

FITNESSGRAM® Standards for the Healthy Fitness Zone™

BOYS														
Age	VO ₂ max (ml · kg ⁻¹ · min ⁻¹)		20-meter PACER (Enter # laps in software)		15-meter PACER (Use conversion chart; enter in software)†		One-mile run (min:sec)		Walk test (VO ₂ max)		Percent fat		Body mass index	
5			Participation in run.				Completion of distance.				25	10	20	14.7
6			Lap count standards not recommended.				Time standards not recommended.				25	10	20	14.7
7											25	10	20	14.9
8											25	10	20	15.1
9											25	7	20	13.7
10	42	52	23	61	30	80	11:30	9:00			25	7	21	14.0
11	42	52	23	72	30	94	11:00	8:30			25	7	21	14.3
12	42	52	32	72	42	94	10:30	8:00			25	7	22	14.6
13	42	52	41	83	54	108	10:00	7:30	42	52	25	7	23	15.1
14	42	52	41	83	54	108	9:30	7:00	42	52	25	7	24.5	15.6
15	42	52	51	94	67	123	9:00	7:00	42	52	25	7	25	16.2
16	42	52	61	94	80	123	8:30	7:00	42	52	25	7	26.5	16.6
17	42	52	61	106	80	138	8:30	7:00	42	52	25	7	27	17.3
17+	42	52	72	106	94	138	8:30	7:00	42	52	25	7	27.8	17.8

Age	Curl-up (no. completed)		Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
5	2	10	6	12	3	8	2	7	2	8	8	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.
6	2	10	6	12	3	8	2	7	2	8	8	
7	4	14	6	12	4	10	3	9	3	8	8	
8	6	20	6	12	5	13	4	11	3	10	8	
9	9	24	6	12	6	15	5	11	4	10	8	
10	12	24	9	12	7	20	5	15	4	10	8	
11	15	28	9	12	8	20	6	17	6	13	8	
12	18	36	9	12	10	20	7	20	10	15	8	
13	21	40	9	12	12	25	8	22	12	17	8	
14	24	45	9	12	14	30	9	25	15	20	8	
15	24	47	9	12	16	35	10	27	15	20	8	
16	24	47	9	12	18	35	12	30	15	20	8	
17	24	47	9	12	18	35	14	30	15	20	8	
17+	24	47	9	12	18	35	14	30	15	20	8	

Number on left is lower end of HFZ; number on right is upper end of HFZ.

*Test scored Pass/Fail; must reach this distance to pass.

†Conversion chart on page 94.

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FITNESSGRAM[®] Standards for the Healthy Fitness Zone[™]

GIRLS														
Age	VO ₂ max (ml · kg ⁻¹ · min ⁻¹)		20-meter PACER (Enter # laps in software)		15-meter PACER (Use conversion chart; enter in software)†		One-mile run (min:sec)		Walk test (VO ₂ max)		Percent fat		Body mass index	
5			Participation in run.				Completion of distance.				32	17	21	16.2
6			Lap count standards not recommended.				Time stan- dards not re- commended.				32	17	21	16.2
7									32	17	22	16.2		
8									32	17	22	16.2		
9									32	13	23	13.5		
10	39	47	7	41	9	54	12:30	9:30			32	13	23.5	13.7
11	38	46	15	41	19	54	12:00	9:00			32	13	24	14.0
12	37	45	15	41	19	54	12:00	9:00			32	13	24.5	14.5
13	36	44	23	51	30	67	11:30	9:00	36	44	32	13	24.5	14.9
14	35	43	23	51	30	67	11:00	8:30	35	43	32	13	25	15.4
15	35	43	32	51	42	67	10:30	8:00	35	43	32	13	25	16.0
16	35	43	32	61	42	80	10:00	8:00	35	43	32	13	25	16.4
17	35	43	41	61	54	80	10:00	8:00	35	43	32	13	26	16.8
17+	35	43	41	72	54	94	10:00	8:00	35	43	32	13	27.3	17.2

Age	Curl-up (no. completed)		Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)		Shoulder stretch	
5	2	10	6	12	3	8	2	7	2	8	9		Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.	
6	2	10	6	12	3	8	2	7	2	8	9			
7	4	14	6	12	4	10	3	9	3	8	9			
8	6	20	6	12	5	13	4	11	3	10	9			
9	9	22	6	12	6	15	4	11	4	10	9			
10	12	26	9	12	7	15	4	13	4	10	9			
11	15	29	9	12	7	15	4	13	6	12	10			
12	18	32	9	12	7	15	4	13	7	12	10			
13	18	32	9	12	7	15	4	13	8	12	10			
14	18	32	9	12	7	15	4	13	8	12	10			
15	18	35	9	12	7	15	4	13	8	12	12			
16	18	35	9	12	7	15	4	13	8	12	12			
17	18	35	9	12	7	15	4	13	8	12	12			
17+	18	35	9	12	7	15	4	13	8	12	12			

Number on left is lower end of HFZ; number on right is upper end of HFZ.

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