

Standards for Health-Related Fitness Zones

I = Needs Improvement Zone (does not meet health-related standard)

F = Health Fitness Zone (meets health-related standard)

H = High Fitness Performance Zone (exceeds health-related standard)

Boys

| Age | 20-meter PACER | | | 15-Meter PACER | | | One-Mile Run/Walk | | | Sit-and-Reach | | | 90° Push-Ups | | | Curl-Ups | | | |
|-----|----------------|-------|--------|----------------|-------|--------|-------------------|---------|--------------|---------------|-----|---|--------------|------|-------|----------|------|-------|-----|
| | Zone | I | F | H | I | F | H | I | F | H | I | F | H | I | F | H | I | F | H |
| 8 | | 0-22* | 23-61* | >61* | 0-29* | 30-80* | >80* | >12:30* | 12:30-10:00* | <10:00* | 0-7 | 8 | | 0-4 | 5-13 | >13 | 0-5 | 6-20 | >20 |
| 9 | | 0-22* | 23-61* | >61* | 0-29* | 30-80* | >80* | >12:00* | 12:00-9:30* | <9:30* | 0-7 | 8 | | 0-5 | 6-15 | >15 | 0-8 | 9-24 | >24 |
| 10 | | 0-22 | 23-61 | >61 | 0-29 | 30-80 | >80 | >11:30 | 11:30-9:00 | <9:00 | 0-7 | 8 | | 0-6 | 7-20 | >20 | 0-11 | 12-24 | >24 |
| 11 | | 0-22 | 23-72 | >72 | 0-29 | 30-94 | >94 | >11:00 | 11:00-8:30 | <8:30 | 0-7 | 8 | | 0-7 | 8-20 | >20 | 0-14 | 15-28 | >28 |
| 12 | | 0-31 | 32-72 | >72 | 0-41 | 42-94 | >94 | >10:30 | 10:30-8:00 | <8:00 | 0-7 | 8 | | 0-9 | 10-20 | >20 | 0-17 | 18-36 | >36 |
| 13 | | 0-40 | 41-83 | >83 | 0-53 | 54-108 | >108 | >10:00 | 10:00-7:30 | <7:30 | 0-7 | 8 | | 0-11 | 12-25 | >25 | 0-20 | 21-40 | >40 |
| 14 | | 0-40 | 41-83 | >83 | 0-53 | 54-108 | >108 | >9:30 | 9:30-7:00 | <7:00 | 0-7 | 8 | | 0-13 | 14-30 | >30 | 0-23 | 24-45 | >45 |
| 15 | | 0-50 | 51-94 | >94 | 0-66 | 67-123 | >123 | >9:00 | 9:00-7:00 | <7:00 | 0-7 | 8 | | 0-15 | 16-35 | >35 | 0-23 | 24-47 | >47 |
| 16 | | 0-60 | 61-94 | >94 | 0-79 | 80-123 | >123 | >8:30 | 8:30-7:00 | <7:00 | 0-7 | 8 | | 0-17 | 18-35 | >35 | 0-23 | 24-47 | >47 |
| 17 | | 0-60 | 61-106 | >106 | 0-79 | 80-138 | >138 | >8:30 | 8:30-7:00 | <7:00 | 0-7 | 8 | | 0-17 | 18-35 | >35 | 0-23 | 24-47 | >47 |
| 17+ | | 0-71 | 72-106 | >106 | 0-93 | 94-138 | >138 | >8:30 | 8:30-7:00 | <7:00 | 0-7 | 8 | | 0-17 | 18-35 | >35 | 0-23 | 24-47 | >47 |

Girls

| Age | 20-meter PACER | | | 15-Meter PACER | | | One-Mile Run/Walk | | | Sit-and-Reach | | | 90° Push-Ups | | | Curl-Ups | | | |
|-----|----------------|------|-------|----------------|------|-------|-------------------|---------|--------------|---------------|------|----|--------------|-----|------|----------|------|-------|-----|
| | Zone | I | F | H | I | F | H | I | F | H | I | F | H | I | F | H | I | F | H |
| 8 | | 0-6* | 7-41* | >41* | 0-8 | 9-54* | >54* | >12:30* | 12:30-10:00* | <10:00* | 0-8 | 9 | | 0-4 | 5-13 | >13 | 0-5 | 6-20 | >20 |
| 9 | | 0-6* | 7-41* | >41* | 0-8 | 9-54* | >54* | >12:30* | 12:30-9:30* | <9:30* | 0-8 | 9 | | 0-5 | 6-15 | >15 | 0-8 | 9-22 | >22 |
| 10 | | 0-6 | 7-41 | >41 | 0-8 | 9-54 | >54 | >12:30 | 12:30-9:30 | <9:30 | 0-8 | 9 | | 0-6 | 7-15 | >15 | 0-11 | 12-26 | >26 |
| 11 | | 0-14 | 15-41 | >41 | 0-18 | 19-54 | >54 | >12:00 | 12:00-9:00 | <9:00 | 0-9 | 10 | | 0-6 | 7-15 | >15 | 0-14 | 15-29 | >29 |
| 12 | | 0-14 | 15-41 | >41 | 0-18 | 19-54 | >54 | >12:00 | 12:00-9:00 | <9:00 | 0-9 | 10 | | 0-6 | 7-15 | >15 | 0-17 | 18-32 | >32 |
| 13 | | 0-22 | 23-51 | >51 | 0-29 | 30-67 | >67 | >11:30 | 11:30-9:00 | <9:00 | 0-9 | 10 | | 0-6 | 7-15 | >15 | 0-17 | 18-32 | >32 |
| 14 | | 0-22 | 23-51 | >51 | 0-29 | 30-67 | >67 | >11:00 | 11:00-8:30 | <8:30 | 0-9 | 10 | | 0-6 | 7-15 | >15 | 0-17 | 18-32 | >32 |
| 15 | | 0-31 | 32-51 | >51 | 0-41 | 42-67 | >67 | >10:30 | 10:30-8:00 | <8:00 | 0-11 | 12 | | 0-6 | 7-15 | >15 | 0-17 | 18-35 | >35 |
| 16 | | 0-31 | 32-61 | >61 | 0-41 | 42-80 | >80 | >10:00 | 10:00-8:00 | <8:00 | 0-11 | 12 | | 0-6 | 7-15 | >15 | 0-17 | 18-35 | >35 |
| 17 | | 0-40 | 41-61 | >61 | 0-53 | 54-80 | >80 | >10:00 | 10:00-8:00 | <8:00 | 0-11 | 12 | | 0-6 | 7-15 | >15 | 0-17 | 18-35 | >35 |
| 17+ | | 0-40 | 41-72 | >72 | 0-53 | 54-94 | >94 | >10:00 | 10:00-8:00 | <8:00 | 0-11 | 12 | | 0-6 | 7-15 | >15 | 0-17 | 18-35 | >35 |

*Indicates experimental performance standard, based on expert opinion