

FITNESSGRAM® Healthy Fitness Zone Performance Standards



FEMALES

For each test area, the FITNESSGRAM uses the Healthy Fitness Zone (HFZ) to evaluate fitness performance. The performance goal for all test areas is the HFZ.

Aerobic Capacity

One-Mile Run / 20m PACER / Walk Test *VO₂Max*

Age	NI–Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.0	37.1 – 40.0	≥ 40.1
13	≤ 36.6	36.7 – 39.6	≥ 39.7
14	≤ 36.3	36.4 – 39.3	≥ 39.4
15	≤ 36.0	36.1 – 39.0	≥ 39.1
16	≤ 35.8	35.9 – 38.8	≥ 38.9
17	≤ 35.7	35.8 – 38.7	≥ 38.8
17+	≤ 35.3	35.4 – 38.5	≥ 38.6

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

VO₂Max standards are not available for students ages 5 through 9.

For the Walk Test only, standards are not available for students ages 10, 11, and 12.

VO₂Max calculations are in the Reference Guide on the California Physical Fitness Test Resources Web page at <http://www.pftdata.org/resources.aspx>.

Grade five students age 9 with time or laps reported have a VO₂Max calculated and are compared to the HFZ for students age 10. VO₂Max will not be calculated for students less than age 9, but the student will be reported in the HFZ.

Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer *percent body fat*

Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 28.4	≥ 20.9	20.8 – 9.8	≤ 9.7
6	≥ 28.4	≥ 20.9	20.8 – 9.9	≤ 9.8
7	≥ 28.4	≥ 20.9	20.8 – 10.1	≤ 10.0
8	≥ 28.4	≥ 20.9	20.8 – 10.5	≤ 10.4
9	≥ 30.8	≥ 22.7	22.6 – 11.0	≤ 10.9
10	≥ 33.0	≥ 24.4	24.3 – 11.6	≤ 11.5
11	≥ 34.5	≥ 25.8	25.7 – 12.2	≤ 12.1
12	≥ 3.5	≥ 26.8	26.7 – 12.7	≤ 12.6
13	≥ 36.3	≥ 27.8	27.7 – 13.4	≤ 13.3
14	≥ 36.8	≥ 28.6	28.5 – 14.0	≤ 13.9
15	≥ 37.1	≥ 29.2	29.1 – 14.6	≤ 14.5
16	≥ 37.4	≥ 29.8	27.9 – 15.3	≤ 15.2
17	≥ 37.9	≥ 30.5	30.4 – 15.9	≤ 15.8
17+	≥ 38.6	≥ 31.4	31.3 – 16.5	≤ 16.4

Body Mass Index

Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 18.5	≥ 16.9	16.8 – 16.3	≤ 13.5
6	≥ 19.2	≥ 17.3	17.2 – 13.5	≤ 13.4
7	≥ 20.2	≥ 18.0	17.9 – 16.6	≤ 13.5
8	≥ 21.2	≥ 18.7	18.6 – 13.7	≤ 13.6
9	≥ 22.4	≥ 19.5	19.4 – 14.0	≤ 13.9
10	≥ 23.6	≥ 20.4	20.3 – 14.3	≤ 14.2
11	≥ 24.7	≥ 21.3	21.2 – 14.7	≤ 14.6
12	≥ 25.8	≥ 22.2	22.1 – 15.5	≤ 15.1
13	≥ 26.8	≥ 23.0	22.9 – 15.7	≤ 15.6
14	≥ 27.7	≥ 23.7	23.6 – 16.2	≤ 16.1
15	≥ 28.5	≥ 24.4	24.3 – 16.7	≤ 16.6
16	≥ 29.3	≥ 24.9	24.8 – 17.1	≤ 17.0
17	≥ 30.0	≥ 25.0	24.9 – 17.5	≤ 17.4
17+	≥ 30.0	≥ 25.0	24.9 – 17.8	≤ 17.4

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

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Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed	Trunk Lift # of inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang # of seconds	Back Saver Sit & Reach # of inches	Shoulder Stretch
HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	9	Y*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	Y*
9	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	Y*
10	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	Y*
11	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	Y*
12	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	Y*
13	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
14	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
15	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
16	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17+	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*

* Touching fingertips together behind the back on both the right and left sides.

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Aerobic Capacity

One-Mile Run / 20m PACER / Walk Test
VO₂Max

Age	NI–Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.6	37.7 – 40.2	≥ 40.3
13	≤ 38.6	38.7 – 41.0	≥ 41.1
14	≤ 39.6	39.7 – 42.4	≥ 42.5
15	≤ 40.6	40.7 – 43.5	≥ 43.6
16	≤ 41.0	41.1 – 44.0	≥ 44.1
17	≤ 41.2	41.3 – 44.1	≥ 44.2
17+	≤ 41.2	41.3 – 44.2	≥ 44.3

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

VO₂Max standards are not available for students ages 5 through 9.

For the Walk Test only, standards are not available for students ages 10, 11, and 12.

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Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer
percent body fat

Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 27.0	≥ 18.9	18.8 – 8.9	≤ 8.8
6	≥ 27.0	≥ 18.9	18.8 – 8.5	≤ 8.4
7	≥ 27.0	≥ 18.9	18.8 – 8.3	≤ 8.2
8	≥ 27.0	≥ 18.9	18.8 – 8.4	≤ 8.3
9	≥ 30.1	≥ 20.7	20.6 – 8.7	≤ 8.6
10	≥ 33.2	≥ 22.5	22.4 – 8.9	≤ 8.8
11	≥ 35.4	≥ 23.7	23.6 – 8.8	≤ 8.7
12	≥ 35.9	≥ 23.7	23.6 – 8.4	≤ 8.3
13	≥ 35.0	≥ 22.9	22.8 – 7.8	≤ 7.7
14	≥ 33.2	≥ 21.4	21.3 – 7.1	≤ 7.0
15	≥ 31.5	≥ 20.2	20.1 – 6.6	≤ 6.5
16	≥ 31.6	≥ 20.2	20.4 – 6.5	≤ 6.4
17	≥ 33.0	≥ 21.0	20.9 – 6.7	≤ 6.6
17+	≥ 35.1	≥ 22.3	22.2 – 7.0	≤ 6.9

Body Mass Index

Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 18.1	≥ 16.9	16.8 – 13.9	≤ 13.8
6	≥ 18.8	≥ 17.2	17.1 – 13.8	≤ 13.7
7	≥ 19.6	≥ 17.7	17.6 – 13.8	≤ 13.7
8	≥ 20.6	≥ 18.3	18.2 – 14.0	≤ 13.9
9	≥ 21.6	≥ 19.0	18.9 – 14.2	≤ 14.1
10	≥ 22.7	≥ 19.8	19.7 – 14.5	≤ 14.4
11	≥ 23.7	≥ 20.6	20.5 – 14.9	≤ 14.8
12	≥ 24.7	≥ 21.4	21.3 – 15.3	≤ 15.2
13	≥ 25.6	≥ 22.3	22.2 – 15.8	≤ 15.7
14	≥ 26.5	≥ 23.1	23.0 – 16.4	≤ 16.3
15	≥ 27.2	≥ 23.8	23.7 – 16.9	≤ 16.8
16	≥ 27.9	≥ 24.6	24.5 – 17.5	≤ 17.4
17	≥ 28.6	≥ 25.0	24.9 – 18.1	≤ 18.0
17+	≥ 29.3	≥ 25.0	24.9 – 18.6	≤ 18.5

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Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed	Trunk Lift # of inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang # of seconds	Back Saver Sit & Reach # of inches	Shoulder Stretch
HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ	HFZ
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	8	Y*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	Y*
9	≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	Y*
10	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	Y*
11	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	Y*
12	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	Y*
13	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	Y*
14	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	Y*
15	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	Y*
16	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	Y*
17	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*
17+	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*

* Touching fingertips together behind the back on both the right and left sides.