

FITNESSGRAM Standards for Healthy Fitness Zone*

BOYS

Age	One-mile run		PACER		Walk test & VO ₂ max		Percent fat		Body mass index		Curl-up	
	min:sec		# laps		ml/kg/min						# complete	
5							25	10	20	14.7	2	10
6							25	10	20	14.7	2	10
7							25	10	20	14.9	4	14
8							25	10	20	15.1	6	20
9							25	10	20	15.2	9	24
10	11:30	9:00	23	61	42	52	25	10	21	15.3	12	24
11	11:00	8:30	23	72	42	52	25	10	21	15.8	15	28
12	10:30	8:00	32	72	42	52	25	10	22	16.0	18	36
13	10:00	7:30	41	72	42	52	25	10	23	16.6	21	40
14	9:30	7:00	41	83	42	52	25	10	24.5	17.5	24	45
15	9:00	7:00	51	94	42	52	25	10	25	18.1	24	47
16	8:30	7:00	61	94	42	52	25	10	26.5	18.5	24	47
17	8:30	7:00	61	94	42	52	25	10	27	18.8	24	47
17+	8:30	7:00	61	94	42	52	25	10	27.8	19.0	24	47

Age	Trunk lift		Push-up		Modified pull-up		Pull-up		Flexed arm hang		Back-saver sit & reach**	Shoulder stretch
	inches		# complete		# complete		# complete		seconds		inches	
5	6	12	3	8	2	7	1	2	2	8	8	
6	6	12	3	8	2	7	1	2	2	8	8	
7	6	12	4	10	3	9	1	2	3	8	8	
8	6	12	5	13	4	11	1	2	3	8	8	
9	6	12	6	15	5	11	1	2	4	10	8	
10	9	12	7	20	5	15	1	2	4	10	8	
11	9	12	8	20	6	17	1	3	6	13	8	
12	9	12	10	20	7	20	1	3	6	13	8	
13	9	12	12	25	8	22	1	4	12	17	8	
14	9	12	14	30	9	25	2	5	15	20	8	
15	9	12	16	35	10	27	3	7	15	20	8	
16	9	12	18	35	12	30	5	8	15	20	8	
17	9	12	18	35	14	30	5	8	15	20	8	
17+	9	12	18	35	14	30	5	8	15	20	8	

* Number on left is lower end of HFZ; number on right is upper end of HFZ

**Test scored Pass/Fail; must reach this distance to pass.

©1992, 1999, The Cooper Institute for Aerobics Research, Dallas, Texas.

For ages 5 to 9, the standard for the one-mile run is completion of distance. Time standards not recommended.

For ages 5 to 9, the standard for the PACER test is participation in run. Lap count standards not recommended.

Passing for shoulder stretch = touching fingertips
together behind the back

FITNESSGRAM Standards for Healthy Fitness Zone*

GIRLS

Age	One-mile run min:sec		PACER # laps		Walk test & VO ₂ max ml/kg/min		Percent fat		Body mass index		Curl-up # complete	
5							32	17	21	16.2	2	10
6							32	17	21	16.2	2	10
7							32	17	22	16.2	4	14
8							32	17	22	16.2	6	20
9							32	17	23	16.2	9	22
10	12:30	9:30	15	41	40	48	32	17	23.5	16.6	12	26
11	12:00	9:00	15	41	39	47	32	17	24	16.9	15	29
12	12:00	9:00	23	41	38	46	32	17	24.5	16.9	18	32
13	11:30	9:00	23	51	37	45	32	17	24.5	17.5	18	32
14	11:00	8:30	23	51	36	44	32	17	25	17.5	18	32
15	10:30	8:00	23	51	35	43	32	17	25	17.5	18	35
16	10:00	8:00	32	61	35	43	32	17	25	17.5	18	35
17	10:00	8:00	41	61	35	43	32	17	26	17.5	18	35
17+	10:00	8:00	41	61	35	43	32	17	27.3	18.0	18	35

Age	Trunk lift inches		Push-up # complete		Modified pull-up # complete		Pull-up # complete		Flexed arm hang seconds		Back-saver sit & reach** inches	Shoulder stretch
5	6	12	3	8	2	7	1	2	2	8	9	
6	6	12	3	8	2	7	1	2	2	8	9	
7	6	12	4	10	3	9	1	2	3	8	9	
8	6	12	5	13	4	11	1	2	3	10	9	
9	6	12	6	15	4	11	1	2	4	10	9	
10	9	12	7	15	4	13	1	2	4	10	9	
11	9	12	7	15	4	13	1	2	6	12	10	
12	9	12	7	15	4	13	1	2	7	12	10	
13	9	12	7	15	4	13	1	2	8	12	10	
14	9	12	7	15	4	13	1	2	8	12	10	
15	9	12	7	15	4	13	1	2	8	12	12	
16	9	12	7	15	4	13	1	2	8	12	12	
17	9	12	7	15	4	13	1	2	8	12	12	
17+	9	12	7	15	4	13	1	2	8	12	12	

* Number on left is lower end of HFZ; number on right is upper end of HFZ

**Test scored Pass/Fail; must reach this distance to pass.

©1992, 1999, The Cooper Institute for Aerobics Research, Dallas, Texas.

For ages 5 to 9, the standard for the one-mile run is completion of distance. Time standards not recommended.

For ages 5 to 9, the standard for the PACER test is participation in run. Lap count standards not recommended.

Passing for shoulder stretch = touching fingertips
together behind the back

Personal Fitness Record

Name _____ School _____

Grade _____ Age _____ Height _____ Weight _____

	Date:		Date:	
	Score	HFZ	Score	HFZ
Aerobic capacity:				
Curl-up				
Trunk lift				
Upper body strength				
Flexibility:				
Skinfolds:				
Triceps				
Calf				
Other:				
Total score				

HFZ = healthy fitness zone.

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important because it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas on improving my fitness level.

Adapted, by permission, from The Cooper Institute for Aerobics Research, 1999, *FITNESSGRAM Test Administration Manual*, 2nd ed. (Champaign, IL: Human Kinetics), 91.

Class Score Sheet

Teacher _____ Class _____ Grade _____ Test date _____

Student ID#	Student name	Birth date	Gender	Height	Weight	Aerobic capacity _____	Curl-up	Upper body strength	Trunk lift	Flexibility _____ L/R	Skinfolds Triceps Calf	
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		
										/		

Adapted, by permission, from The Cooper Institute for Aerobics Research, 1999, FITNESSGRAM Test Administration Manual, 2nd ed. (Champaign, IL: Human Kinetics), 90.