

SIT AND REACH

FLEXIBILITY TEST

GIRLS

Student	Inches required to reach
Age	Healthy Fitness Zone

=====

10	9
11	10
12	10
13	10
14	10
15	12
16	12
17	12
18	12

PACER

CARDIOVASCULAR-ENDURANCE TEST

GIRLS

Student Age	Laps required to reach Healthy Fitness Zone
=====	=====
10	≥ 15
11	≥ 15
12	≥ 23
13	≥ 23
14	≥ 23
15	≥ 23
16	≥ 32
17	≥ 41
17+	≥ 41

PUSH-UPS

UPPER BODY STRENGTH & ENDURANCE GIRLS

**Student
Age**

**# required to reach
Healthy Fitness Zone**

=====

10

≥ 7

11

≥ 7

12

≥ 7

13

≥ 7

14

≥ 7

15

≥ 7

16

≥ 7

17

≥ 7

17+

≥ 7

PULL-UPS

UPPER BODY STRENGTH TEST

GIRLS

Student Age	# required to reach Healthy Fitness Zone
----------------	---

=====

10	≥ 1
11	≥ 1
12	≥ 1
13	≥ 1
14	≥ 1
15	≥ 1
16	≥ 1
17	≥ 1
17+	≥ 1

FLEXED-ARM HANG

UPPER BODY STRENGTH & ENDURANCE

GIRLS

Student Age	Seconds required to reach Healthy Fitness Zone
----------------	---

=====

10	≥ 4
11	≥ 6
12	≥ 7
13	≥ 8
14	≥ 8
15	≥ 8
16	≥ 8
17	≥ 8
17+	≥ 8

CURL-UPS

ABDOMINAL STRENGTH & ENDURANCE GIRLS

**Student
Age**

**# required to reach
Healthy Fitness Zone**

=====

10 $\geq$ 12

11 $\geq$ 15

12 $\geq$ 18

13 $\geq$ 18

14 $\geq$ 18

15 $\geq$ 18

16 $\geq$ 18

17 $\geq$ 18

17+ $\geq$ 18

MILE

CARDIOVASCULAR-ENDURANCE TEST

GIRLS

**Student
Age**

**Laps required to reach
Healthy Fitness Zone**

=====

10	≤ 12:30
11	≤ 12:00
12	≤ 12:00
13	≤ 11:30
14	≤ 11:00
15	≤ 10:30
16	≤ 10:00
17	≤ 10:00
17+	≤ 10:00