

FITNESSGRAM Standards for Healthy Fitness Zone

		RUN +		2 of 3		
		PACER (20m) laps	Mile run	Curl-up	90° push- up	Sit-and- reach
Age		(no. completed)	(min:sec)	(no. completed)	(no. completed)	(avg. inches)
M a l e s	10	17	11:30	12	7	8
	11	20	11:10	15	8	8
	12	23	10:40	18	10	8
	13	29	9:46	21	12	8
	14	36	9:22	24	14	8
	15	42	9:04	24	16	8
	16	47	8:42	24	18	8
	17	50	8:22	24	18	8
	18+	54	8:04	24	18	8
F e m a l e s	10	17	11:30	12	7	9
	11	20	11:10	15	7	10
	12	23	10:40	18	7	10
	13	25	10:20	18	7	10
	14	27	10:09	18	7	10
	15	30	9:58	18	7	12
	16	32	9:46	18	7	12
	17	35	9:34	18	7	12
	18+	38	9:22	18	7	12