**FitnessGram Standards**

**for**

**Healthy Fitness Zones**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Age** | **Body Mass Index**  Relationship of Height to Weight | **Aerobic Capacity**  Mile Run | **Abdominal Strength**  Curl Ups | **Muscle Strength**  Push Ups | **Trunk Extensor Strength**  Trunk Lift | **Muscle Flexibility**  Shoulder Stretch |
| **Boys** | **10** | 19.7% – 14.5% | 9-11.5 mins. | ≥12 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **11** | 20.5% - 14.9% | 8.5-11 mins. | ≥15 | ≥8 | 9-12 ins. | Left: Pass Right: Pass |
| **12** | 21.3% - 15.3% | 8-10.5 mins. | ≥18 | ≥10 | 9-12 ins. | Left: Pass Right: Pass |
| **13** | 22.2% - 15.8% | 7.5-10 mins. | ≥21 | ≥12 | 9-12 ins. | Left: Pass Right: Pass |
| **14** | 23.0% - 16.4% | 7-9.5 mins. | ≥24 | ≥14 | 9-12 ins. | Left: Pass Right: Pass |
| **15** | 23.7% - 16.9% | 7-9 mins. | ≥24 | ≥16 | 9-12 ins. | Left: Pass Right: Pass |
|  | |  |  |  |  |  |  |
| **Girls** | **10** | 20.3% - 14.3% | 9.5-12.5 mins. | ≥12 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **11** | 21.2% - 14.7% | 9-12 mins. | ≥15 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **12** | 22.1% - 15.2% | 9-12 mins. | ≥18 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **13** | 22.9% - 15.7% | 9-11.5 mins. | ≥18 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **14** | 23.6% - 16.2% | 8.5-11 mins. | ≥18 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |
| **15** | 24.3% - 16.7% | 8-10.5 mins | ≥18 | ≥7 | 9-12 ins. | Left: Pass Right: Pass |