| USAF Fitness Assessment Scoring / Males < 25 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 9:12 | ≥ 100 | Low Risk | 60.0 |
| 9:13 - 9:34 | 94 - 99 | Low Risk | 59.5 |
| 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 | 56.0 |
| 11:07 - 11:22 | 71 - 73 | Low Risk | 55.5 |
| 11:23 - 11:38 | 68 - 70 | Low Risk | 55.0 |
| 11:39 - 11:56 | 65 - 67 | Low Risk | 54.5 |
| 11:57 - 12:14 | 62 - 64 | Low Risk | 54.0 |
| 12:15 - 12:33 | 59 - 61 | Low Risk | 53.5 |
| 12:34 - 12:53 | 56 - 58 | Moderate Risk | 52.0 |
| 12:54 - 13:14 | 54 - 55 | Moderate Risk | 50.5 |
| 13:15 - 13:36 | 51 - 53 | Moderate Risk | 49.0 |
| 13:37 - 14:00 | 48 - 50 | High Risk | 46.5 |
| 14:01 - 14:25 | 45 - 47 | High Risk | 44.0 |
| 14:26 - 14:52 | 42 - 44 | High Risk | 41.0 |
| 14:53 - 15:20 | 39 - 41 | High Risk | 38.0 |
| 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

Final Version

| USAF Fitness Assessment Scoring / Males < 25 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Final Version | | | | | | | | | |
| 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 |
| ≥ 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 | 16 | 10.4 | | | 25 | 11.4 | | |
| 42 | 14.4 | 15* | 10.0 | | | 24 | 11.1 | | |
| 41 | 14.0 | | | | | 23 | 10.7 | | |
| 40 | 13.6 | | | | | 22 | 10.4 | | |
| 39 | 13.0 | | | | | 21* | 10.0 | | |
| 38 | 12.6 | | | | | | | | |
| 37 | 12.0 | | | | | | | | |
| 36 | 11.6 | | | | | | | | |
| 35 | 11.0 | | | | | | | | |
| 34 | 10.6 | | | | | | | | |
| 33 | 10.0 | | | | | | | | |
| 32 | 7.0 | | | | | | | | |
| 31 | 4.0 | | | * Minimum Component Values | | | | | |
| 30* | 1.0 | | | | | | | | |
| | | | | Passing Requirements - member *must* : | | | | | |
| | | | | 1) achieve a composite point total ≥ 75 points *and* | | | | | |
| | | | | 2) meet minimum point values for all components. | | | | | |
| | | | | | | | | | |
| | | | | Composite Score Categories | | | | | |
| | | | | Excellent ≥ 90.0 pts | | | | | |
| | | | | Satisfactory = 75.0 - 89.9 | | | | | |
| | | | | Unsatisfactory < 75.0 | | | | | |
| Final Version | | | | | | | | | |

| USAF Fitness Assessment Scoring / Males 25-29 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 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 |
| 10:38 - 10:51 | 77 - 79 | Low Risk | 57.0 |
| 10:52 - 11:06 | 74 - 76 | 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, 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 ≤ 16:22**

**20 m HAMR Shuttles ≥ 33 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

| Final Version | | | |
|---|---|---|---|

| USAF Fitness Assessment Scoring / Males 25-29 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Final Version** | | | | | | | | | |
| **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** |
| ≥ 62 | 20.0 | ≥ 40 | 20.0 | ≥ 56 | 20.0 | ≥ 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 | | | | | | | | |
| 29 | 7.0 | | | | | | | | |
| 28 | 4.0 | | | | | | | | |
| 27* | 1.0 | | | | | | | | |
| | | | | **\* Minimum Component Values** | | | | | |
| | | | | | | | | | |
| | | | | **Passing Requirements - member _must_ :** | | | | | |
| | | | | **1) achieve a composite point total ≥ 75 points _and_** | | | | | |
| | | | | **2) meet minimum point values for all components.** | | | | | |
| | | | | | | | | | |
| | | | | **Composite Score Categories** | | | | | |
| | | | | **Excellent ≥ 90.0 pts** | | | | | |
| | | | | **Satisfactory = 75.0 - 89.9** | | | | | |
| | | | | **Unsatisfactory < 75.0** | | | | | |
| **Final Version** | | | | | | | | | |

| USAF Fitness Assessment Scoring / Males 30-34 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 9:34 | ≥ 94 | Low Risk | 60.0 |
| 9:35 - 9:58 | 88 - 93 | Low Risk | 59.5 |
| 9:59 - 10:10 | 86 - 87 | Low Risk | 59.0 |
| 10:11 - 10:23 | 83 - 85 | Low Risk | 58.5 |
| 10:24 - 10:37 | 80 - 82 | Low Risk | 58.0 |
| 10:38 - 10:51 | 77 - 79 | Low Risk | 57.5 |
| 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, 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 ≤ 16:57

20 m HAMR Shuttles > 30 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

| Final Version | | | |

## USAF Fitness Assessment Scoring / Males 30-34 years of age
### Final Version
### 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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 57 | 20.0 | ≥ 40 | 20.0 | ≥ 54 | 20.0 | ≥ 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 | | | | | | | | |

* Minimum Component Values

Passing Requirements - member *must* :
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

Composite Score Categories
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

### Final Version

| USAF Fitness Assessment Scoring / Males 35-39 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory 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, 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 ≤ 17:34

20 m HAMR Shuttles ≥ 27 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

| Final Version | | | |

| USAF Fitness Assessment Scoring / Males 35-39 years of age | | | | | | | | | |
|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|
| Final Version | | | | | | | | | |
| 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 |
| ≥ 51 | 20.0 | ≥ 40 | 20.0 | ≥ 52 | 20.0 | ≥ 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 Component Values

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

Final Version

**Final Version**

**Cardiorespiratory Fitness**

| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
|---|---|---|---|
| ≤ 9:58 | ≥ 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 |
| 14:26 - 14:52 | 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 |
| 15:51 - 16:22 | 33 - 35 | High Risk | 44.0 |
| 16:23 - 16:57 | 30 - 32 | High Risk | 41.0 |
| 16:58 - 17:34 | 27 - 29 | High Risk | 38.0 |
| 17:35 - 18:14* | 24* - 26 | 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 ≤ 18:14

20 m HAMR Shuttles ≥ 24 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

**Final Version**

**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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 44 | 20.0 | ≥ 38 | 20.0 | ≥ 50 | 20.0 | ≥ 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 | | |
| | | | | | | 17 | 10.4 | | |
| | | | | | | 16* | 10.0 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

**Final Version**

| USAF Fitness Assessment Scoring / Males 45-49 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 10:10 | ≥ 86 | Low Risk | 60.0 |
| 10:11 - 10:37 | 80 - 85 | Low Risk | 59.5 |
| 10:38 - 10:51 | 77 - 79 | Low Risk | 59.0 |
| 10:52 - 11:06 | 74 - 76 | Low Risk | 58.5 |
| 11:07 - 11:22 | 71 - 73 | Low Risk | 58.0 |
| 11:23 - 11:38 | 68 - 70 | Low Risk | 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 |
| 12:54 - 13:14 | 54 - 55 | 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 |
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**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 ≤ 18:56

20 m HAMR Shuttles ≥ 22 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

| Final Version | | | |

## USAF Fitness Assessment Scoring / Males 45-49 years of age
### Final Version
### 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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 44 | 20.0 | ≥ 38 | 20.0 | ≥ 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 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

### Final Version

| USAF Fitness Assessment Scoring / Males 50-54 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 10:37 | ≥ 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 | 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 |
| | | | |
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**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 ≤ 20:33**

**20 m HAMR Shuttles ≥ 16 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

| Final Version | | | |
|---|---|---|---|

| USAF Fitness Assessment Scoring / Males 50-54 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Final Version** | | | | | | | | | |
| **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** |
| ≥ 36 | 20.0 | ≥ 35 | 20.0 | ≥ 46 | 20.0 | ≥ 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 Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

**Final Version**

| USAF Fitness Assessment Scoring / Males 55-59 years of age | | | |
| --- | --- | --- | --- |
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 10:51 | ≥ 77 | Low Risk | 60.0 |
| 10:52 - 11:22 | 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 |
| 13:37 - 14:00 | 48 - 50 | Low Risk | 55.5 |
| 14:01 - 14:25 | 45 - 47 | Low Risk | 55.0 |
| 14:26 - 14:52 | 42 - 44 | Low Risk | 54.5 |
| 14:53 - 15:20 | 39 - 41 | Moderate Risk | 54.0 |
| 15:21 - 15:50 | 36 - 38 | Moderate Risk | 53.5 |
| 15:51 - 16:22 | 33 - 35 | Moderate Risk | 52.0 |
| 16:23 - 16:57 | 30 - 32 | High Risk | 50.5 |
| 16:58 - 17:34 | 27 - 29 | 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 |

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 ≤ 21:28

20 m HAMR Shuttles ≥ 13 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

Final Version

## USAF Fitness Assessment Scoring / Males 55-59 years of age
### Final Version
### 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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 33 | 20.0 | ≥ 33 | 20.0 | ≥ 44 | 20.0 | ≥ 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 Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

### Final Version

| USAF Fitness Assessment Scoring / Males over 60 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory 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 | 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 | High Risk | 38.5 |
| 21:29 - 22:28* | 10*- 12 | 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 ≤ 22:28

20 m HAMR Shuttles ≥ 10 Shuttles

**Composite Score Categories**

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

Final Version

| USAF Fitness Assessment Scoring / Males over 60 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **Final Version** | | | | | | | | | |
| **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** |
| ≥ 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 | | |
| | | | | | | 7* | 10 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
**1) achieve a composite point total ≥ 75 points *and***
**2) meet minimum point values for all components.**

**Composite Score Categories**
**Excellent ≥ 90.0 pts**
**Satisfactory = 75.0 - 89.9**
**Unsatisfactory < 75.0**

**Final Version**

**Final Version**

**Cardiorespiratory Fitness**

| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
|---|---|---|---|
| < 10:23 | ≥ 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, 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 ≤ 18:56

20 m HAMR Shuttles ≥ 22 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

**Final Version**

| USAF Fitness Assessment Scoring / Females < 25 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Final Version | | | | | | | | | |
| 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 |
| ≥ 47 | 20.0 | ≥ 31 | 20.0 | ≥ 54 | 20.0 | ≥ 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 | 11.6 | | | | | 20 | 12.5 | | |
| 19 | 11.0 | | | | | 19 | 12.2 | | |
| 18 | 10.0 | | | | | 18 | 11.9 | | |
| 17 | 7.0 | | | | | 17 | 11.7 | | |
| 16 | 4.0 | | | | | 16 | 11.4 | | |
| 15* | 1.0 | | | | | 15 | 11.1 | | |
| | | | | | | 14 | 10.8 | | |
| | | | | | | 13 | 10.6 | | |
| | | | | | | 12 | 10.3 | | |
| * Minimum Component Values | | | | | | 11* | 10.0 | | |
| | | | | | | | | | |
| Passing Requirements - member *must* : | | | | | | | | | |
| 1) achieve a composite point total ≥ 75 points *and* | | | | | | | | | |
| 2) meet minimum point values for all components. | | | | | | | | | |
| | | | | | | | | | |
| Composite Score Categories | | | | | | | | | |
| Excellent ≥ 90.0 pts | | | | | | | | | |
| Satisfactory = 75.0 - 89.9 | | | | | | | | | |
| Unsatisfactory < 75.0 | | | | | | | | | |
| Final Version | | | | | | | | | |

| USAF Fitness Assessment Scoring / Females 25-29 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 10:37 | ≥ 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 |

**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 ≤ 19:43

20 m HAMR Shuttles ≥ 19 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

Final Version

| USAF Fitness Assessment Scoring / Females 25-29 years of age | | | | | | | | | |
|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|:---:|
| Final Version | | | | | | | | | |
| 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 |
| ≥ 47 | 20.0 | ≥ 31 | 20.0 | ≥ 50 | 20.0 | ≥ 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 | | | | | 14 | 11.4 | | |
| 15 | 4.0 | | | | | 13 | 11.1 | | |
| 14* | 1.0 | | | | | 12 | 10.8 | | |
| | | | | | | 11 | 10.6 | | |
| * Minimum Component Values | | | | | | 10 | 10.3 | | |
| | | | | | | 9* | 10.0 | | |
| Passing Requirements - member *must* : | | | | | | | | | |
| 1) achieve a composite point total ≥ 75 points *and* | | | | | | | | | |
| 2) meet minimum point values for all components. | | | | | | | | | |
| | | | | | | | | | |
| Composite Score Categories | | | | | | | | | |
| Excellent ≥ 90.0 pts | | | | | | | | | |
| Satisfactory = 75.0 - 89.9 | | | | | | | | | |
| Unsatisfactory < 75.0 | | | | | | | | | |
| Final Version | | | | | | | | | |

| USAF Fitness Assessment Scoring / Females 30-34 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 10:51 | ≥ 77 | Low Risk | 60.0 |
| 10:52- 11:22 | 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 |
| 13:37 - 14:00 | 48 - 50 | Low Risk | 55.5 |
| 14:01 - 14:25 | 45 - 47 | Low Risk | 55.0 |
| 14:26 - 14:52 | 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 | High Risk | 38.5 |
| 19:44 - 20:33* | 16* - 18 | 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 ≤ 20:33**

**20 m HAMR Shuttles ≥ 16 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

| Final Version | | | |
|---|---|---|---|

| USAF Fitness Assessment Scoring / Females 30-34 years of age | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Final Version | | | | | | | | | |
| 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 |
| ≥ 46 | 20.0 | ≥ 31 | 20.0 | ≥ 45 | 20.0 | ≥ 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 | 13.6 | | | | | 15 | 11.7 | | |
| 16 | 13.0 | | | | | 14 | 11.4 | | |
| 15 | 12.0 | | | | | 13 | 11.1 | | |
| 14 | 10.0 | | | | | 12 | 10.9 | | |
| 13 | 7.0 | | | | | 11 | 10.6 | | |
| 12 | 4.0 | | | | | 10 | 10.3 | | |
| 11* | 1.0 | | | | | 9* | 10.0 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

| Final Version |
|---|

| USAF Fitness Assessment Scoring / Females 35-39 years of age | | | |
|---|---|---|---|
| **Final Version** | | | |
| **Cardiorespiratory Fitness** | | | |
| **Run Time (mins:secs)** | **20 m HAMR Shuttles** | **Health Risk Category** | **Points** |
| ≤ 11:06 | ≥ 74 | Low Risk | 60.0 |
| 11:07 - 11:38 | 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 | High Risk | 47.0 |
| 18:15 - 18:56 | 22 - 23 | 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 |

**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 ≤ 21:28**

**20 m HAMR Shuttles ≥ 13 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

| **Final Version** | | | |

## USAF Fitness Assessment Scoring / Females 35-39 years of age
### Final Version
### 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 | ≥ 31 | 20.0 | ≥ 43 | 20.0 | ≥ 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 |
| 36 | 18.6 | 25 | 17.6 | 37 | 17.6 | 37 | 18.3 | 2:10 | 15.8 |
| 35 | 18.4 | 24 | 17.2 | 36 | 17.0 | 36 | 18.1 | 1:50 | 14.5 |
| 34 | 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 |
| 32 | 18.0 | 21 | 16.0 | 33 | 16.0 | 33 | 17.2 | :50 | 10.6 |
| 31 | 17.9 | 20 | 15.6 | 32 | 15.6 | 32 | 16.9 | :45 | 10.3 |
| 30 | 17.8 | 19 | 15.2 | 31 | 15.0 | 31 | 16.7 | | 10.0 |
| 29 | 17.6 | 18 | 14.8 | 30 | 14.0 | 30 | 16.4 | | |
| 28 | 17.4 | 17 | 14.4 | 29 | 13.6 | 29 | 16.1 | | |
| 27 | 17.3 | 16 | 14.0 | 28 | 13.0 | 28 | 15.8 | | |
| 26 | 17.2 | 15 | 13.6 | 27 | 12.0 | 27 | 15.6 | | |
| 25 | 17.0 | 14 | 13.2 | 26 | 9.0 | 26 | 15.3 | | |
| 24 | 16.6 | 13 | 12.8 | 25 | 6.0 | 25 | 15.0 | | |
| 23 | 16.4 | 12 | 12.4 | 24* | 3.0 | 24 | 14.7 | | |
| 22 | 16.0 | 11 | 12.0 | | | 23 | 14.4 | | |
| 21 | 15.8 | 10 | 11.6 | | | 22 | 14.2 | | |
| 20 | 15.6 | 9 | 11.2 | | | 21 | 13.9 | | |
| 19 | 15.2 | 8 | 10.8 | | | 20 | 13.6 | | |
| 18 | 15.0 | 7 | 10.4 | | | 19 | 13.3 | | |
| 17 | 14.0 | 6* | 10.0 | | | 18 | 13.1 | | |
| 16 | 13.6 | | | | | 17 | 12.8 | | |
| 15 | 13.0 | | | | | 16 | 12.5 | | |
| 14 | 12.0 | | | | | 15 | 12.2 | | |
| 13 | 10.0 | | | | | 14 | 11.9 | | |
| 12 | 7.0 | | | | | 13 | 11.7 | | |
| 11 | 4.0 | | | | | 12 | 11.4 | | |
| 10* | 1.0 | | | | | 11 | 11.1 | | |
| | | | | | | 10 | 10.8 | | |
| | | | | | | 9 | 10.6 | | |
| | | | | | | 8 | 10.3 | | |
| * Minimum Component Values | | | | | | 7* | 10 | | |

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

### Final Version

| USAF Fitness Assessment Scoring / Females 40-44 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory 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 |

**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 ≤ 22:28**

**20 m HAMR Shuttles ≥ 10 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

| Final Version | | | |
|---|---|---|---|

## USAF Fitness Assessment Scoring / Females 40-44 years of age
### Final Version
### 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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 38 | 20.0 | ≥ 28 | 20.0 | ≥ 41 | 20.0 | ≥ 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 | 14.0 | 5 | 10.8 | | | 19 | 13.6 | | |
| 14 | 13.0 | 4* | 10.0 | | | 18 | 13.3 | | |
| 13 | 12.0 | | | | | 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 | | |
| | | | | | | 11 | 11.4 | | |
| | | | | | | 10 | 11.1 | | |
| | | | | | | 9 | 10.8 | | |
| | | | | | | 8 | 10.6 | | |
| | | | | | | 7 | 10.3 | | |
| * Minimum Component Values | | | | | | 6* | 10.0 | | |

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

### Final Version

| | USAF Fitness Assessment Scoring / Females 45-49 years of age | | |
|---|---|---|---|
| | **Final Version** | | |
| | **Cardiorespiratory Fitness** | | |
| **Run Time (mins:secs)** | **20 m HAMR Shuttles** | **Health Risk Category** | **Points** |
| ≤ 11:38 | ≥ 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 | 54.5 |
| 16:23 - 16:57 | 30 - 32 | Moderate Risk | 54.0 |
| 16:58 - 17:34 | 27 - 29 | Moderate Risk | 53.5 |
| 17:35 - 18:14 | 24 - 26 | Moderate Risk | 52.0 |
| 18:15 - 18:56 | 22 - 23 | High Risk | 50.5 |
| 18:57 - 19:43 | 19 - 21 | High Risk | 48.0 |
| 19:44 - 20:33 | 16 - 18 | High Risk | 45.0 |
| 20:34 - 21:28 | 13 - 15 | High Risk | 42.0 |
| 21:29 - 22:28 | 10 - 12 | High Risk | 38.5 |
| 22:29 - 23:34* | 7* - 9 | 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 ≤ 23:34

20 m HAMR Shuttles ≥ 7 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

**Final Version**

**Final Version**

**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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 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 | | |
| 10 | 10.0 | | | | | 13 | 12.1 | | |
| 9 | 7.0 | | | | | 12 | 11.8 | | |
| 8 | 4.0 | | | | | 11 | 11.5 | | |
| 7* | 1.0 | | | | | 10 | 11.2 | | |
| | | | | | | 9 | 10.9 | | |
| | | | | | | 8 | 10.6 | | |
| | | | | | | 7 | 10.3 | | |
| | | | | | | 6* | 10.0 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

**Final Version**

| USAF Fitness Assessment Scoring / Females 50-54 years of age | | | |
|---|---|---|---|
| **Final Version** | | | |
| **Cardiorespiratory 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 |
| | | | |
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| | | | |

**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 ≤ 24:46**

**20 m HAMR Shuttles ≥ 5 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

**Final Version**

**Final Version**

**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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 35 | 20.0 | ≥ 25 | 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 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

**Final Version**

| USAF Fitness Assessment Scoring / Females 55-59 years of age | | | |
|---|---|---|---|
| **Final Version** | | | |
| **Cardiorespiratory Fitness** | | | |
| **Run Time (mins:secs)** | **20 m HAMR Shuttles** | **Health Risk Category** | **Points** |
| ≤ 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 |
| 14:26 - 14:52 | 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 |
| 16:58 - 17:34 | 27 - 29 | Low Risk | 56.0 |
| 17:35 - 18:14 | 24 - 26 | Low Risk | 55.5 |
| 18:15 - 18:56 | 22 - 23 | Moderate Risk | 55.0 |
| 18:57 - 19:43 | 19 - 21 | Moderate Risk | 53.5 |
| 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, 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 ≤ 26:06

20 m HAMR Shuttles ≥ 2 Shuttles

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

**Final Version**

**Final Version**

**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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 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 | 4 | 11.6 | | | 17 | 13.4 | | |
| 6 | 4.0 | 3 | 11.2 | | | 16 | 13.1 | | |
| 5* | 1.0 | 2 | 10.8 | | | 15 | 12.8 | | |
| | | 1* | 10.0 | | | 14 | 12.5 | | |
| | | | | | | 13 | 12.2 | | |
| | | | | | | 12 | 11.9 | | |
| | | | | | | 11 | 11.6 | | |
| | | | | | | 10 | 11.3 | | |
| | | | | | | 9 | 10.9 | | |
| | | | | | | 8 | 10.6 | | |
| | | | | | | 7 | 10.3 | | |
| | | | | | | 6* | 10.0 | | |

**\* Minimum Component Values**

**Passing Requirements - member *must* :**
**1) achieve a composite point total ≥ 75 points *and***
**2) meet minimum point values for all components.**

**Composite Score Categories**
**Excellent ≥ 90.0 pts**
**Satisfactory = 75.0 - 89.9**
**Unsatisfactory < 75.0**

**Final Version**

| USAF Fitness Assessment Scoring / Females over 60 years of age | | | |
|---|---|---|---|
| Final Version | | | |
| Cardiorespiratory Fitness | | | |
| Run Time (mins:secs) | 20 m HAMR Shuttles | Health Risk Category | Points |
| ≤ 14:00 | ≥ 48 | Low Risk | 60.0 |
| 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, 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 ≤ 27:27

20 m HAMR Shuttles ≥ 1 Shuttle

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

Final Version

**Final Version**

**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 |
|---|---|---|---|---|---|---|---|---|---|
| ≥ 21 | 20.0 | ≥ 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 | | |
| 6 | 7.0 | 9 | 14.0 | 16 | 15.6 | 17 | 14.4 | | |
| 5 | 4.0 | 8 | 13.6 | 15 | 15.0 | 16 | 14.1 | | |
| 4* | 1.0 | 7 | 13.2 | 14 | 14.6 | 15 | 13.7 | | |
| | | 6 | 12.8 | 13 | 14.0 | 14 | 13.3 | | |
| | | 5 | 12.4 | 12 | 13.0 | 13 | 13.0 | | |
| | | 4 | 12.0 | 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 Component Values**

**Passing Requirements - member *must* :**
1) achieve a composite point total ≥ 75 points *and*
2) meet minimum point values for all components.

**Composite Score Categories**
Excellent ≥ 90.0 pts
Satisfactory = 75.0 - 89.9
Unsatisfactory < 75.0

**Final Version**