

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
77					100															
76					99															
75			100		98		100													
74			99		97		99													
73			98		96		98		100											
72			97		95		97		99											
71	100		95		94		96		98											
70	99		94		93		95		97											
69	97		93		92		94		96											
68	96		92		91		93		95											
67	94		91		89		92		94											
66	93		90		88		91		93		100									
65	92		89		87		90		92		99									
64	90		87		86		89		91		98									
63	89		86		85		88		90		97									
62	88		85		84		87		89		96									
61	86		84		83		86		88		94									
60	85		83		82		85		87		93									
59	83		82		81		84		86		92		100							
58	82		81		80		83		85		91		99							
57	81		79		79		82		84		90		98							
56	79		78		78		81		83		89		96		100					
55	78		77		77		79		82		88		95		99					
54	77		76		76		78		81		87		94		98					
53	75		75		75		77		79		86		93		97		100			
52	74		74		74		76		78		84		92		96		99			
51	72		73		73		75		77		83		91		94		98			
50	71		71		72	100	74		76		82		89		93		97		100	
49	70		70		71	99	73		75		81		88		92		95		99	
48	68		69		69	98	72		74		80		87		91		94		98	
47	67		68		68	96	71		73		79		86		90		93		96	
46	66		67	100	67	95	70		72		78		85		89		92		95	
45	64		66	99	66	94	69	100	71		77		84		88		91		94	
44	63		65	97	65	93	68	99	70		76		82		87		90		93	
43	61		63	96	64	92	67	97	69		74		81		86		89		92	
42	60	100	62	94	63	90	66	96	68		73		80		84		87		91	
41	59	98	61	93	62	89	65	95	67		72		79		83		86		89	
40	57	97	60	92	61	88	64	93	66	100	71		78		82		85		88	
39	56	95	59	90	60	87	63	92	65	99	70		76		81		84		87	
38	54	93	58	89	59	85	62	91	64	97	69		75		80		83		86	
37	53	91	57	88	58	84	61	89	63	96	68	100	74		79		82		85	
36	52	90	55	86	57	83	60	88	62	94	67	98	73		78		81		84	
35	50	88	54	85	56	82	59	87	61	93	66	97	72		77		79		82	
34	49	86	53	83	55	81	58	85	60	91	64	95	71	100	76		78		81	
33	48	84	52	82	54	79	57	84	59	90	63	94	69	98	74		77		80	

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
32	46	83	51	81	53	78	56	83	58	88	62	92	68	97	73		76		79	
31	45	81	50	79	52	77	55	81	57	87	61	90	67	95	72	100	75		78	
30	43	79	49	78	50	76	54	80	56	85	60	89	66	93	71	98	74		76	
29	42	77	47	77	49	75	53	79	55	84	59	87	65	92	70	96	73		75	
28	41	76	46	75	48	73	52	77	54	82	58	86	64	90	69	95	71	100	74	
27	39	74	45	74	47	72	51	76	53	81	57	84	62	88	68	93	70	98	73	
26	38	72	44	72	46	71	50	75	52	79	56	82	61	87	67	91	69	96	72	
25	37	70	43	71	45	70	49	73	51	78	54	81	60	85	66	89	68	94	71	100
24	35	69	42	70	44	68	48	72	50	76	53	79	59	83	64	87	67	92	69	98
23	34	67	41	68	43	67	47	71	49	75	52	78	58	82	63	85	66	90	68	96
22	32	65	39	67	42	66	46	69	48	73	51	76	56	80	62	84	65	88	67	93
21	31	63	38	66	41	65	45	68	47	72	50	74	55	78	61	82	63	86	66	91
20	30	62	37	64	40	64	44	67	46	70	49	73	54	77	60	80	62	84	65	89
19	28	60	36	63	39	62	43	65	45	69	48	71	53	75	59	78	61	82	64	87
18	27	58	35	61	38	61	42	64	44	67	47	70	52	73	58	76	60	80	62	84
17	26	57	34	60	37	60	41	63	43	66	46	68	51	72	57	75	59	78	61	82
16	24	55	33	59	36	59	39	61	42	64	44	66	49	70	56	73	58	76	60	80
15	23	53	31	57	35	58	38	60	41	63	43	65	48	68	54	71	57	74	59	78
14	21	51	30	56	34	56	37	59	39	61	42	63	47	67	53	69	55	72	58	76
13	20	50	29	54	33	55	36	58	38	60	41	62	46	65	52	67	54	70	56	73
12	19	48	28	52	32	54	35	56	37	59	40	60	45	63	51	65	53	68	55	71
11	17	46	27	50	31	52	34	54	36	57	39	58	44	62	50	64	52	66	54	69
10	16	44	26	49	29	50	33	52	35	56	38	57	42	60	49	62	51	64	53	67
9	14	43	25	49	28	49	32	50	34	54	37	55	41	58	48	60	50	62	52	64
8	13	41	23	48	27	49	31	49	33	53	36	54	40	57	47	58	49	60	51	62
7	12	39	22	46	26	48	30	49	32	51	34	52	39	55	46	56	47	58	49	60
6	10	37	21	45	25	47	29	48	31	50	33	50	38	53	44	55	46	56	48	58
5	9	36	20	43	24	45	28	47	30	48	32	49	36	52	43	53	45	54	47	56
4	8	34	19	42	23	44	27	45	29	47										
3	6	32	18	41	22	43	26	44	28	45										
2	5	30	17	39	21	42	25	43	27	44										
1	3	29	15	38	20	41	24	41	26	42										

**Use the PUSH-UP STANDARDS chart above to find the fitness standards for your age.**

First, find your age group and gender (Male/Female) at the top of the page. Then scan down that column to the number 60 (the minimum acceptable score), and follow that row to the far left dark gray column. The number in this gray column is the lowest number of repetitions you can perform and still receive a passing grade. As you move up in your number of repetitions, you can see how your grade will improve. Always try to achieve your highest number of repetitions.

Age Group	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
Repetitions	MF	MF	MF	MF	MF	MF	MF	MF	MF	MF
82			100							
81			99							
80		100	98							
79		99	97							
78	100	97	96							
77	98	96	95							
76	97	95	94	100	100					
75	95	93	92	99	99					
74	94	92	91	98	98					
73	92	91	90	96	97					
72	90	89	89	95	96	100				
71	89	88	88	94	95	99				
70	87	87	87	93	94	98				
69	86	85	86	92	93	97				
68	84	84	85	91	92	96				
67	82	83	84	89	91	95				
66	81	81	83	88	89	94	100	100		
65	79	80	82	87	88	93	99	99		
64	78	79	81	86	87	92	98	98	100	
63	76	77	79	85	86	91	97	97	99	100
62	74	76	78	84	85	90	96	96	98	99
61	73	75	77	82	84	89	94	95	97	98
60	71	73	76	81	83	88	93	94	96	97
59	70	72	75	80	82	87	92	93	95	96
58	68	71	74	79	81	86	91	92	94	95
57	66	69	73	78	80	85	90	91	92	94
56	65	68	72	76	79	84	89	89	91	92
55	63	67	71	75	78	83	88	88	90	91
54	62	65	70	74	77	82	87	87	89	90
53	60	64	69	73	76	81	86	86	88	89
52	58	63	68	72	75	80	84	85	87	88
51	57	61	66	71	74	79	83	84	86	87
50	55	60	65	69	73	78	82	83	85	86
49	54	59	64	68	72	77	81	82	84	85
48	52	57	63	67	71	76	80	81	83	84
47	50	56	62	66	69	75	79	80	82	83
46	49	55	61	65	68	74	78	79	81	82
45	47	53	60	64	67	73	77	78	79	81
44	46	52	59	62	66	72	76	77	78	79
43	44	50	58	61	65	71	74	76	77	78
42	42	49	57	60	64	70	73	75	76	77
41	41	48	56	59	63	69	72	74	75	76
40	39	47	55	58	62	68	71	73	74	75
39	38	45	54	56	61	67	70	72	73	74
38	36	44	52	55	60	66	69	71	72	73
37	34	43	51	54	59	65	68	69	71	72
36	33	41	50	53	58	64	67	68	70	71
35	31	40	49	52	57	63	66	67	69	70

Age Group	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
Repetitions	MF	MF	MF	MF	MF	MF	MF	MF	MF	MF
34	30	39	48	50	56	62	64	66	68	69
33	28	37	47	49	55	61	63	65	66	68
32	26	36	46	48	54	60	62	64	65	66
31	25	35	45	47	53	59	61	63	64	65
30	23	33	44	46	52	58	60	62	63	64
29	22	32	43	45	50	57	59	61	62	63
28	20	31	42	44	49	56	58	60	61	62
27	18	29	41	42	48	55	57	59	60	61
26	17	28	39	41	47	54	56	58	59	60
25	15	27	38	40	46	53	54	57	58	59
24	14	25	37	39	45	52	53	56	57	58
23	12	24	36	38	44	51	52	55	56	57
22	10	23	35	36	43	50	51	54	55	56
21	9	21	34	35	42	49	50	53	54	55

**Use the SIT-UP STANDARDS chart above to find the fitness standards for your age.**

First, find your age group at the top of the page. Then scan down the column to the number 60 (the minimum acceptable score) and follow that row to the far left dark gray column. The number in the gray column is the lowest number of repetitions you can perform and still receive a passing grade. As you move up in your number of repetitions, you can see how your grade will improve. Always try to achieve your highest number of repetitions.

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
Time	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
12:54																				
13:00	100		100																	
13:06	99		99																	
13:12	97		98																	
13:18	96		97		100		100													
13:24	94		96		99		99													
13:30	93		94		98		98													
13:36	92		93		97		97		100											
13:42	90		92		96		96		99											
13:48	89		91		95		95		98											
13:54	88		90		94		95		97											
14:00	86		89		92		94		97											
14:06	85		88		91		93		96		100									
14:12	83		87		90		92		95		99									
14:18	82		86		89		91		94		98									
14:24	81		84		88		90		93		97		100							
14:30	79		83		87		89		92		97		99							
14:36	78		82		86		88		91		96		98							
14:42	77		81		85		87		91		95		98		100					
14:48	75		80		84		86		90		94		97		99					
14:54	74		79		83		85		89		93		96		98					
15:00	72		78		82		85		88		92		95		98					
15:06	71		77		81		84		87		91		95		97					
15:12	70		76		79		83		86		90		94		96					
15:18	68		74		78		82		86		90		93		95		100			
15:24	67		73		77		81		85		89		92		95		99			
15:30	66		72		76		80		84		88		91		94		98			
15:36	64	100	71	100	75		79		83		87		91		93		97			
15:42	63	99	70	99	74		78		82		86		90		92		97		100	
15:48	61	98	69	98	73	100	77		81		85		89		91		96		99	
15:54	60	96	68	97	72	99	76	100	80		84		88		91		95		98	
16:00	59	95	67	96	71	98	75	99	80		83		87		90		94		97	
16:06	57	94	66	95	70	97	75	99	79		83		87		89		93		96	
16:12	56	93	64	94	69	97	74	98	78		82		86		88		92		95	
16:18	54	92	63	93	68	96	73	97	77		81		85		87		91		94	
16:24	53	90	62	92	66	95	72	97	76		80		84		87		90		93	
16:30	52	89	61	91	65	94	71	96	75		79		84		86		90		93	
16:36	50	88	60	90	64	93	70	95	74		78		83		85		89		92	
16:42	49	87	59	89	63	92	69	94	74		77		82		84		88		91	
16:48	48	85	58	88	62	91	68	94	73		77		81		84		87		90	
16:54	46	84	57	87	61	91	67	93	72		76		80		83		86		89	
17:00	45	83	56	86	60	90	66	92	71	100	75		80		82		85		88	
17:06	43	82	54	85	59	89	65	92	70	99	74		79		81		84		87	
17:12	42	81	53	84	58	88	65	91	69	99	73		78		80		83		86	
17:18	41	79	52	83	57	87	64	90	69	98	72		77		80		83		85	
17:24	39	78	51	82	56	86	63	90	68	97	71	100	76		79		82		84	
17:30	38	77	50	81	55	86	62	89	67	96	70	99	76		78		81		83	
17:36	37	76	49	80	54	85	61	88	66	96	70	99	75	100	77		80		82	

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
17:42	35	75	48	79	52	84	60	88	65	95	69	98	74	99	76		79		81	
17:48	34	73	47	78	51	83	59	87	64	94	68	97	73	99	76		78		80	
17:54	32	72	46	77	50	82	58	86	63	94	67	97	73	98	75		77		80	
18:00	31	71	44	76	49	81	57	86	63	93	66	96	72	97	74		77		79	
18:06	30	70	43	75	48	80	56	85	62	92	65	96	71	97	73		76		78	
18:12	28	68	42	74	47	80	55	84	61	92	64	95	70	96	73		75		77	
18:18	27	67	41	73	46	79	55	83	60	91	63	94	69	96	72		74		76	
18:24	26	66	40	72	45	78	54	83	59	90	63	94	69	95	71		73		75	
18:30	24	65	39	71	44	77	53	82	58	89	62	93	68	94	70		72		74	
18:36	23	64	38	70	43	76	52	81	57	89	61	92	67	94	69		71		73	
18:42	21	62	37	69	42	75	51	81	57	88	60	92	66	93	69		70		72	
18:48	20	61	36	68	41	74	50	80	56	87	59	91	65	92	68		70		71	
18:54	19	60	34	67	39	74	49	79	55	87	58	90	65	92	67		69		70	
19:00	17	59	33	66	38	73	48	79	54	86	57	90	64	91	66	100	68		69	
19:06	16	58	32	65	37	72	47	78	53	85	57	89	63	91	65	99	67		68	
19:12	14	56	31	64	36	71	46	77	52	85	56	89	62	90	65	99	66		67	
19:18	13	55	30	63	35	70	45	77	51	84	55	88	62	89	64	98	65		67	
19:24	12	54	29	62	34	69	45	76	51	83	54	87	61	89	63	97	64		66	
19:30	10	53	28	61	33	69	44	75	50	82	53	87	60	88	62	96	63		65	
19:36	9	52	27	60	32	68	43	74	49	82	52	86	59	87	62	96	63		64	
19:42	8	50	26	59	31	67	42	74	48	81	51	85	58	87	61	95	62	100	63	
19:48	6	49	24	58	30	66	41	73	47	80	50	85	58	86	60	94	61	99	62	
19:54	5	48	23	57	29	65	40	72	46	80	50	84	57	86	59	93	60	98	61	
20:00	3	47	22	56	28	64	39	72	46	79	49	83	56	85	58	93	59	98	60	100
20:06	2	45	21	55	26	63	38	71	45	78	48	83	55	84	58	92	58	97	59	99
20:12	1	44	20	54	25	63	37	70	44	78	47	82	55	84	57	91	57	96	58	98
20:18	0	43	19	53	24	62	36	70	43	77	46	82	54	83	56	90	57	95	57	98
20:24		42	18	52	23	61	35	69	42	76	45	81	53	82	55	90	56	95	56	97
20:30		41	17	51	22	60	35	68	41	75	44	80	52	82	55	89	55	94	55	96
20:36		39	16	50	21	59	34	68	40	75	43	80	51	81	54	88	54	93	54	95
20:42		38	14	49	20	58	33	67	40	74	43	79	51	81	53	87	53	92	53	94
20:48		37	13	48	19	57	32	66	39	73	42	78	50	80	52	87	52	91	53	94
20:54		36	12	47	18	57	31	66	38	73	41	78	49	79	51	86	51	91	52	93
21:00		35	11	46	17	56	30	65	37	72	40	77	48	79	51	85	50	90	51	92
21:06		33	10	45	16	55	29	64	36	71	39	77	47	78	50	84	50	89	50	91
21:12		32	9	44	15	54	28	63	35	71	38	76	47	77	49	84	49	88	49	90
21:18		31	8	43	14	53	27	63	34	70	37	75	46	77	48	83	48	87	48	90
21:24		30	7	42	12	52	26	62	34	69	37	75	45	76	47	82	47	87	47	89
21:30		28	6	41	11	51	25	61	33	68	36	74	44	76	47	81	46	86	46	88
21:36		27	4	40	10	51	25	61	32	68	35	73	44	75	46	81	45	85	45	87
21:42		26	3	39	9	50	24	60	31	67	34	73	43	74	45	80	44	84	44	86
21:48		25	2	38	8	49	23	59	30	66	33	72	42	74	44	79	43	84	43	86
21:54		24	1	37	7	48	22	59	29	66	32	71	41	73	44	79	43	83	42	85
22:00		22	0	36	6	47	21	58	29	65	31	71	40	72	43	78	42	82	41	84
22:06		21		35	5	46	20	57	28	64	30	70	40	72	42	77	41	81	40	83
22:12		20		34	4	46	19	57	27	64	30	70	39	71	41	76	40	80	40	82
22:18		19		33	3	45	18	56	26	63	29	69	38	71	40	76	39	80	39	82
22:24		18		32	2	44	17	55	25	62	28	68	37	70	40	75	38	79	38	81

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
22:30		16		31	1	43	16	54	24	61	27	68	36	69	39	74	37	78	37	80
22:36		15		30	0	42	15	54	23	61	26	67	36	69	38	73	37	77	36	79
22:42		14		29		41	15	53	23	60	25	66	35	68	37	73	36	76	35	78
22:48		13		28		40	14	52	22	59	24	66	34	67	36	72	35	76	34	78
22:54		12		27		40	13	52	21	59	23	65	33	67	36	71	34	75	33	77
23:00		10		26		39	12	51	20	58	23	64	33	66	35	70	33	74	32	76
23:06		9		25		38	11	50	19	57	22	64	32	66	34	70	32	73	31	75
23:12		8		24		37	10	49	18	56	21	63	31	65	33	69	31	73	30	74
23:18		7		23		36	9	49	17	56	20	63	30	64	33	68	30	72	29	74
23:24		5		22		35	8	48	17	55	19	62	29	64	32	67	30	71	28	73
23:30		4		21		34	7	48	16	54	18	61	29	63	31	67	29	70	27	72
23:36		3		20		34	6	47	15	54	17	61	28	62	30	66	28	69	27	71
23:42		2		19		33	5	46	14	53	17	60	27	62	29	65	27	69	26	70
23:48		1		18		32	5	46	13	52	16	59	26	61	29	64	26	68	25	70
23:54		0		17		31	4	45	12	52	15	59	25	61	28	64	25	67	24	69
24:00				16		30	3	44	11	51	14	58	25	60	27	63	24	66	23	68
24:06				15		29	2	43	11	50	13	57	24	59	26	62	23	65	22	67
24:12				14		29	1	43	10	49	12	57	23	59	25	61	23	65	21	66
24:18				13		28	0	42	9	49	11	56	22	58	25	61	22	64	20	66
24:24				12		27		41	8	48	10	56	22	57	24	60	21	63	19	65
24:30				11		26		41	7	47	10	55	21	57	23	59	20	62	18	64
24:36				10		25		40	6	47	9	54	20	56	22	59	19	62	17	63
24:42				9		24		39	6	46	8	54	19	56	22	58	18	61	16	62
24:48				8		23		39	5	45	7	53	18	55	21	57	17	60	15	62
24:54				7		23		38	4	45	6	52	18	54	20	56	17	59	14	61
25:00				6		22		37	3	44	5	52	17	54	19	56	16	58	13	60
25:06				5		21		37	2	43	4	51	16	53	18	55	15	58	13	59
25:12				4		20		36	1	42	3	50	15	52	18	54	14	57	12	58
25:18				3		19		35	0	42	3	50	15	52	17	53	13	56	11	58
25:24				2		18		34		41	2	49	14	51	16	53	12	55	10	57
25:30				1		17		34		40	1	49	13	51	15	52	11	55	9	56
25:36				0		17		33		40	0	48	12	50	15	51	10	54	8	55
25:42						16		32		39		47	11	49	14	50	10	53	7	54
25:48						15		32		38		47	11	49	13	50	9	52	6	54
25:54						14		31		38		46	10	48	12	49	8	51	5	53
26:00						13		30		37		45	9	47	11	48	7	51	4	52
26:06						12		30		36		45	8	47	11	47	6	50	3	51
26:12						11		29		35		44	7	46	10	47	5	49	2	50
26:18						11		28		35		43	7	46	9	46	4	48	1	50
26:24						10		28		34		43	6	45	8	45	3	47	0	49
26:30						9		27		33		42	5	44	7	44	3	47	0	48

Use the TWO-MILE RUN STANDARDS chart above find the fitness standards for your age.

First, find your age group and gender (Male/Female) at the top of the page. Then scan down that column to the number 60 (the minimum acceptable score), and follow that row to the far left dark gray column. The number in this gray column is the slowest time you can achieve and still receive a passing grade. As you shorten the amount of time it takes to run two miles, you can see how your grade will improve. Always try to achieve your fastest time.