

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.

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.

Age	Abdominal Strength and Endurance:	Trunk Extensor Strength and Flexibility:	Upper Body Strength and Endurance:	Upper Body Strength and Endurance:	Upper Body Strength and Endurance:	Flexibility:	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
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Yes*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Yes*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	9	Yes*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	Yes*
9	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	Yes*
10	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	Yes*
11	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	Yes*
12	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	Yes*
13	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Yes*
14	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	Yes*
15	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Yes*
16	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Yes*
17	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Yes*
17+	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	Yes*

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

≥ The score is greater than or equal to the indicated value

≤ The score is less than or equal to the indicated value

FITNESSGRAM® Healthy Fitness Zone Performance Standards



MALES 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	≤ 37.6	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.

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	≥ 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	≥ 26.9	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

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.

FITNESSGRAM[®] Healthy Fitness Zone Performance Standards



MALES

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.

Age	Abdominal Strength and Endurance:	Trunk Extensor Strength and Flexibility:	Upper Body Strength and Endurance:	Upper Body Strength and Endurance:	Upper Body Strength and Endurance:	Flexibility:	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
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Yes*
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Yes*
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	8	Yes*
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	Yes*
9	≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	Yes*
10	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	Yes*
11	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	Yes*
12	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	Yes*
13	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	Yes*
14	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	Yes*
15	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	Yes*
16	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	Yes*
17	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Yes*
17+	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	Yes*

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

≥ The score is greater than or equal to the indicated value

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