Cardiorespiratory Fitness			oring / Males < 25 years of age				
Run Time							
Solution   Solution	D	Cardiorespii	ratory Fitness				
9:12 ≥100 Low Risk 60.0  9:13 - 9:34 94 - 99 Low Risk 59.5  9:25 - 9:45 92 - 93 Low Risk 59.5  9:26 - 9:58 88 - 91 Low Risk 58.5  9:59 - 10:10 86 - 87 Low Risk 58.5  10:21 - 10:23 83 - 85 Low Risk 57.5  10:24 - 10:37 80 - 82 Low Risk 57.5  10:23 - 10:37 80 - 82 Low Risk 57.5  10:23 - 10:46 7 - 79 Low Risk 56.5  10:52 - 11:06 7 - 79 Low Risk 56.5  10:52 - 11:06 7 - 79 Low Risk 56.5  11:27 - 11:22 7 1 - 73 Low Risk 55.5  11:23 - 11:38 68 - 70 Low Risk 55.5  11:23 - 11:38 68 - 70 Low Risk 55.0  11:27 - 11:22 1 Low Risk 55.5  11:57 - 12:14 62 - 64 Low Risk 55.0  11:57 - 12:14 62 - 64 Low Risk 54.5  11:57 - 12:14 52 - 64 Low Risk 54.5  11:57 - 12:14 52 - 65 - 67 Low Risk 54.5  11:31 - 13:36 51 - 33 Sp - 61 Low Risk 54.5  12:34 - 13:14 54 - 55 Moderate Risk 53.5  13:15 - 13:36 51 - 33 Moderate Risk 50.5  13:15 - 13:36 51 - 33 Moderate Risk 50.5  13:15 - 13:36 51 - 33 Moderate Risk 50.5  14:01 - 14:25 45 - 47 High Risk 44.0  14:25 14:52 42 - 44 High Risk 44.0  14:25 14:52 42 - 44 High Risk 44.0  14:53 - 15:20 39 - 41 High Risk 44.0  14:53 - 15:20 39 - 41 High Risk 38.0  15:21 - 15:59* 36*-38 High Risk 35.0  NOTES:  Health Risk Category = low, moderate or high risk for:  surrent and Tuture cardiovascular disease, diabetes, certain cancers, and other health problems.  **Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 30 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory = 75.0 - 89.9  Unsatisfactory < 75.0		20 m HAMR Shuttles	Health Risk Category	Points			
9:13 - 9:34	` ′	> 100	Low Risk	60.0			
9:35 - 9:45 92 - 93 Low Risk 59.0  9:46 - 9:58 88 - 91 Low Risk 58.5  9:59 - 10:10 86 - 87 Low Risk 58.0  10:11 - 10:23 83 - 85 Low Risk 57.5  10:24 - 10:37 80 - 82 Low Risk 57.0  10:38 - 10:51 77 - 79 Low Risk 56.5  10:52 - 11:06 74 - 76 Low Risk 56.5  11:07 - 11:22 77 - 17 3 Low Risk 56.5  11:07 - 11:22 77 - 17 3 Low Risk 56.5  11:23 - 11:38 68 - 80 Low Risk 55.5  11:23 - 11:38 68 - 70 Low Risk 55.5  11:39 - 11:56 65 - 67 Low Risk 55.0  11:37 - 12:14 62 - 64 Low Risk 54.5  11:57 - 12:14 62 - 64 Low Risk 54.5  11:51 - 12:33 59 - 61 Low Risk 54.5  12:34 - 12:35 55 - 56 - 58 Moderate Risk 54.0  12:45 - 13:14 54 - 55 Moderate Risk 50.5  13:37 - 14:00 48 - 50 High Risk 40.0  13:37 - 14:00 48 - 50 High Risk 40.0  14:25 - 14:52 42 + 44 High Risk 40.0  14:25 - 14:52 42 + 44 High Risk 40.0  15:21 - 15:50 30 - 30 + 41 High Risk 40.0  15:21 - 15:50 36 - 38 High Risk 40.0  15:21 - 15:50 36 - 38 High Risk 35.0  15:21 - 15:50 36 - 39 - 30 - 38 High Risk 35.0  15:21 - 15:50 36 - 30 - 38 High Risk 35.0  15:21 - 15:50 36 - 38 High Risk 35.0  15:21 - 15:50 36 - 30 - 38 High Risk 35.0  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excelent ≥ 90.0 pts  Satisfactory < 75.0 - 89.9  Unsatisfactory < 75.0 - 99.9  Unsatisfactory < 75.0							
9:46-9:58							
9:59 - 10:10			Low Risk				
10:24 - 10:37							
10:24 - 10:37							
10:38 - 10:51	10:24 - 10:37	80 - 82	Low Risk	57.0			
11:07 - 11:22		77 - 79	Low Risk	56.5			
11:23 - 11:38	10:52 - 11:06	74 - 76	Low Risk	56.0			
11:39 - 11:56	11:07 - 11:22	71 - 73	Low Risk	55.5			
11:39 - 11:56	11:23 - 11:38	68 - 70	Low Risk	55.0			
12:15 - 12:33   59 - 61		65 - 67	Low Risk	54.5			
12:34 - 12:53	11:57 - 12:14	62 - 64	Low Risk	54.0			
12:54 - 13:14	12:15 - 12:33	59 - 61	Low Risk	53.5			
13:15 - 13:36	12:34 - 12:53	56 - 58	Moderate Risk	52.0			
13:37 - 14:00	12:54 - 13:14	54 - 55	Moderate Risk	50.5			
14:01 - 14:25	13:15 - 13:36	51 - 53	Moderate Risk	49.0			
14:26 - 14:52	13:37 - 14:00	48 - 50	High Risk	46.5			
14:53 - 15:20	14:01 - 14:25	45 - 47	High Risk	44.0			
15:21 - 15:50*  36*- 38  High Risk  35.0  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 must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  *Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	14:26 - 14:52	42 - 44	High Risk	41.0			
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 must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	14:53 - 15:20	39 - 41	High Risk	38.0			
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	15:21 - 15:50*	36*- 38	High Risk	35.0			
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Health Risk Category = low, moderate or high risk for:  current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.  Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and  2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Passing Requirements - member must:  1) achieve a composite point total ≥ 75 points and  2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	current and future cardiovascular d	lisease, diabetes, certain cancers, and	other health problems.				
1) achieve a composite point total ≥ 75 points and 2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
2) meet minimum point values for all components.  * Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
* Minimum Component Values  Run time ≤ 15:50  20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Run time $\leq$ 15:50  20 m HAMR Shuttles $\geq$ 36 Shuttles  Composite Score Categories  Excellent $\geq$ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	2) meet minimum point values for al	ii components.	T				
Run time $\leq$ 15:50  20 m HAMR Shuttles $\geq$ 36 Shuttles  Composite Score Categories  Excellent $\geq$ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	* Minimum Component Values		<u> </u>				
20 m HAMR Shuttles ≥ 36 Shuttles  Composite Score Categories  Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0							
Composite Score Categories  Excellent $\geq 90.0$ pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	_						
Excellent $\geq 90.0$ pts Satisfactory = 75.0 - 89.9 Unsatisfactory < 75.0	Services Services		T				
Excellent ≥ 90.0 pts  Satisfactory = 75.0 - 89.9  Unsatisfactory < 75.0	Composite Score Categories						
Satisfactory = 75.0 - 89.9 Unsatisfactory < 75.0							
Unsatisfactory < 75.0							
<u> </u>							
Final Version	·	Final '	Version				

		USAI	F Fitness A	Assessment Scoring		25 years of age			
				Final Versi					
				Muscular Fit	ness			<b>.</b>	1
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 67	20.0	≥ 40	20.0	≥ 58	20.0	≥ 49	20.0	≥3:35	20.0
66	19.8	39	19.6	57	19.7	48	19.6	3:30	19.7
65	19.6	38	19.2	56	19.4	47	19.3	3:25	19.3
64	19.4	37	18.8	55	19.0	46	18.9	3:18	18.9
63	19.2	36	18.4	54	18.8	45	18.6	3:12	18.5
62	19.0	35	18.0	53	18.4	44	18.2	3:05	18.0
61	18.8	34	17.6	52	18.0	43	17.9	2:45	16.7
60	18.6	33	17.2	51	17.6	42	17.5	2:25	15.3
59	18.4	32	16.8	50	17.4	41	17.1	2:05	14.0
58	18.2	31	16.4	49	17.0	40	16.8	1:55	13.3
57	18.0	30	16.0	48	16.6	39	16.4	1:25	11.3
56	17.8	29	15.6	47	16.0	38	16.1	1:05*	10.0
55	17.7	28	15.2	46	15.0	37	15.7		
54	17.6	27	14.8	45	14.0	36	15.4		
53	17.4	26	14.4	44	13.0	35	15.0		
52	17.2	25	14.0	43	12.6	34	14.6		
51	17.0	24	13.6	42	12.0	33	14.3		
50	16.8	23	13.2	41	9.0	32	13.9		
49	16.6	22	12.8	40	6.0	31	13.6		
48	16.2	21	12.4	39*	3.0	30	13.2		
47	16.0	20	12.0			29	12.9		
46	15.6	19	11.6			28	12.5		
45	15.4	18	11.2			27	12.1		
44	15.0	17	10.8			26	11.8		
43	14.6 14.4	16 15*	10.4			25 24	11.4		
41	14.4	15"	10.0			23	11.1 10.7		
40	13.6					22	10.7		
39	13.0					21*	10.4		
38	12.6					21	10.0		
37	12.0								
36	11.6								
35	11.0								
34	10.6								
33	10.0								
32	7.0								
31	4.0			* Minimum Comp	onent Val	ues	-	-	
30*	1.0			•					
				Passing Requirem	ents - men	nber <i>must</i> :			
						total ≥ 75 points ar			
			2) meet minimum point values for all components.						
			Composite Score Categories						
				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7					
				Final Versi	on				

		ring / Males 25-29 years of age	
		Version	
	Cardiorespir	atory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
(mins.secs) ≤9:22	≥ 97	Low Risk	60.0
9:23 - 9:45	92 - 96	Low Risk	59.5
9:46 - 9:58	88 - 91	Low Risk	59.0
9:59 - 10:10	86 - 87	Low Risk	58.5
10:11 - 10:23	83 - 85	Low Risk	58.0
10:24 - 10:37	80 - 82	Low Risk	57.5
	77 - 79	Low Risk	
10:38 - 10:51	74 - 76		57.0
10:52 - 11:06	·	Low Risk	56.5
11:07 - 11:22	71 - 73	Low Risk	56.0
11:23 - 11:38	68 - 70	Low Risk	55.5
11:39 - 11:56	65 - 67	Low Risk	55.0
11:57 - 12:14	62 - 64	Low Risk	54.5
12:15 - 12:33	59 - 61	Low Risk	54.0
12:34 - 12:53	56 - 58	Moderate Risk	53.5
12:54 - 13:14	54 - 55	Moderate Risk	52.0
13:15 - 13:36	51 - 53	Moderate Risk	50.5
13:37 - 14:00	48 - 50	High Risk	49.0
14:01 - 14:25	45 - 47	High Risk	46.5
14:26 - 14:52	42 - 44	High Risk	44.0
14:53 - 15:20	39 - 41	High Risk	41.0
15:21 - 15:50	36 - 38	High Risk	38.0
15:51 - 16:22*	33* - 35	High Risk	35.0
NOTES:			
Health Risk Category = low, modera			
current and future cardiovascular d	isease, diabetes, certain cancers, and	l other health problems.	
Passing Requirements - member mu			
1) achieve a composite point total ≥ '			
2) meet minimum point values for al	і сопіропеніх.	г г	
* Minimum Component Volus-			
* Minimum Component Values Run time < 16:22			
_			
20 m HAMR Shuttles ≥ 33 Shuttles		ı	
Composite Score Categories			
Excellent ≥ 90.0 pts Satisfactory = 75.0 - 89.9		-	
Unsatisfactory < 75.0		-	
Unsaustaciory < 75.0	Etnal V	 Version	
	rinai	v C1 S1011	

	USAF Fitness Assessment Scoring / Males 25-29 years of age								
				Final Versi					
			Ī	Muscular Fit	ness		Ī		
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 62	20.0	≥ <b>40</b>	20.0	<u>≥</u> 56	20.0	<u>≥</u> 48	20.0	≥ 3:30	20.0
61	19.7	39	19.6	55	19.5	47	19.6	3:25	19.7
60	19.4	38	19.2	54	19.0	46	19.3	3:20	19.3
59	19.0	37	18.8	53	18.8	45	18.9	3:14	18.9
58	18.8	36	18.4	52	18.4	44	18.6	3:03	18.2
57	18.6	35	18.0	51	18.0	43	18.2	3:00	18.0
56	18.4	34	17.6	50	17.6	42	17.9	2:40	16.7
55	18.2	33	17.2	49	17.4	41	17.5	2:20	15.3
54	18.0	32	16.8	48	17.0	40	17.1	2:00	14.0
53	17.8	31	16.4	47	16.6	39	16.8	1:40	12.7
52	17.6	30	16.0	46	16.0	38	16.4	1:20	11.3
51	17.5	29	15.6	45	15.0	37	16.1	1:00*	10.0
50	17.4	28	15.2	44	14.0	36	15.7		
49	17.2	27	14.8	43	13.0	35	15.4		
48	17.0	26	14.4	42	12.6	34	15.0		
47	16.8	25	14.0	41	12.0	33	14.6		
46	16.6	24	13.6	40	9.0	32	14.3		
45	16.2	23	13.2	39	6.0	31	13.9		
44	16.0	22	12.8	38*	3.0	30	13.6		
43	15.6	21	12.4			29	13.2		
42	15.4	20	12.0			28	12.9		
41	15.0	19	11.6			27	12.5		
40	14.6	18	11.2			26	12.1		
39	14.4	17	10.8			25	11.8		
38	14.0	16	10.4			24	11.4		
37	13.6	15*	10.0			23	11.1		
36	13.0					22	10.7		
35	12.6					21	10.4		
34	12.0					20*	10.0		
33	11.6								
32	11.0								
31	10.6								
30	10.0 7.0								
29 28	4.0								
27*	1.0								
21*	1.0			* Minimum Comp	onent Vel	100			
				winningin Comp	onent val	ucs			
				Passing Requirem	onte - men	ther must:			
						total $\geq$ 75 points <i>a</i>	nd		
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7					
				Final Versi					
<b></b>				rmai veisi	VII				

		ring / Males 30-34 years of age	
		Version	
	Cardiorespin	ratory Fitness	
Run Time	20 m HAMR Shuttles	Health Risk Category	Points
(mins:secs)	> 04	I ow Disk	60.0
≤9:34	<u>&gt; 94</u>	Low Risk	
9:35 - 9:58 9:59 - 10:10	88 - 93 86 - 87	Low Risk Low Risk	59.5
			59.0
10:11 - 10:23	83 - 85	Low Risk	58.5
10:24 - 10:37	80 - 82 77 - 79	Low Risk Low Risk	58.0 57.5
10:38 - 10:51			
10:52 - 11:06	74 - 76	Low Risk	57.0
11:07 - 11:22	71 - 73	Low Risk	56.5
11:23 - 11:38	68 - 70	Low Risk	56.0
11:39 - 11:56	65 - 67	Low Risk	55.5
11:57 - 12:14	62 - 64	Low Risk	55.0
12:15 - 12:33	59 - 61	Low Risk	54.5
12:34 - 12:53	56 - 58	Low Risk	54.0
12:54 - 13:14	54 - 55	Moderate Risk	53.5
13:15 - 13:36	51 - 53	Moderate Risk	52.0
13:37 - 14:00	48 - 50	Moderate Risk	50.5
14:01 - 14:25	45 - 47	High Risk	48.0
14:26 - 14:52	42 - 44	High Risk	45.5
14:53 - 15:20	39 - 41	High Risk	43.0
15:21 - 15:50	36 - 38	High Risk	40.5
15:51 - 16:22	33 - 35	High Risk	38.0
16:23 - 16:57*	30*- 32	High Risk	35.0
NOTES:			
Health Risk Category = low, modera		1.4	
current and future cardiovascular d	isease, diabetes, certain cancers, and	i otner health problems.	
Dogging Doggings	ort •	<u> </u>	
Passing Requirements - member $mu$ 1) achieve a composite point total $\geq$			
2) meet minimum point values for al			
a) meet minimum point values for al	i components.	I I	
* Minimum Component Values		<u> </u>	
Run time < 16:57			
20 m HAMR Shuttles > 30 Shuttles			
20 m marin buddles > 30 buddles		Ţ	
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Ciisausiactoi y < 73.0	Final V	<u>                                     </u>	
	Final	v C1 51UII	

	USAF Fitness Assessment Scoring / Males 30-34 years of age								
				Final Versi					
				Muscular Fit	ness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 57	20.0	<u>≥</u> 40	20.0	<u>≥</u> 54	20.0	<u>≥</u> 47	20.0	≥ 3:25	20.0
56	19.8	39	19.6	53	19.7	46	19.6	3:20	19.7
55	19.6	38	19.2	52	19.4	45	19.3	3:15	19.3
54	19.4	37	18.8	51	19.0	44	18.9	3:09	18.9
53	19.2	36	18.4	50	18.8	43	18.6	3:02	18.5
52	19.0	35	18.0	49	18.4	42	18.2	2:55	18.0
51	18.8	34	17.6	48	18.0	41	17.9	2:35	16.7
50	18.6	33	17.2	47	17.6	40	17.5	2:15	15.3
49	18.5	32	16.8	46	17.4	39	17.1	1:55	14.0
48	18.4	31	16.4	45	17.0	38	16.8	1:35	12.7
47	18.2	30	16.0	44	16.6	37	16.4	1:15	11.3
46	18.0	29	15.6	43	16.0	36	16.1	:55*	10.0
45	17.8	28	15.2	42	15.0	35	15.7		
44	17.6	27	14.8	41	14.0	34	15.4		
43	17.4	26	14.4	40	13.0	33	15.0		
42	17.2	25	14.0	39	12.0	32	14.6		
41	17.0	24	13.6	38	9.0	31	14.3		
40	16.6	23	13.2	37	6.0	30	13.9		
39	16.0	22	12.8	36*	3.0	29	13.6		
38	15.6	21	12.4			28	13.2		
37	15.4	20	12.0			27	12.9		
36	15.0	19	11.6			26	12.5		
35	14.6	18	11.2			25	12.1		
34	14.0	17	10.8			24	11.8		
33	13.6	16	10.4			23	11.4		
32	13.4	15*	10.0			22	11.1		
31	13.0					21	10.7		
30	12.0					20	10.4		
29	11.0					19*	10.0		
28	10.6								
27	10.0								
26	7.0								
25	4.0								
24*	1.0								
	1			* Minimum Comp	onent Vel	lloc			
				· willingin Comp	onent van	ues			
	1			Passing Requirem	onte - men	shor must:			
	<del>                                     </del>						nd.		
	1			<ol> <li>achieve a composite point total ≥ 75 points and</li> <li>meet minimum point values for all components.</li> </ol>					
			2) meet minimum point values for an components.						
				Composite Score (	<sup>T</sup> ategories				
				Excellent ≥ 90.0 pt					
	<del>                                     </del>			Satisfactory = 75.0					
	<del>                                     </del>			Unsatisfactory < 7					
				Final Versi					
				rmai versi	VII				

USAF Fitness Assessment Scoring / Males 35-39 years of age								
		Version						
	Cardiorespii	ratory Fitness						
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points					
≤ 9:45	≥ 92	Low Risk	60.0					
9:46 - 10:10	87 - 91	Low Risk	59.5					
10:11 - 10:23	83 - 85	Low Risk	59.0					
10:24 - 10:37	80 - 82	Low Risk	58.5					
10:38 - 10:51	77 - 79	Low Risk	58.0					
10:52 - 11:06	74 - 76	Low Risk	57.5					
11:07 - 11:22	71 - 73	Low Risk	57.0					
11:23 - 11:38	68 - 70	Low Risk	56.5					
11:39 - 11:56	65 - 67	Low Risk	56.0					
11:57 - 12:14	62 - 64	Low Risk	55.5					
12:15 - 12:33	59 - 61	Low Risk	55.0					
12:34 - 12:53	56 - 58	Low Risk	54.5					
12:54 - 13:14	54 - 55	Moderate Risk	54.0					
13:15 - 13:36	51 - 53	Moderate Risk	53.5					
13:37 - 14:00	48 - 50	Moderate Risk	52.0					
14:01 - 14:25	45 - 47	High Risk	50.5					
14:26 - 14:52	42 - 44	High Risk	48.0					
14:53 - 15:20	39 - 41	High Risk	45.5					
15:21 - 15:50	36 - 38	High Risk	43.0					
15:51 - 16:22	33 - 35	High Risk	40.5					
16:23 - 16:57	30 - 32	High Risk	38.0					
16:58 - 17:34*	27* - 29	High Risk	35.0					
NOTES:								
Health Risk Category = low, modera	ate or <mark>high</mark> risk for:							
current and future cardiovascular d	lisease, diabetes, certain cancers, and	d other health problems.						
Passing Requirements - member mu								
1) achieve a composite point total $\geq$								
2) meet minimum point values for a	ll components.	,						
* Minimum Component Values								
Run time ≤ 17:34								
20 m HAMR Shuttles ≥ 27 Shuttles		, · · · · · · · · · · · · · · · · · · ·						
Composite Score Categories								
Excellent $\geq 90.0$ pts								
Satisfactory = 75.0 - 89.9								
Unsatisfactory < 75.0		<u> </u>						
	Final '	Version						

	USAF Fitness Assessment Scoring / Males 35-39 years of age								
				Final Versi					
				Muscular Fit	ness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 51	20.0	<u>≥</u> 40	20.0	<u>≥</u> 52	20.0	<u>≥</u> 46	20.0	≥ 3:20	20.0
50	19.5	39	19.6	51	19.7	45	19.6	3:15	19.7
49	19.0	38	19.2	50	19.4	44	19.3	3:10	19.3
48	18.8	37	18.8	49	19.0	43	18.9	3:04	18.9
47	18.6	36	18.4	48	18.8	42	18.6	2:57	18.5
46	18.5	35	18.0	47	18.4	41	18.2	2:50	18.0
45	18.4	34	17.6	46	18.0	40	17.9	2:30	16.7
44	18.2	33	17.2	45	17.6	39	17.5	2:10	15.3
43	18.0	32	16.8	44	17.4	38	17.1	1:50	14.0
42	17.8	31	16.4	43	17.0	37	16.8	1:30	12.7
41	17.6	30	16.0	42	16.6	36	16.4	1:10	11.3
40	17.4	29	15.6	41	16.0	35	16.1	:50*	10.0
39	17.2	28	15.2	40	15.0	34	15.7		
38	17.0	27	14.8	39	14.0	33	15.4		
37	16.6	26	14.4	38	13.0	32	15.0		
36	16.0	25	14.0	37	12.0	31	14.6		
35	15.6	24	13.6	36	9.0	30	14.3		
34	15.4	23	13.2	35	6.0	29	13.9		
33	15.0	22	12.8	34*	3.0	28	13.6		
32	14.6	21	12.4			27	13.2		
31	14.0	20	12.0			26	12.9		
30	13.6	19	11.6			25	12.5		
29	13.4	18	11.2			24	12.1		
28	13.0	17	10.8			23	11.8		
27	12.0	16	10.4			22	11.4		
26	11.0	15*	10.0			21	11.1		
25	10.6					20	10.7		
24	10.0					19	10.4		
23	7.0					18*	10.0		
22	4.0								
21*	1.0								
				* Minimum Com	onent Vel	lloc			
				* Minimum Comp	onent val	ucs			
				Passing Requirem	onte - men	ther must:			
						total $\geq$ 75 points <i>ai</i>	nd		
						es for all componen			
				a) meet minimum	pomi valu	co for an componen	11.3.		
			Composite Score Categories						
				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7					
				Final Versi					
L				rillar versi	<b>1011</b>				

USAF Fitness Assessment Scoring / Males 40-44 years of age								
		Version						
	Cardiorespii	atory Fitness						
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points					
< <u>9:58</u>	≥ 88	Low Risk	60.0					
9:59 - 10:23	83 - 87	Low Risk	59.5					
10:24 - 10:37	80 - 82	Low Risk	59.0					
10:38 - 10:51	77 - 79	Low Risk	58.5					
10:52 - 11:06	74 - 76	Low Risk	58.0					
11:07 - 11:22	71 - 73	Low Risk	57.5					
11:23 - 11:38	68 - 70	Low Risk	57.0					
11:39 - 11:56	65 - 67	Low Risk	56.5					
11:57 - 12:14	62 - 64	Low Risk	56.0					
12:15 - 12:33	59 - 61	Low Risk	55.5					
12:34 - 12:53	56 - 58	Low Risk	55.0					
12:54 - 13:14	54 - 55	Low Risk	54.5					
13:15 - 13:36	51 - 53	Low Risk	54.0					
13:37 - 14:00	48 - 50	Low Risk	53.5					
14:01 - 14:25	45 - 47	Moderate Risk	52.0					
14:01 - 14:25	42 - 44	Moderate Risk	50.5					
14:53 - 15:20	39 - 41	Moderate Risk	49.0					
15:21 - 15:50	36 - 38	High Risk	46.5					
	33 - 35	<u> </u>	44.0					
15:51 - 16:22		High Risk						
16:23 - 16:57	30 - 32 27 - 29	High Risk	41.0 38.0					
16:58 - 17:34 17:35 - 18:14*	24* - 26	High Risk	35.0					
17:33 - 18:14**	24** - 20	High Risk	35.0					
Nome								
NOTES:								
Health Risk Category = low, modera	ate or high risk for: lisease, diabetes, certain cancers, and	l other health problems						
current and ruture cardiovascular d	usease, madetes, certain cancers, and 	i other neatth problems.						
Passing Requirements - member mu	et•	<u> </u>						
1) achieve a composite point total ≥								
2) meet minimum point values for a								
-, point (unues for un		T T						
* Minimum Component Values		<u> </u>						
Run time < 18:14								
20 m HAMR Shuttles $\geq$ 24 Shuttles								
		T						
Composite Score Categories								
Excellent ≥ 90.0 pts								
Satisfactory = 75.0 - 89.9								
Unsatisfactory < 75.0		<del>                                     </del>						
Chambractory < 1000	Final V	II Version						
	Filiai	CLOIGH						

		USAF	Fitness A	ssessment Scoring		-44 years of age										
				Final Versi												
				Muscular Fit	ness			•								
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points							
<u>≥</u> 44	20.0	<u>≥</u> 38	20.0	≥ 50	20.0	<u>≥</u> 44	20.0	≥ 3:15	20.0							
43	19.7	37	19.6	49	19.7	43	19.6	3:10	19.7							
42	19.4	36	19.2	48	19.4	42	19.3	3:05	19.3							
41	19.2	35	18.8	47	19.0	41	18.9	2:59	18.9							
40	19.0	34	18.4	46	18.8	40	18.6	2:52	18.5							
39	18.8	33	18.0	45	18.4	39	18.2	2:45	18.0							
38	18.4	32	17.6	44	18.2	38	17.9	2:25	16.7							
37	18.2	31	17.2	43	18.0	37	17.5	2:05	15.3							
36	18.0	30	16.8	42	17.6	36	17.1	2:05	15.3							
35	17.6	29	16.4	41	17.4	35	16.8	1:45	14.0							
34	17.0	28	16.0	40	17.0	34	16.4	1:25	12.7							
33	16.8	27	15.6	39	16.0	33	16.1	1:05	11.3							
32	16.6	26	15.2	38	15.6	32	15.7	:45*	10.0							
31	16.2	25	14.8	37	15.0	31	15.4									
30	16.0	24	14.4	36	14.0	30	15.0									
29	15.0	23	14.0	35	13.0	29	14.6									
28	14.6	22	13.6	34	12.0	28	14.3									
27	14.4	21	13.2	33	9.0	27	13.9									
26	14.0	20	12.8	32	6.0	26	13.6									
25	13.0	19	12.4	31*	3.0	25	13.2									
24	12.0	18	12.0			24	12.9									
23	11.6	17	11.6			23	12.5									
22	11.0	16	11.2			22	12.1									
21	10.0	15	10.8			21	11.8									
20	7.0	14	10.4			20	11.4									
19	4.0	13*	10.0			19	11.1									
18*	1.0					18	10.7									
	1					17	10.4									
	1					16*	10.0									
				* Minimum Comp	onent Vel	lloc		<u> </u>								
				• лупшшит Сотр	onent van	ues										
				Passing Requirem	onta ma-	shon must -										
						total $\geq 75$ points <i>ar</i>	nd.									
	2) meet minimum point values for all components.															
	Composite Score Categories															
				Excellent ≥ 90.0 pt												
				Satisfactory = 75.0												
				Unsatisfactory < 7												
				rinai versi	UII				Final Version							

		ring / Males 45-49 years of age	
		Version	
	Cardiorespin	atory Fitness	
Run Time	20 m HAMR Shuttles	Health Risk Category	Points
(mins:secs)	. 94	L ow Digh	60.0
<u>≤ 10:10</u>	≥86	Low Risk	
10:11 - 10:37 10:38 - 10:51	80 - 85 77 - 79	Low Risk Low Risk	59.5
	·	* ***	59.0
10:52 - 11:06	74 - 76	Low Risk	58.5
11:07 - 11:22	71 - 73	Low Risk Low Risk	58.0
11:23 - 11:38	68 - 70		57.5
11:39 - 11:56	65 - 67	Low Risk	57.0
11:57 - 12:14	62 - 64	Low Risk	56.5
12:15 - 12:33	59 - 61	Low Risk	56.0
12:34 - 12:53	56 - 58	Low Risk	55.5 55.0
12:54 - 13:14	54 - 55 51 - 53	Low Risk	55.0
13:15 - 13:36	51 - 53	Low Risk	54.5
13:37 - 14:00	48 - 50	Low Risk	54.0
14:01 - 14:25	45 - 47	Moderate Risk	53.5
14:26 - 14:52	42 - 44	Moderate Risk	52.0
14:53 - 15:20	39 - 41	Moderate Risk	50.5
15:21 - 15:50	36 - 38	High Risk	49.0
15:51 - 16:22	33 - 35	High Risk	46.5
16:23 - 16:57	30 - 32	High Risk	44.0
16:58 - 17:34	27 - 29	High Risk	41.0
17:35 - 18:14	24 - 26	High Risk	38.0
18:15 - 18:56*	22* - 23	High Risk	35.0
NOTES:			
Health Risk Category = low, modera			
current and future cardiovascular d	isease, diabetes, certain cancers, and	other health problems.	
Dogging Doggings	ort •		
Passing Requirements - member $mu$ 1) achieve a composite point total $\geq$			
2) meet minimum point values for al			
a) meet minimum point values for al	i components.	T I	
* Minimum Component Values			
Run time < 18:56			
20 m HAMR Shuttles $\geq$ 22 Shuttles			
20 m marin bluttes 2 22 bluttles		T	
Composite Score Categories		<del> </del>	
Excellent ≥ 90.0 pts		<del> </del>	
Satisfactory = 75.0 - 89.9		<del> </del>	
Unsatisfactory < 75.0		<del>                                     </del>	
Ciisausiactoi y < 73.0	Final V	llVersion	
	Final	V C1 S1U11	

		USAF	Fitness A	ssessment Scoring		-49 years of age			
				Final Versi					
				Muscular Fit	ness		Ī		
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 44	20.0	<u>≥</u> 38	20.0	<u>≥</u> 48	20.0	43	20.0	≥ 3:10	20.0
43	19.8	37	19.6	47	19.7	42	19.7	3:05	19.7
42	19.6	36	19.2	46	19.4	41	19.4	3:00	19.3
41	19.4	35	18.8	45	19.2	40	19.1	2:54	18.9
40	19.2	34	18.4	44	19.0	39	18.8	2:47	18.5
39	19.0	33	18.0	43	18.8	38	18.4	2:40	18.0
38	18.8	32	17.6	42	18.4	37	18.1	2:20	16.7
37	18.4	31	17.2	41	18.0	36	17.8	2:00	15.3
36	18.2	30	16.8	40	17.6	35	17.5	1:40	14.0
35	18.0	29	16.4	39	17.4	34	17.2	1:20	12.7
34	17.6	28	16.0	38	17.0	33	16.9	1:00	11.3
33	17.0	27	15.6	37	16.6	32	16.6	:40*	10.0
32	16.8	26	15.2	36	16.0	31	16.3		
31	16.6	25	14.8	35	15.6	30	15.9		
30	16.2	24	14.4	34	15.0	29	15.6		
29	16.0	23	14.0	33	14.0	28	15.3		
28	15.0	22	13.6	32	13.0	27	15.0		
27	14.6	21	13.2	31	12.0	26	14.7		
26	14.4	20	12.8	30	9.0	25	14.4		
25	14.0	19	12.4	29	6.0	24	14.1		
24	13.0	18	12.0	28*	3.0	23	13.8		
23	12.6	17	11.6			22	13.4		
22	12.0	16	11.2			21	13.1		
21	11.6	15	10.8			20	12.8		
20	11.0	14	10.4			19	12.5		
19	10.6	13*	10.0			18	12.2		
18	10.0					17	11.9		
17	7.0					16	11.6		
16	4.0					15	11.3		
15*	1.0					14	10.9		
						13	10.6		
						12	10.3		
						11*	10.0		
<b>——</b>									
	<del>                                     </del>								
				* Minimum Comp	onent Vel	106			
				· winningin Comp	onent van	ucs			
<b>-</b>				Passing Requirem	onts . mon	ther must:			
<b>—</b>						total $\geq$ 75 points <i>ai</i>	nd		
				2) meet minimum point values for all components.					
-			Composite Score Categories						
<b>—</b>				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7					
				Final Versi					
<b></b>				rmai veisi	UII				

		ring / Males 50-54 years of age		
		Version		
	Cardiorespir	atory Fitness		
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points	
(mins:secs) ≤ 10:37	≥ 80	Low Risk	60.0	
10:38 - 11:06	<u>2</u> 30 74 - 79	Low Risk	59.5	
11:07 - 11:22	71 - 73	Low Risk	59.0	
11:23 - 11:38	68 - 70	Low Risk	58.5	
11:39 - 11:56	65 - 67	Low Risk	58.0	
11:57 - 12:14	62 - 64	Low Risk	57.5	
12:15 - 12:33	59 - 61	Low Risk	57.0	
12:34 - 12:53	56 - 58	Low Risk	56.5	
12:54 - 13:14	54 - 55	Low Risk	56.0	
13:15 - 13:36	51 - 53	Low Risk	55.5	
13:37 - 14:00	48 - 50	Low Risk	55.0	
14:01 - 14:25	45 - 47	Low Risk	54.5	
14:26 - 14:52	42 - 44	Low Risk	54.0	
14:53 - 15:20	39 - 41	Moderate Risk	53.5	
15:21 - 15:50	36 - 38	Moderate Risk	52.0	
15:51 - 16:22	33 - 35	Moderate Risk	50.5	
16:23 - 16:57	30 - 32	High Risk	48.0	
16:58 - 17:34	27 - 29	High Risk	45.5	
17:35 - 18:14	24 - 26	High Risk	43.0	
18:15 - 18:56	22 - 23	High Risk	40.5	
18:57 - 19:43	19 - 21	High Risk	38.0	
19:44 - 20:33*	16* - 18	High Risk	35.0	
17.44 - 20.33	10 - 10	Iligii Kisk	33.0	
		+		
		<del> </del>		
		+		
NOTES:				
Health Risk Category = low, modera	l ate or high risk for:	l l		
	lisease, diabetes, certain cancers, and	other health problems.		
	,,			
Passing Requirements - member mu	st:			
1) achieve a composite point total ≥	75 points <i>and</i>			
2) meet minimum point values for a	ll components.			
* Minimum Component Values				
<b>Run time</b> ≤ 20:33				
20 m HAMR Shuttles $\geq$ 16 Shuttles				
Composite Score Categories				
Excellent $\geq$ 90.0 pts				
Satisfactory = 75.0 - 89.9				
Unsatisfactory < 75.0				
	Final V	Version		

		USAF	Fitness A	ssessment Scoring		-54 years of age			
				Final Versi					
				Muscular Fit	ness			•	
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 36	20.0	≥ 35	20.0	<u>≥</u> 46	20.0	<u>≥</u> 42	20.0	≥ 3:05	20.0
35	19.7	34	19.6	45	19.7	41	19.7	3:00	19.7
34	19.4	33	19.2	44	19.4	40	19.4	2:55	19.3
33	19.0	32	18.8	43	19.0	39	19.1	2:49	18.9
32	18.8	31	18.3	42	18.8	38	18.8	2:42	18.5
31	18.4	30	17.9	41	18.4	37	18.5	2:35	18.0
30	18.2	29	17.5	40	18.2	36	18.2	2:15	16.7
29	18.0	28	17.1	39	18.0	35	17.9	1:55	15.3
28	17.6	27	16.7	38	17.6	34	17.6	1:35	14.0
27	17.4	26	16.3	37	17.4	33	17.3	1:15	12.7
26	17.0	25	15.8	36	17.0	32	17.0	:55	11.3
25	16.6	24	15.4	35	16.0	31	16.7	:35*	10.0
24	16.0	23	15.0	34	15.6	30	16.4		
23	15.0	22	14.6	33	15.0	29	16.1		
22	14.0	21	14.2	32	14.6	28	15.8		
21	13.0	20	13.8	31	14.0	27	15.5		
20	12.6	19	13.3	30	13.0	26	15.2		
19	12.0	18	12.9	29	12.6	25	14.8		
18	11.6	17	12.5	28	12.0	24	14.5		
17	11.0	16	12.1	27	9.0	23	14.2		
16	10.6	15	11.7	26	6.0	22	13.9		
15	10.0	14	11.3	25*	3.0	21	13.6		
14	7.0	13	10.8			20	13.3		
13	4.0	12	10.4			19	13.0		
12*	1.0	11*	10.0			18	12.7		
						17	12.4		
						16	12.1		
						15	11.8		
						14	11.5		
						13	11.2		
						12	10.9		
						11	10.6		
						10	10.3		
						9*	10.0		
				* Minimum Comp	onent Val	ues			
				-					
				Passing Requirem	ents - men	iber <i>must</i> :			
						total ≥ 75 points <i>ar</i>	nd		
						es for all componen			
	Composite Score Categories								
				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7	5.0				
				Final Versi	on				

		ring / Males 55-59 years of age	
		Version	
	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
(mins.secs) ≤ 10:51	≥ 77	Low Risk	60.0
10:52 - 11:22	<u>≥ / /</u> 71 - 76	Low Risk	59.5
11:23 - 11:38	68 - 70	Low Risk	59.0
11:39 - 11:56	65 - 67	Low Risk	58.5
11:57 - 12:14	62 - 64	Low Risk	58.0
12:15 - 12:33	59 - 61	Low Risk	57.5
12:34 - 12:53	56 - 58	Low Risk	57.0
12:54 - 12:55	54 - 55	Low Risk	56.5
13:15 - 13:36	51 - 53	Low Risk	56.0
13:37 - 14:00	48 - 50	Low Risk	55.5
14:01 - 14:25	45 - 47	Low Risk	55.0
14:26 - 14:52	45 - 47	Low Risk  Low Risk	55.0 54.5
	39 - 41	Moderate Risk	
14:53 - 15:20 15:21 - 15:50	36 - 38	Moderate Risk	54.0 53.5
15:51 - 16:22 16:23 - 16:57	33 - 35 30 - 32	Moderate Risk	52.0 50.5
	27 - 29	High Risk	
16:58 - 17:34	·	High Risk	48.0
17:35 - 18:14	24 - 26	High Risk	45.5
18:15 - 18:56	22 - 23	High Risk	43.0
18:57 - 19:43	19 - 21	High Risk	40.5
19:44 - 20:33	16 - 18	High Risk	38.0
20:34 - 21:28*	13* - 15	High Risk	35.0
220 7770			
NOTES:			
Health Risk Category = low, modera		l other health problems	
current and ruture cardiovascular d	isease, diabetes, certain cancers, and	i omer neatm problems.	
Passing Requirements - member mu	et•	1	
1) achieve a composite point total $\geq$			
2) meet minimum point values for al			
-, point values for all		T T	
* Minimum Component Values		<u> </u>	
Run time < 21:28			
20 m HAMR Shuttles $\geq$ 13 Shuttles			
		T	
Composite Score Categories			
Excellent $\geq 90.0$ pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
	Final V	Version 1	
	Filiai	, VA. DAVII	

		USAI	Fitness A	Assessment Scoring		5-59 years of age			
				Final Vers					
			1	Muscular Fi	tness		1		
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ <b>33</b>	20.0	≥ 33	20.0	<u>≥</u> 44	20.0	<u>≥</u> 41	20.0	≥ 3:00	20.0
32	19.8	32	19.6	43	19.7	40	19.7	2:55	19.7
31	19.4	31	19.1	42	19.4	39	19.4	2:50	19.3
30	19.0	30	18.7	41	19.0	38	19.1	2:44	18.9
29	18.4	29	18.3	40	18.8	37	18.8	2:37	18.5
28	18.0	28	17.8	39	18.4	36	18.5	2:30	18.0
27	17.8	27	17.4	38	18.2	35	18.2	2:10	16.7
26	17.4	26	17.0	37	18.0	34	17.9	1:50	15.3
25	17.0	25	16.5	36	17.6	33	17.6	1:30	14.0
24	16.8	24	16.1	35	17.4	32	17.3	1:10	12.7
23	15.8	23	15.7	34	17.0	31	17.0	:50	11.3
22	14.8	22	15.2	33	16.0	30	16.7	:30*	10.0
21	14.0	21	14.8	32	15.6	29	16.4		
20	13.0	20	14.3	31	15.0	28	16.1		
19	12.4	19	13.9	30	14.6	27	15.8		
18	11.8	18	13.5	29	14.0	26	15.5		
17	11.4	17	13.0	28	13.6	25	15.2		
16	10.8	16	12.6	27	13.0	24	14.8		
15	10.0	15	12.2	26	12.6	23	14.5		
14	7.0	14	11.7	25	12.0	22	14.2		
13	4.0	13	11.3	24	9.0	21	13.9		
12*	1.0	12	10.9	23	6.0	20	13.6		
		11	10.4	22*	3.0	19	13.3		
		10*	10.0			18	13.0		
						17	12.7		
						16	12.4		
						15	12.1		
						14	11.8		
						13	11.5		
						12	11.2		
						11	10.9		
						10	10.6		
						9	10.3		
						8*	10.0		
				* Minimum Comp	onent Val	ues			
				Passing Requirem					
						total $\geq 75$ points <i>an</i>			
				2) meet minimum	point valu	es for all componen	ts.		
				Composite Score (					
				Excellent ≥ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7	5.0				
				Final Vers	ion				

		ing / Males over 60 years of age		
		Version		
	Cardiorespir	atory Fitness		
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points	
(mins:secs) ≤ 11:22	≥71	Low Risk	60.0	
<u>≤ 11:22</u> 11:23 - 11:56	65 - 70	Low Risk	59.5	
11:57 - 12:14	62 - 64	Low Risk	59.0	
12:15 - 12:33	59 - 61	Low Risk	58.5	
12:34 - 12:53	56 - 58	Low Risk	58.0	
12:54 - 13:14	54 - 55	Low Risk	57.5	
13:15 - 13:36	51 - 53	Low Risk	57.0	
13:37 - 14:00	48 - 50	Low Risk	56.5	
14:01 - 14:25	45 - 47	Low Risk	56.0	
14:01 - 14:23	42 - 44	Low Risk	55.5	
14:53 - 15:20	39 - 41	Low Risk	55.0	
15:21 - 15:50	36 - 38	Low Risk	55.0	
15:51 - 16:22	33 - 35	Low Risk	54.0	
16:23 - 16:57	30 - 32	Moderate Risk	52.5	
16:58 - 17:34	27 - 29	Moderate Risk	51.0	
17:35 - 18:14	24 - 26	Moderate Risk	49.5	
18:15 - 18:56	22 - 23	High Risk	47.0	
18:57 - 19:43	19 - 21	High Risk	44.5	
19:44 - 20:33	16 - 18	High Risk	41.5	
20:34 - 21:28	13 - 15	· ·	38.5	
21:29 - 22:28*	10*- 12	High Risk High Risk	35.0	
21,29 - 22,26	10*- 12	High Kisk	33.0	
		+		
		+		
		+		
		+		
NOTES:		+		
Health Risk Category = low, modera	ote on high righ for	<u> </u>		
	ate or mgn risk for: lisease, diabetes, certain cancers, and	other health problems		
carrent and rature cardiovascular u	and the control of th	omer neutin problems.		
Passing Requirements - member mu	ust:	<u> </u>		
1) achieve a composite point total $\geq$				
2) meet minimum point values for al				
•				
* Minimum Component Values				
Run time ≤ 22:28				
20 m HAMR Shuttles ≥ 10 Shuttles				
Composite Score Categories				
Excellent ≥ 90.0 pts				
Satisfactory = 75.0 - 89.9				
Unsatisfactory < 75.0				
	Final V	Version		

	USAF Fitness Assessment Scoring / Males over 60 years of age								
				Final Versi					
				Muscular Fit	ness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 30	20.0	≥ 30	20.0	≥ 42	20.0	≥ 35	20.0	≥ 2:55	20.0
29	19.5	29	19.5	41	19.7	34	19.6	2:50	19.7
28	19.0	28	19.0	40	19.4	33	19.3	2:45	19.3
27	18.6	27	18.5	39	19.0	32	18.9	2:39	18.9
26	18.0	26	18.0	38	18.8	31	18.6	2:32	18.5
25	17.6	25	17.5	37	18.4	30	18.2	2:25	18.0
24	17.0	24	17.0	36	18.2	29	17.9	2:05	16.7
23	16.0	23	16.5	35	18.0	28	17.5	1:55	16.0
22	15.0	22	16.0	34	17.8	27	17.1	1:25	14.0
21	14.0	21	15.5	33	17.6	26	16.8	1:05	12.7
20	13.0	20	15.0	32	17.2	25	16.4	:45	11.3
19	12.6	19	14.5	31	17.0	24	16.1	:25*	10.0
18	12.0	18	14.0	30	16.0	23	15.7		
17	11.6	17	13.5	29	15.6	22	15.4		
16	11.0	16	13.0	28	15.0	21	15.0		
15	10.6	15	12.5	27	14.6	20	14.6		
14	10.0	14	12.0	26	14.0	19	14.3		
13	7.0	13	11.5	25	13.6	18	13.9		
12	4.0	12	11.0	24	13.0	17	13.6		
11*	1.0	11	10.5	23	12.6	16	13.2		
		10*	10.0	22	12.0	15	12.9		
				21	9.0	14	12.5		
				20	6.0	13	12.1		
				19*	3.0	12	11.8		
						11	11.4		
						10	11.1		
						9	10.7		
						8	10.4		
	1					7*	10		
	-								
	<del>                                     </del>								
	<del>                                     </del>								
				* Minimum Comp	onent Vol	nes			
				.vimmani Comp	onent val	ucs			
	<del>                                     </del>			Passing Requirem	ents - men	her <i>must</i> ·			
						total $\geq$ 75 points <i>a</i>	nd		
						es for all componer			
				, · · · · · · · · · · · · · · · ·	r / miu	componer			
	Composite Score Categories								
				Excellent $\geq$ 90.0 pt					
				Satisfactory = 75.0					
				Unsatisfactory < 7					
				Final Versi					

		ring / Females < 25 years of age	
		Version	
D (T)*	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
<u>&lt; 10:23</u>	≥83	Low Risk	60.0
10:24 - 10:51	77 - 82	Low Risk	59.5
10:52 - 11:06	74 - 76	Low Risk	59.0
11:07 - 11:22	71 - 73	Low Risk	58.5
11:23 - 11:38	68 - 70	Low Risk	58.0
11:39 - 11:56	65 - 67	Low Risk	57.5
11:57 - 12:14	62 - 64	Low Risk	57.0
12:15 - 12:33	59 - 61	Low Risk	56.5
12:34 - 12:53	56 - 58	Low Risk	56.0
12:54 - 13:14	54 - 55	Low Risk	55.5
13:15 - 13:36	51 - 53	Low Risk	55.0
13:37 - 14:00	48 - 50	Low Risk	54.5
14:01 - 14:25	45 - 47	Low Risk	54.0
14:26 - 14:52	42 - 44	Low Risk	53.5
14:53 - 15:20	39 - 41	Moderate Risk	52.0
15:21 - 15:50	36 - 38	Moderate Risk	50.5
15:51 - 16:22	33 - 35	Moderate Risk	49.0
16:23 - 16:57	30 - 32	High Risk	46.0
16:58 - 17:34	27 - 29	High Risk	42.5
17:35 - 18:14	24 - 26	High Risk	39.0
18:15 - 18:56*	22* - 23	High Risk	35.0
NOTES:			
Health Risk Category = low, modera			
current and future cardiovascular d	lisease, diabetes, certain cancers, and	other health problems.	
Passing Requirements - member mu			
<ol> <li>achieve a composite point total ≥</li> <li>meet minimum point values for al</li> </ol>			
2) meet minimum point values for al	н сотроненся. 	Г	
* Minimum Component Values			
Run time < 18:56			
20 m HAMR Shuttles $\geq$ 22 Shuttles			
minimum plantics _ nu plantics		l l	
Composite Score Categories	<u> </u>		
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9		<del>                                     </del>	
Unsatisfactory < 75.0		<del>                                     </del>	
,	Final V	Version	
	1 111111		

		USAF	Fitness As	ssessment Scoring	/ Females ·	< 25 years of age			
				Final Vers					
				Muscular Fi	tness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 47	20.0	≥ 31	20.0	<u>≥</u> 54	20.0	<u>≥</u> 47	20.0	≥ 3:30	20.0
46	19.8	30	19.6	53	19.7	46	19.7	3:25	19.0
45	19.6	29	19.2	52	19.4	45	19.4	3:18	18.7
44	19.4	28	18.8	51	19.0	44	19.2	3:12	18.5
43	19.2	27	18.4	50	18.8	43	18.9	3:05	18.3
42	19.0	26	18.0	49	18.0	42	18.6	2:45	15.9
41	18.8	25	17.6	48	17.8	41	18.3	2:25	15.2
40	18.6	24	17.2	47	17.6	40	18.1	2:05	14.4
39	18.4	23	16.8	46	17.2	39	17.8	1:45	12.1
38	18.2	22	16.4	45	17.0	38	17.5	1:25	11.3
37	18.0	21	16.0	44	16.0	37	17.2	1:05	10.5
36	17.8	20	15.6	43	15.6	36	16.9	1:00	10.3
35	17.6	19	15.2	42	15.0	35	16.7	:55*	10.0
34	17.2	18	14.8	41	14.0	34	16.4		
33	17.0	17	14.4	40	13.6	33	16.1		
32	16.8	16	14.0	39	13.0	32	15.8		
31	16.6	15	13.6	38	12.0	31	15.6		
30	16.4	14	13.2	37	9.0	30	15.3		
29	16.2	13	12.8	36	6.0	29	15.0		
28	16.0	12	12.4	35*	3.0	28	14.7		
27	15.0	11	12.0			27	14.4		
26	14.6	10	11.6			26	14.2		
25	14.4	9	11.2			25	13.9		
24	14.0	8	10.8			24	13.6		
23	13.0	7	10.4			23	13.3		
22	12.6	6*	10.0			22	13.1		
21	12.0					21	12.8		
20 19	11.6 11.0				-	20 19	12.5 12.2		
18	10.0				<del> </del>	18	11.9		
17	7.0					17	11.7		
16	4.0					16	11.7		
15*	1.0				<del>                                     </del>	15	11.1		
13	1.0				<del>                                     </del>	14	10.8		
						13	10.6		
						12	10.3		
* Minimum Comp	onent Vali	ues				11*	10.0		
Passing Requirem	ents - men	iber <i>must</i> :							
		total ≥ 75 points ar	nd						
		es for all componer							
Composite Score (									
Excellent ≥ 90.0 pt									
Satisfactory = 75.0									
Unsatisfactory < 7	5.0								
				Final Vers	ion				

		ing / Females 25-29 years of age		
		Version		
70 (71)	Cardiorespir	atory Fitness		
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points	
<u>≤ 10:37</u>	≥ 80	Low Risk	60.0	
10:38 - 11:06	74 - 79	Low Risk	59.5	
11:07 - 11:22	71 - 73	Low Risk	59.0	
11:23 - 11:38	68 - 70	Low Risk	58.5	
11:39 - 11:56	65 - 67	Low Risk	58.0	
11:57 - 12:14	62 - 64	Low Risk	57.5	
12:15 - 12:33	59 - 61	Low Risk	57.0	
12:34 - 12:53	56 - 58	Low Risk	56.5	
12:54 - 13:14	54 - 55	Low Risk	56.0	
13:15 - 13:36	51 - 53	Low Risk	55.5	
13:37 - 14:00	48 - 50	Low Risk	55.0	
14:01 - 14:25	45 - 47	Low Risk	54.5	
14:26 - 14:52	42 - 44	Low Risk	54.0	
14:53 - 15:20	39 - 41	Moderate Risk	53.5	
15:21 - 15:50	36 - 38	Moderate Risk	52.0	
15:51 - 16:22	33 - 35	Moderate Risk	50.5	
16:23 - 16:57	30 - 32	High Risk	49.0	
16:58 - 17:34	27 - 29	High Risk	45.5	
17:35 - 18:14	24 - 26	High Risk	42.0	
18:15 - 18:56	22 - 23	High Risk	38.5	
18:57 - 19:43*	19* - 21	High Risk	35.0	
10.37 - 17.43	19 - 21	Iligii Kisk	33.0	
NOTES:				
Health Risk Category = low, modera	l ate or high risk for:			
	lisease, diabetes, certain cancers, and	other health problems.		
	, and the first time contests, and	Providence		
Passing Requirements - member mu	ust:			
1) achieve a composite point total $\geq$				
2) meet minimum point values for a				
* Minimum Component Values				
Run time <u>&lt;</u> 19:43				
20 m HAMR Shuttles ≥ 19 Shuttles				
Composite Score Categories				
Excellent $\geq$ 90.0 pts				
Satisfactory = 75.0 - 89.9				
Unsatisfactory < 75.0				
	Final V	Version		

		USAF	Fitness As	sessment Scoring /		5-29 years of age			
				Final Vers					
				Muscular Fi	tness		1		Ī
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 47	20.0	<u>≥</u> 31	20.0	<u>≥</u> 50	20.0	<u>≥</u> 45	20.0	≥ 3:25	20.0
46	19.8	30	19.6	49	19.5	44	19.7	3:20	19.8
45	19.6	29	19.2	48	19.0	43	19.4	3:14	19.6
44	19.4	28	18.8	47	18.8	42	19.2	3:07	19.3
43	19.2	27	18.4	46	18.0	41	18.9	3:00	19.1
42	19.0	26	18.0	45	17.8	40	18.6	2:40	16.9
41	18.8	25	17.6	44	17.2	39	18.3	2:20	16.2
40	18.6	24	17.2	43	17.0	38	18.1	2:00	15.5
39	18.4	23	16.8	42	16.0	37	17.8	1:40	13.3
38	18.2	22	16.4	41	15.6	36	17.5	1:20	12.5
37	18.0	21	16.0	40	15.0	35	17.2	1:00	11.8
36	17.8	20	15.6	39	14.6	34	16.9	:55	10.2
35	17.6	19	15.2	38	14.0	33	16.7	:50*	10.0
34	17.2	18	14.8	37	13.6	32	16.4		
33	17.0	17	14.4	36	13.0	31	16.1		
32	16.8	16	14.0	35	12.6	30	15.8		
31	16.6	15	13.6	34	12.0	29	15.6		
30	16.4	14	13.2	33	9.0	28	15.3		
29	16.2	13	12.8	32	6.0	27	15.0		
28	16.0	12	12.4	31*	3.0	26	14.7		
27	15.0	11	12.0			25	14.4		
26	14.6	10	11.6			24	14.2		
25	14.4	9	11.2			23	13.9		
24	14.0	8	10.8			22	13.6		
23	13.0	7	10.4			21	13.3		
22	12.6	6*	10.0			20	13.1		
21	12.0					19	12.8		
20	11.6					18	12.5		
19	11.0					17	12.2		
18	10.6					16	11.9		
17	10.0					15	11.7		
16	7.0				ļ	14	11.4		
15	4.0					13	11.1		
14*	1.0					12	10.8		
						11	10.6		
* Minimum Comp	onent Valu	ies				10	10.3		
Passing Requirem	ents - men	nber <i>must</i> :				9*	10.0		
		total $\geq 75$ points <i>a</i>	nd						
		es for all componer							
Composite Score									
Excellent $\geq$ 90.0 p									
Satisfactory = 75.									
Unsatisfactory < 7	75.0								
				Final Vers	ion				

		ing / Females 30-34 years of age	
		Version	
70 (71)	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
(mins.secs) ≤ 10:51	≥77	Low Risk	60.0
10:52-11:22	<u>≥</u> 77 71 - 76	Low Risk	59.5
11:23 - 11:38	68 - 70	Low Risk	59.0
11:39 - 11:56	65 - 67	Low Risk	58.5
11:57 - 12:14	62 - 64	Low Risk	58.0
12:15 - 12:33	59 - 61	Low Risk	57.5
12:34 - 12:53	56 - 58	Low Risk	57.0
12:54 - 13:14	54 - 55	Low Risk	56.5
13:15 - 13:36	51 - 53	Low Risk	56.0
13:13 - 13:30	48 - 50	Low Risk	55.5
14:01 - 14:25	45 - 47	Low Risk	55.0
14:01 - 14:23	42 - 44	Low Risk	54.5
14:53 - 15:20	39 - 41	Low Risk	54.0
15:21 - 15:50	36 - 38	Moderate Risk	52.5
15:51 - 16:22	33 - 35	Moderate Risk	51.0
16:23 - 16:57	30 - 32	Moderate Risk	49.5
16:58 - 17:34	27 - 29	High Risk	47.0
17:35 - 18:14	24 - 26	High Risk	44.5
18:15 - 18:56	22 - 23	High Risk	42.0
18:57 - 19:43	19 - 21	i i	38.5
19:44 - 20:33*	16* - 18	High Risk High Risk	35.0
19:44 - 20:55*	10" - 18	High Kisk	35.0
		+	
		+	
		+	
		+	
NOTES:		+	
Health Risk Category = low, modera	ete on high nigh form	<u> </u>	
	lisease, diabetes, certain cancers, and	other health problems	
carrent and rature carmovascular u	and the control of th	omer neutri problems.	
Passing Requirements - member mu	est:	<u> </u>	
1) achieve a composite point total ≥			
2) meet minimum point values for al			
·	*		
* Minimum Component Values			
Run time ≤ 20:33			
20 m HAMR Shuttles > 16 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
·	Final V	Version	

	USAF Fitness Assessment Scoring / Females 30-34 years of age								
				Final Vers	ion				
				Muscular Fi	tness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 46	20.0	<u>&gt; 31</u>	20.0	<u>≥</u> 45	20.0	<u>≥</u> 44	20.0	≥ 3:20	20.0
45	19.9	30	19.6	44	19.7	43	19.7	3:15	19.7
44	19.8	29	19.2	43	19.4	42	19.4	3:09	19.3
43	19.6	28	18.8	42	19.0	41	19.1	3:02	18.8
42	19.4	27	18.4	41	18.8	40	18.9	2:55	18.4
41	19.2	26	18.0	40	18.0	39	18.6	2:35	17.1
40	19.0	25	17.6	39	17.6	38	18.3	2:15	15.8
39	18.8	24	17.2	38	17.0	37	18.0	1:55	14.5
38	18.7	23	16.8	37	16.6	36	17.7	1:35	13.2
37	18.6	22	16.4	36	16.4	35	17.4	1:15	11.9
36	18.4	21	16.0	35	16.0	34	17.1	:55	10.6
35	18.3	20	15.6	34	15.6	33	16.9	:50	10.3
34	18.2	19	15.2	33	15.0	32	16.6	:45*	10.0
33	18.0	18	14.8	32	14.0	31	16.3		
32	17.9	17	14.4	31	13.6	30	16.0		
31	17.8	16	14.0	30	13.0	29	15.7		
30	17.6	15	13.6	29	12.0	28	15.4		
29	17.4	14	13.2	28	9.0	27	15.1		
28	17.3	13	12.8	27	6.0	26	14.9		
27	17.2	12	12.4	26*	3.0	25	14.6		
26	17.0	11	12.0			24	14.3		
25	16.6	10	11.6			23	14.0		
24	16.4	9	11.2			22	13.7		
23	16.0	8	10.8			21	13.4		
22	15.8	7	10.4			20	13.1		
21	15.6	6*	10.0			19	12.9		
20	15.2					18	12.6		
19	15.0					17	12.3		
18	14.0					16	12.0		
17 16	13.6					15 14	11.7		
	13.0						11.4		
15 14	12.0 10.0				<del>                                     </del>	13 12	11.1 10.9		
13	7.0				1	11	10.9		
12	4.0				<del>                                     </del>	10	10.3		
11*	1.0					9*	10.0		
* Minimum Comp		ies			Į.	, , , , , , , , , , , , , , , , , , ,	10.0		
Passing Requirem	ents - mem	iber <i>must</i> :							
		$total \ge 75 \text{ points } a$	nd						
		es for all componer							
,									
Composite Score (	Categories								
Excellent $\geq$ 90.0 pt									
Satisfactory = 75.0									
Unsatisfactory < 7									
				Final Vers	ion				

		ing / Females 35-39 years of age	
		Version	
72 (79)	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
<u>≤ 11:06</u>	≥74	Low Risk	60.0
11:07 - 11:38	<u>≥ 74</u> 68 - 73	Low Risk	59.5
11:39 - 11:56	65 - 67	Low Risk	59.0
11:57 - 12:14	62 - 64	Low Risk	58.5
12:15 - 12:33	59 - 61	Low Risk	58.0
12:34 - 12:53	56 - 58	Low Risk	57.5
12:54 - 13:14	54 - 55	Low Risk	57.0
13:15 - 13:36	51 - 53	Low Risk	56.5
13:37 - 14:00	48 - 50	Low Risk	56.0
14:01 - 14:25	45 - 47	Low Risk	55.5
14:26 - 14:52	42 - 44	Low Risk	55.0
14:53 - 15:20	39 - 41	Low Risk	54.5
15:21 - 15:50	36 - 38	Moderate Risk	54.0
15:51 - 16:22	33 - 35	Moderate Risk	52.5
16:23 - 16:57	30 - 32	Moderate Risk	51.0
16:58 - 17:34	27 - 29	High Risk	49.5
17:35 - 18:14	24 - 26	<u> </u>	47.0
18:15 - 18:56	22 - 23	High Risk	
		High Risk	44.0
18:57 - 19:43	19 - 21	High Risk	41.0
19:44 - 20:33	16 - 18	High Risk	38.0
20:34 - 21:28*	13*- 15	High Risk	35.0
		-	
Nome			
NOTES:			
Health Risk Category = low, modera	ate or high risk for: lisease, diabetes, certain cancers, and	Lather health problems	
current and ruture cardiovascular d	usease, madetes, certain cancers, and	і ошет неани ргометь.	
Passing Requirements - member mu	er ·	ļ.	
1) achieve a composite point total ≥			
2) meet minimum point values for al			
, , , point values for all	· · · · · · · · · · · · · · · · · · ·	Γ	
* Minimum Component Values			
Run time < 21:28			
20 m HAMR Shuttles $\geq$ 13 Shuttles			
Composite Score Categories			
Excellent $\geq 90.0$ pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
	Final V	Version	
	1 111111		

				Final Versi					
	Final Version  Muscular Fitness								
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 42	20.0	<u>≥</u> 31	20.0	≥ 43	20.0	<u>≥</u> 43	20.0	≥ 3:15	20.0
41	19.7	30	19.6	42	19.7	42	19.7	3:10	19.7
40	19.4	29	19.2	41	19.4	41	19.4	3:04	19.3
39	19.0	28	18.8	40	19.0	40	19.2	2:57	18.8
38	18.8	27	18.4	39	18.8	39	18.9	2:50	18.4
37	18.7	26	18.0	38	18.0	38	18.6	2:30	17.1
	18.6	25	17.6	37	17.6	37	18.3	2:10	15.8
	18.4	24	17.2	36	17.0	36	18.1	1:50	14.5
	18.3	23	16.8	35	16.6	35	17.8	1:30	13.2
33	18.1	22	16.4	34	16.4	34	17.5	1:10	11.9
	18.0	21	16.0	33	16.0	33	17.2	:50	10.6
	17.9	20	15.6	32	15.6	32	16.9	:45	10.3
	17.8	19	15.2	31	15.0	31	16.7		10.0
	17.6	18	14.8	30	14.0	30	16.4		
	17.4	17	14.4	29	13.6	29	16.1		
	17.3	16	14.0	28	13.0	28	15.8		
	17.2	15	13.6	27	12.0	27	15.6		
	17.0	14	13.2	26	9.0	26	15.3		
	16.6	13	12.8	25	6.0	25	15.0		
	16.4	12	12.4	24*	3.0	24	14.7		
	16.0	11	12.0			23	14.4		
	15.8	10	11.6			22	14.2		
	15.6	9	11.2			21	13.9		
	15.2	8	10.8			20	13.6		
	15.0	7	10.4			19	13.3		
	14.0	6*	10.0			18	13.1		
	13.6					17	12.8		
	13.0					16	12.5		
	12.0					15 14	12.2		
	10.0					13	11.9		
	7.0 4.0					12	11.7 11.4		
	1.0					11	11.4		
10	1.0					10	10.8		
<del>                                     </del>	<del>  </del>				<del> </del>	9	10.6		
<del>                                     </del>	<del>  </del>				<del> </del>	8	10.3		
* Minimum Compone	ent Valu	es			!	7*	10.5		
compone						,	10		
Passing Requirements	s - meml	ber <i>must</i> :							
1) achieve a composite			ıd						
2) meet minimum poir									
		•							
Composite Score Cate	egories								
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 8	39.9								
Unsatisfactory < 75.0									
·				Final Versi	ion				

		ing / Females 40-44 years of age	
		Version	
P #"	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
<11:22	≥ 71	Low Risk	60.0
11:23 - 11:56	65 - 70	Low Risk	59.5
11:57 - 12:14	62 - 64	Low Risk	59.0
12:15 - 12:33	59 - 61	Low Risk	58.5
12:34 - 12:53	56 - 58	Low Risk	58.0
12:54 - 13:14	54 - 55	Low Risk	57.5
13:15 - 13:36	51 - 53	Low Risk	57.0
13:37 - 14:00	48 - 50	Low Risk	56.5
14:01 - 14:25	45 - 47	Low Risk	56.0
14:26 - 14:52	42 - 44	Low Risk	55.5
14:53 - 15:20	39 - 41	Low Risk	55.0
15:21 - 15:50	36 - 38	Low Risk	54.5
15:51 - 16:22	33 - 35	Low Risk	54.0
16:23 - 16:57	30 - 32	Moderate Risk	53.5
16:58 - 17:34	27 - 29	Moderate Risk	52.0
17:35 - 18:14	24 - 26	Moderate Risk	50.5
18:15 - 18:56	22 - 23	High Risk	48.0
18:57 - 19:43	19 - 21	High Risk	45.5
19:44 - 20:33	16 - 18	High Risk	42.0
20:34 - 21:28	13 - 15	High Risk	38.5
21:29 - 22:28*	10*- 12	High Risk	35.0
21,25 22,20	1 1 1	g	
NOTES:			
Health Risk Category = low, moder	ate or high risk for:	l L	
current and future cardiovascular of	lisease, diabetes, certain cancers, and	l other health problems.	
Passing Requirements - member mu			
1) achieve a composite point total ≥	75 points and		
2) meet minimum point values for a	ll components.		
* Minimum Component Values			
<b>Run time ≤ 22:28</b>			
20 m HAMR Shuttles $\geq$ 10 Shuttles		<del>,</del>	
Composite Score Categories			
Excellent $\geq$ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
	Final '	Version	

		USAF	Fitness As	sessment Scoring /	Females 4	0-44 years of age			
				Final Vers					
	_			Muscular Fi	tness		Ī		1
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 38	20.0	≥ 28	20.0	<u>≥</u> 41	20.0	<u>≥</u> 42	20.0	≥ 3:10	20.0
37	19.8	27	19.6	40	19.7	41	19.7	3:05	19.7
36	19.6	26	19.2	39	19.4	40	19.4	2:59	19.3
35	19.4	25	18.8	38	19.0	39	19.2	2:52	18.8
34	19.2	24	18.4	37	18.8	38	18.9	2:45	18.4
33	19.0	23	18.0	36	18.4	37	18.6	2:25	17.1
32	18.8	22	17.6	35	18.2	36	18.3	2:05	15.8
31	18.4	21	17.2	34	18.0	35	18.1	1:45	14.5
30	18.2	20	16.8	33	17.6	34	17.8	1:25	13.2
29	18.0	19	16.4	32	17.0	33	17.5	1:05	11.9
28	17.8	18	16.0	31	16.6	32	17.2	:45	10.6
27	17.6	17	15.6	30	16.4	31	16.9	:40	10.3
26	17.4	16	15.2	29	16.0	30	16.7	:35*	10.0
25	17.3	15	14.8	28	15.0	29	16.4		
24	17.2	14	14.4	27	14.0	28	16.1		
23	17.0	13	14.0	26	13.6	27	15.8		
22	16.8	12	13.6	25	12.8	26	15.6		
21	16.6	11	13.2	24	12.0	25	15.3		
20	16.4	10	12.8	23	9.0	24	15.0		
19	16.2	9	12.4	22	6.0	23	14.7		
18	16.0	8	12.0	21*	3.0	22	14.4		
17	15.6	7	11.6			21	14.2		
16	15.0	6	11.2			20	13.9		
15 14	14.0 13.0	5 4*	10.8			19 18	13.6		
13	12.0	4*	10.0		-	17	13.1		
12	11.0					16	12.8		
11	10.0					15	12.5		
10	7.0					14	12.2		
9	4.0					13	11.9		
8*	1.0					12	11.7		
, , ,	1.0					11	11.4		
						10	11.1		
						9	10.8		
					<u> </u>	8	10.6		
						7	10.3		
* Minimum Comp	onent Valu	ies			•	6*	10.0		
Passing Requirem	ents - men	iber <i>must</i> :							
		total ≥ 75 points ar							
2) meet minimum	point valu	es for all componer	nts.						
Composite Score (									
Excellent ≥ 90.0 pt									
Satisfactory = 75.0									
Unsatisfactory < 7	5.0								
				Final Vers	ion				

		ing / Females 45-49 years of age	
		Version	
D	Cardiorespii	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
<u>≤ 11:38</u>	≥68	Low Risk	60.0
11:39 - 12:14	62 - 67	Low Risk	59.5
12:15 - 12:33	59 - 61	Low Risk	59.0
12:34 - 12:53	56 - 58	Low Risk	58.5
12:54 - 13:14	54 - 55	Low Risk	58.0
13:15 - 13:36	51 - 53	Low Risk	57.5
13:37 - 14:00	48 - 50	Low Risk	57.0
14:01 - 14:25	45 - 47	Low Risk	56.5
14:26 - 14:52	42 - 44	Low Risk	56.0
14:53 - 15:20	39 - 41	Low Risk	55.5
15:21 - 15:50	36 - 38	Low Risk	55.0
15:51 - 16:22	33 - 35	Low Risk  Low Risk	54.5
16:23 - 16:57	30 - 32	Moderate Risk	54.0
16:58 - 17:34	27 - 29	Moderate Risk  Moderate Risk	53.5
17:35 - 18:14	24 - 26	Moderate Risk	52.0
18:15 - 18:56	22 - 23	High Risk	50.5
	19 - 21		48.0
18:57 - 19:43 19:44 - 20:33	16 - 18	High Risk	45.0
		High Risk	
20:34 - 21:28	13 - 15	High Risk	42.0
21:29 - 22:28	10 - 12 7* - 9	High Risk	38.5
22:29 - 23:34*	7*-9	High Risk	35.0
		ļ-	
Nome			
NOTES:			
Health Risk Category = low, modera	ate or high risk for: lisease, diabetes, certain cancers, and	Lather health problems	
current and future cardiovascular d	usease, madeles, certain cancers, and 	гошет неани рговієть.	
Passing Requirements - member mu	et•	<u> </u>	
1) achieve a composite point total ≥			
2) meet minimum point values for a			
, , , pome , maes for the		Γ	
* Minimum Component Values		l l	
Run time < 23:34			
20 m HAMR Shuttles ≥ 7 Shuttles			
		Γ	
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
	Final V	Version	
	1 111111		

		USAF	Fitness As	sessment Scoring /	Females 4	5-49 years of age			
				Final Vers					
				Muscular Fi	tness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 37	20.0	≥ 28	20.0	≥ 35	20.0	≥ 40	20.0	≥ 3:05	20.0
36	19.8	27	19.6	34	19.7	39	19.7	3:00	19.7
35	19.6	26	19.2	33	19.4	38	19.4	2:54	19.3
34	19.4	25	18.8	32	19.0	37	19.1	2:47	18.8
33	19.2	24	18.4	31	18.8	36	18.8	2:40	18.4
32	19.0	23	18.0	30	18.0	35	18.5	2:20	17.1
31	18.8	22	17.6	29	17.6	34	18.2	2:00	15.8
30	18.6	21	17.2	28	17.0	33	17.9	1:40	14.5
29	18.4	20	16.8	27	16.6	32	17.6	1:20	13.2
28	18.2	19	16.4	26	16.0	31	17.4	1:00	11.9
27	18.0	18	16.0	25	15.0	30	17.1	:40	10.6
26	17.8	17	15.6	24	14.0	29	16.8	:35	10.3
25	17.6	16	15.2	23	13.0	28	16.5	:30*	10.0
24	17.4	15	14.8	22	12.0	27	16.2		
23	17.2	14	14.4	21	9.0	26	15.9		
22	17.0	13	14.0	20	6.0	25	15.6		
21	16.8	12	13.6	19*	3.0	24	15.3		
20	16.6	11	13.2			23	15.0		
19	16.4	10	12.8			22	14.7		
18	16.2	9	12.4			21	14.4		
17	16.0	8	12.0			20	14.1		
16	15.6	7	11.6			19	13.8		
15	15.0	6	11.2			18	13.5		
14	14.0	5	10.8			17	13.2		
13	13.0	4*	10.0			16	12.9		
12	12.0					15	12.6		
11	11.0					14	12.4 12.1		
9	10.0 7.0				-	13 12	11.8		
8	4.0				<del> </del>	11	11.5		
7*	1.0					10	11.2		
7	1.0					9	10.9		
						8	10.9		
					<del>                                     </del>	7	10.3		
						6*	10.0		
						Ů	2000		
* Minimum Comp	onent Valı	ues		<u> </u>					
Passing Requirem									
		total $\geq 75$ points <i>a</i>							
2) meet minimum	point valu	es for all componer	ıts.						
Commonte Sec.	7-4								
Composite Score C									
Excellent $\geq$ 90.0 pt Satisfactory = 75.0									
Unsatisfactory = 75.0									
onsaustactory < /	J.U			Final V	ion				
				Final Versi	ıθΠ				

		ing / Females 50-54 years of age	
		Version	
	Cardiorespi	ratory Fitness	
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
< 12:53	≥ 56	Low Risk	60.0
12:54 - 13:36	51 - 55	Low Risk	59.5
13:37 - 14:00	48 - 50	Low Risk	59.0
14:01 - 14:25	45 - 47	Low Risk	58.5
14:26 - 14:52	42 - 44	Low Risk	58.0
14:53 - 15:20	39 - 41	Low Risk	57.5
15:21 - 15:50	36 - 38	Low Risk	57.0
15:51 - 16:22	33 - 35	Low Risk	56.5
16:23 - 16:57	30 - 32	Low Risk	56.0
16:58 - 17:34	27 - 29	Low Risk	55.5
17:35 - 18:14	24 - 26	Low Risk	55.0
18:15 - 18:56	22 - 23	Moderate Risk	53.5
18:57 - 19:43	19 - 21	Moderate Risk	52.0
19:44 - 20:33	16 - 18	High Risk	49.5
20:34 - 21:28	13 - 15	High Risk	46.0
21:29 - 22:28	10 - 12	High Risk	42.5
22:29 - 23:34	7 - 9	High Risk	39.0
23:35 - 24:46*	5* - 6	High Risk	35.0
	lisease, diabetes, certain cancers, an	d other health problems.	
Passing Requirements - member mu			
1) achieve a composite point total $\geq$ 2) meet minimum point values for all			
2) meet minimum point values for a	ii components.	<del>                                     </del>	
* Minimum Component Values		1	
Run time < 24:46			
20 m HAMR Shuttles $\geq$ 5 Shuttles			
		T	
Composite Score Categories		<del> </del>	
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9		†	
Unsatisfactory < 75.0		†	
-	Final	Version	

		USAF	Fitness As	sessment Scoring /		0-54 years of age			
				Final Vers					
			,	Muscular Fi	tness	•			
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 35	20.0	≥ <b>25</b>	20.0	≥ 32	20.0	≥ 39	20.0	≥ 3:00	20.0
34	19.8	24	19.6	31	19.5	38	19.7	2:55	19.7
33	19.6	23	19.2	30	19.0	37	19.4	2:49	19.3
32	19.4	22	18.8	29	18.0	36	19.1	2:42	18.8
31	19.2	21	18.4	28	17.8	35	18.8	2:35	18.4
30	19.0	20	18.0	27	17.6	34	18.5	2:15	17.1
29	18.8	19	17.6	26	17.2	33	18.2	1:55	15.8
28	18.6	18	17.2	25	17.0	32	17.9	1:35	14.5
27	18.4	17	16.8	24	16.0	31	17.6	1:15	13.2
26	18.2	16	16.4	23	15.0	30	17.3	:55	11.9
25	18.0	15	16.0	22	14.0	29	17.0	:35	10.6
24	17.6	14	15.6	21	13.0	28	16.7	:30	10.3
23	17.4	13	15.2	20	12.0	27	16.4	:25*	10.0
22	17.3	12	14.8	19	9.0	26	16.1		
21	17.2	11	14.4	18	6.0	25	15.8		
20	17.0	10	14.0	17*	3.0	24	15.5		
19	16.8	9	13.6			23	15.2		
18	16.6	8	13.2			22	14.8		
17	16.4	7	12.8			21	14.5		
16	16.2	6	12.4			20	14.2		
15	16.0	5	12.0			19	13.9		
14	15.0	4	11.6			18	13.6		
13	14.0	3	11.2			17	13.3		
12	13.0	2	10.8			16	13.0		
11	12.0	1*	10.0			15	12.7		
10	11.0					14	12.4		
9	10.0					13	12.1		
8	7.0					12	11.8		
7	4.0					11	11.5		
6*	1.0					10	11.2		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		
* 14					<u> </u>				
* Minimum Comp	onent Valu	ues							
Dt Pt	4	1							
	Passing Requirements - member must:								
	1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.								
2) meet minimum	point value	es for all componer	us.						
Composite Sec	0								
_	Composite Score Categories								
Excellent $\geq$ 90.0 pt Satisfactory = 75.0									
Unsatisfactory < 7									
Onsaustactory < /	J.U			Final Vers	ion				
				rinai vers	IVII				

		ing / Females 55-59 years of age	
		Version	
	Cardiorespii	ratory Fitness	
Run Time	20 m HAMR Shuttles	Health Risk Category	Points
(mins:secs) < 13:14	> 54	Low Risk	60.0
13:15 - 14:00	48 - 53	Low Risk	59.5
14:01 - 14:25	45 - 47	Low Risk	59.0
14:01 - 14:23	42 - 44	Low Risk	58.5
14:53 - 15:20	39 - 41	Low Risk	58.0
15:21 - 15:50	36 - 38	Low Risk	57.5
15:51 - 16:22	33 - 35	Low Risk	57.0
16:23 - 16:57	30 - 32	Low Risk	56.5
	27 - 29	Low Risk	56.0
16:58 - 17:34			55.5
17:35 - 18:14	24 - 26	Low Risk	
18:15 - 18:56	22 - 23 19 - 21	Moderate Risk Moderate Risk	55.0 53.5
18:57 - 19:43			
19:44 - 20:33	16 - 18	High Risk	52.0
20:34 - 21:28	13 - 15	High Risk	49.0
21:29 - 22:28	10 - 12	High Risk	46.0
22:29 - 23:34	7 - 9	High Risk	43.0
23:35 - 24:46	5 - 6	High Risk	39.0
24:47 - 26:06*	2* - 4	High Risk	35.0
NOTES:			
Health Risk Category = low, moder		1.4	
current and future cardiovascular d	lisease, diabetes, certain cancers, and	i otner neattn problems.	
Passing Requirements - member mu	l .		
1) achieve a composite point total $\geq$			
2) meet minimum point values for a			
a) meet minimum point values for a	п сотронения		
* Minimum Component Values	ı	1	
Run time < 26:06			
20 m HAMR Shuttles $\geq$ 2 Shuttles			
_ m mill bluttes _ z bluttles		T T	
Composite Score Categories	<u> </u>	<del>                                     </del>	
Excellent ≥ 90.0 pts		<del>                                     </del>	
Satisfactory = 75.0 - 89.9		<del>                                     </del>	
Unsatisfactory < 75.0		<del> </del>	
Cibilibration y < 75.0	Final V	l	
	Filiai	, er prost	

		USAF	Fitness As	sessment Scoring /	Females 5	5-59 years of age			
				Final Versi					
				Muscular Fi	ness				
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 28	20.0	≥ 25	20.0	≥ 32	20.0	≥ 38	20.0	≥ 2:55	20.0
27	19.7	24	19.6	31	19.7	37	19.7	2:50	19.7
26	19.4	23	19.2	30	19.4	36	19.4	2:44	19.3
25	19.2	22	18.8	29	19.2	35	19.1	2:37	18.8
24	19.0	21	18.4	28	19.0	34	18.8	2:30	18.4
23	18.6	20	18.0	27	18.0	33	18.4	2:10	17.1
22	18.0	19	17.6	26	17.8	32	18.1	1:50	15.8
21	17.6	18	17.2	25	17.6	31	17.8	1:30	14.5
20	17.2	17	16.8	24	17.2	30	17.5	1:10	13.2
19	17.0	16	16.4	23	17.0	29	17.2	:50	11.9
18	16.8	15	16.0	22	16.0	28	16.9	:30	10.6
17	16.6	14	15.6	21	15.0	27	16.6	:25	10.3
16	16.4	13	15.2	20	14.6	26	16.3	:20*	10.0
15	16.2	12	14.8	19	14.0	25	15.9		
14	16.0	11	14.4	18	13.6	24	15.6		
13	15.0	10	14.0	17	13.0	23	15.3		
12	14.0	9	13.6	16	12.6	22	15.0		
11	13.0	8	13.2	15	12.0	21	14.7		
10	12.0	7	12.8	14	9.0	20	14.4		
9	11.0	6	12.4	13	6.0	19	14.1		
8	10.0	5	12.0	12*	3.0	18	13.8		
7	7.0	3	11.6			17	13.4		
6 5*	4.0 1.0	2	11.2 10.8			16 15	13.1 12.8		
3"	1.0	1*	10.0			14	12.5		
		1.	10.0			13	12.3		
						12	11.9		
						11	11.6		
						10	11.3		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		
* Minimum Comp	onent Valı	ies							
Passing Requirem									
	1) achieve a composite point total ≥ 75 points <i>and</i>								
2) meet minimum	point valu	es for all componen	ıts.						
Composite Score (									
Excellent ≥ 90.0 pt									
Satisfactory = 75.0									
Unsatisfactory < 7	5.0								
				Final Versi	on				

		ng / Females over 60 years of age	
		Version	
	Cardiorespir	atory Fitness	
Run Time	20 m HAMR Shuttles	Health Risk Category	Points
(mins:secs)	- 10	I avy Dialy	60.0
<u>≤ 14:00</u>	≥ 48	Low Risk	
14:01 - 14:52	42 - 47	Low Risk	59.5
14:53 - 15:20	39 - 41	Low Risk	59.0
15:21 - 15:50	36 - 38	Low Risk	58.5
15:51 - 16:22	33 - 35	Low Risk	58.0
16:23 - 16:57	30 - 32	Low Risk	57.5
16:58 - 17:34	27 - 29	Low Risk	57.0
17:35 - 18:14	24 - 26	Low Risk	56.5
18:15 - 18:56	22 - 23	Low Risk	56.0
18:57 - 19:43	19 - 21	Low Risk	55.5
19:44 - 20:33	16 - 18	Moderate Risk	54.0
20:34 - 21:28	13 - 15	Moderate Risk	52.5
21:29 - 22:28	10 - 12	Moderate Risk	51.0
22:29 - 23:34	7 - 9	High Risk	47.0
23:35 - 24:46	5 - 6	High Risk	43.0
24:47 - 26:06	2 - 4	High Risk	39.0
26:07 - 27:27*	1*	High Risk	35.0
NOTES:			
Health Risk Category = low, modera			
current and future cardiovascular d	lisease, diabetes, certain cancers, and	other health problems.	
De seine De serines de la			
Passing Requirements - member mu			
<ul><li>1) achieve a composite point total ≥</li><li>2) meet minimum point values for al</li></ul>			
2) meet minimum point values for a	n components.	Г	
* Minimum Component Values			
Run time < 27:27			
20 m HAMR Shuttles $\geq$ 1 Shuttle			
20 m HAMIN Shuttles ≥ 1 Shuttle		Г	
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Olisaustactory < 75.0	F2:1 V	Varsion	
	Final	Version	

		USAF F	itness Ass	essment Scoring / l	Females ov	ver 60 years of age			
				Final Versi					
			1	Muscular Fi	tness	1			
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
<u>≥</u> 21	20.0	<u>≥</u> 24	20.0	≥ 31	20.0	≥ 32	20.0	≥ 2:50	20.0
20	19.5	23	19.6	30	19.7	31	19.6	2:45	19.7
19	19.0	22	19.2	29	19.4	30	19.3	2:39	19.3
18	18.8	21	18.8	28	19.0	29	18.9	2:32	18.8
17	18.0	20	18.4	27	18.8	28	18.5	2:25	18.4
16	17.6	19	18.0	26	18.0	27	18.1	2:05	17.1
15	17.0	18	17.6	25	17.8	26	17.8	1:45	15.8
14	16.0	17	17.2	24	17.6	25	17.4	1:25	14.5
13	15.0	16	16.8	23	17.4	24	17.0	1:05	13.2
12	14.0	15	16.4	22	17.2	23	16.7	:30	11.0
11	13.0	14	16.0	21	17.0	22	16.3	:25	10.6
10	12.0	13	15.6	20	16.8	21	15.9	:20	10.3
9	11.4	12	15.2	19	16.6	20	15.6	:15*	10.0
8	10.6	11	14.8	18	16.4	19	15.2		
7	10.0	10	14.4	17	16.0	18	14.8		
5	7.0	9	14.0	16	15.6 15.0	17	14.4		
4*	4.0 1.0	8 7	13.6	15 14	14.6	16 15	14.1		
4**	1.0	6	12.8	13	14.0	14	13.7		
		5	12.4	12	13.0	13	13.0		
		4	12.4	11	12.0	12	12.6		
		3	11.6	10	9.0	11	12.2		
		2	11.2	9	6.0	10	11.9		
		1*	10.0	8*	3.0	9	11.5		
		_		-		8	11.1		
						7	10.7		
						6	10.4		
						5*	10.0		
* Minimum Comp	onent Valu	ies							
Passing Requirem									
	1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.								
2) meet minimum	point value	es tor all componer	us.						
Composite See 4	7otoa								
Composite Score									
Excellent $\geq$ 90.0 pt Satisfactory = 75.0									
Unsatisfactory < 7									
Chisausiacidi y < 7	5.0			Final Versi	on			<u> </u>	
				rinai versi	UII				