



**FITNESSGRAM®**  
Standards for Healthy Fitness Zone\*

The *FITNESSGRAM®* uses criterion-referenced standards to evaluate fitness performance. These standards, established by The Cooper Institute, represent levels of fitness that offer protection against the diseases that result from sedentary living. (Rev. 10/11/2005)

**FEMALES**

Age	One Mile Run min:sec	20m PACER # laps	Walk Test VO <sub>2max</sub> *** ml/kg/min	Skinfold Measurement percent fat	Body Mass Index	Curl-Up # completed
5	Completion of distance. Time standards not recommended.	Participate in run. Lap count standards not recommended.	VO <sub>2max</sub> standards not available.	17 – 32	16.2 – 21.0	2 – 10
6				17 – 32	16.2 – 21.0	2 – 10
7				17 – 32	16.2 – 22.0	4 – 14
8				17 – 32	16.2 – 22.0	6 – 20
9				13 – 32	13.5 – 23.0	9 – 22
10	12:30 – 9:30	7 – 41		13 – 32	13.7 – 23.5	12 – 26
11	12:00 – 9:00	15 – 41		13 – 32	14.0 – 24.0	15 – 29
12	12:00 – 9:00	15 – 41		13 – 32	14.5 – 24.5	18 – 32
13	11:30 – 9:00	23 – 51	36 – 44	13 – 32	14.9 – 24.5	18 – 32
14	11:00 – 8:30	23 – 51	35 – 43	13 – 32	15.4 – 25.0	18 – 32
15	10:30 – 8:00	32 – 51	35 – 43	13 – 32	16.0 – 25.0	18 – 35
16	10:00 – 8:00	32 – 61	35 – 43	13 – 32	16.4 – 25.0	18 – 35
17	10:00 – 8:00	41 – 61	35 – 43	13 – 32	16.8 – 26.0	18 – 35
17+	10:00 – 8:00	41 – 72	35 – 43	13 – 32	17.2 – 27.3	18 – 35
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach** inches	Shoulder Stretch
5	6 – 12	3 – 8	2 – 7	2 – 8	9	Touching fingertips together behind the back on <u>both</u> the right and left sides.
6	6 – 12	3 – 8	2 – 7	2 – 8	9	
7	6 – 12	4 – 10	3 – 9	3 – 8	9	
8	6 – 12	5 – 13	4 – 11	3 – 10	9	
9	6 – 12	6 – 15	4 – 11	4 – 10	9	
10	9 – 12	7 – 15	4 – 13	4 – 10	9	
11	9 – 12	7 – 15	4 – 13	6 – 12	10	
12	9 – 12	7 – 15	4 – 13	7 – 12	10	
13	9 – 12	7 – 15	4 – 13	8 – 12	10	
14	9 – 12	7 – 15	4 – 13	8 – 12	10	
15	9 – 12	7 – 15	4 – 13	8 – 12	12	
16	9 – 12	7 – 15	4 – 13	8 – 12	12	
17	9 – 12	7 – 15	4 – 13	8 – 12	12	
17+	9 – 12	7 – 15	4 – 13	8 – 12	12	

\*Number on the left is lower end of the HFZ; number on right is the upper end of the HFZ.  
 \*\*Test scored pass/fail. The student must reach this distance to pass.  
 \*\*\*Aerobic capacity (VO<sub>2max</sub>) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time and heart rate at the end of the walk into the Rockport Fitness Walking Test equation.