PERSONNEL ACTIONS FOR THE FP

A15.1. References : Refer to the following AFIs/ANGIs for promotion, reenlistment and extension, formal training, retraining, or assignment procedures: *AFI* 36-2501 *Officer Promotions and Selective Continuation; AFI* 36-2626, *Airman Retraining Program;* AETCI 36-2205, *Flying Training Student Administration and Management;* and 737 TRG Instruction 36-3, *Basic Military Training;* ANGI 36-2002, *Enlistment and Reenlistment in the Air National Guard and as a Reserve of the Air Force;* and ANGI 36-2052*, Promotion of Airmen.*

Figure A15.1. Administrative and Personnel Actions for the FP. (See Notes 1. and 2.)

Actions if member fails to participate in FP	1st	2nd	3rd	4 or >
OR				
Actions for Poor Fitness Score.	>6 mo	>12mo	>18mo	>24mo
	Options			
Verbal Counseling/Letter of Counseling	X			
Letter of Admonition	X			
Verbal Reprimand	X	X		
Letter of Reprimand	X	X	X	
Deny Reenlistment (Note 3)	X	X	X	
Deny Voluntary Retraining	X	X	X	
Deny Formal Training	X	X	X	
Limit Supervisory Responsibilities	X	X	X	
Remove Supervisory Responsibilities	X	X	X	
Performance Report Comments on Poor Fitness Score/Progress (Note 4)	X	X	X	
Prepare "Directed by Commander" Report for Poor Fitness Score (Note 4)	X	X	X	
Promotion Propriety Action (Note 5 and 6)	X	X	X	
Administrative Demotion (Note 7)				X
Administrative Separation (Note 8)				X
Retention with continuation in FIP and appropriate administrative actions from column three				X

NOTES:

1. This figure provides the normal sequence and timing of administrative and personnel actions for poor fit ratings after enrollment into FIP. Unit commanders exercise their discretion when select-

ing an action for members earning a poor fitness assessment score or failing to participate. However, unit commander discretion is limited by the options listed in this attachment. Failure to report for a scheduled fitness appointment may, depending on the circumstances, be deemed a failure to report to an appointed place of duty. Unit commanders should consider the level of effort an individual is making toward their fitness and health conditions as a significant factor when determining the severity of the administrative or personnel action.

2. Unit commanders should take progressively more severe administrative actions, based on the number of poor fitness scores an individual has received or appointments they have missed, and so on. Commanders may use one or more of the actions from the appropriate columns at each step. Don't use the same action for more than two consecutive times (except for Officer and Enlisted Performance Reports comments or for members with a composite fitness score <70 for >12 months). Failing to maintain standards or meeting a mandatory appointment doesn't need to be consecutive for administrative or personnel actions.

3. Members will not be permitted to reenlist. However, the unit commander may submit a waiver to extend the member based on their demonstrated performance and sincere desire to achieve an "Excellent or Good Score" under the FIP**.** The waiver request must be routed through command echelons to the Air Division in the Office of the Adjutant General for approval or disapproval. Waivers may be granted for a minimum period of six months or a period not to exceed 12 months.

4. Applicable to enlisted (AGR) personnel and all officers.

5. Enlisted personnel who have received a poor fit score are not eligible for promotion.

6. Officers Only. Commanders may delay an officer's mandatory promotion up to six (6) months in accordance with AFI 36-2504, *Officer Promotion, Continuation and Selective Early Removal in the Reserve of the Air Force,* chapter 7.

7. The unit commander will follow procedures in ANGI 36-2503, Administrative Demotion of Airmen, to demote enlisted personnel. (Officers cannot be administratively demoted).

8. The unit commander will make an administrative separation or retention recommendation to the Wing Commander, when an individual receives four poor fitness scores in a 24-month period following enrollment into the FIP. Commanders follow procedures in AFI 36-3209, *Separation Procedures for Air National Guard and Air Force Reserve Members*.

Attachment 16

SAMPLE MEMO FOR TDY/PME/STATE TO STATE TRANSFER
(Appropriate Letterhead)

(Date)

MEMORANDUM FOR COMMANDANT/TDY COMMANDER

FROM: UNIT COMMANDER

SUBJECT: Fitness Intervention, Follow-up, and Testing Requirements

1. (Rank, Name)_____received a poor / marginal (circle one) fitness score on (date). He/she is enrolled in the following improvement program:

Fitness Improvement Program (FIP)

2. This member must continue on the FIP while TDY. Please ensure enrollment in local programs.

3. The member must retest NLT (date)

4. The member out processed this unit on _____ (State-to-State Transfer only).

(Signature, Unit Commander)

Attachment:
Individual Fitness Assessment Report

1st Ind, COMMANDANT/COMMANDER

(Date)

MEMORANDUM FOR UNIT COMMANDER

1. (Rank. Name)_____ did / did not enroll and participate in the required improvement programs.

2. A fitness assessment was accomplished on (test date)_____
with a score of _____ (composite fitness score)

(Commandant)

Attachment:
Individual Fitness Assessment Report