

Male Healthy Fitness Zones* 2011

Age	1	2	3	4			5	6	
	AEROBIC CAPACITY One Mile Run / 20m PACER / Walk Test	ABDOMINAL STRENGTH Curl-Up # completed	TRUNK EXTENSION Trunk Lift inches	UPPER BODY STRENGTH Push-Up # completed Modified Pull-Up # completed Flexed Arm Hang seconds			FLEXIBILITY Sit & Reach inches	BODY COMPOSITION Body Fat percent Body Mass Index	
8	Lap count or time standards not recommended. VO ₂ max HFZs not available.	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	18.8 – 8.4	17.8 – 13.9
9		≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	20.6 – 8.7	18.5 – 14.1
10	≥ 40.2	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	22.4 – 8.9	18.9 – 14.3
11	≥ 40.2	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	23.6 – 8.8	19.7 – 14.6
12	≥ 40.3	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	23.6 – 8.4	20.5 – 15.1
13	≥ 41.1	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	22.8 – 7.8	21.3 – 15.5
14	≥ 42.5	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	21.3 – 7.1	22.1 – 16.1
15	≥ 43.6	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	20.1 – 6.6	22.9 – 16.6
16	≥ 44.1	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	20.1 – 6.5	23.7 – 17.2
17	≥ 44.2	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	20.9 – 6.7	24.4 – 17.8
17+	≥ 44.3	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	22.2 – 7.0	25.1 – 18.3

*The FITNESSGRAM® uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. The California Department of Education considers a student who meets or exceeds a HFZ as meeting the desired performance goal.

Female Healthy Fitness Zones* 2011

Age	1 AEROBIC CAPACITY	2 ABDOMINAL STRENGTH	3 TRUNK EXTENSION	4 UPPER BODY STRENGTH			5 FLEXIBILITY	6 BODY COMPOSITION	
	One Mile Run / 20m PACER / Walk Test	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed Arm Hang seconds	Sit & Reach inches	Body Fat percent	Body Mass Index
8	Lap count or time standards not recommended.	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	20.8 – 10.5	18.2 – 13.6
9	V02 max HFZs not available.	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	22.6 – 10.8	18.9 – 13.8
10	≥ 40.2	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	24.3 – 11.6	19.5 – 14.1
11	≥ 40.2	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	25.7 – 12.2	20.4 – 14.5
12	≥ 40.1	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	26.7 – 12.7	21.2 – 14.9
13	≥ 39.7	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	27.7 – 13.4	22.0 – 15.4
14	≥ 39.4	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	28.5 – 14.0	22.8 – 15.9
15	≥ 39.1	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	29.1 – 14.6	23.5 – 16.4
16	≥ 38.9	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	29.7 – 15.3	24.1 – 16.9
17	≥ 38.8	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	30.4 – 15.9	24.6 – 17.3
17+	≥ 38.6	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	31.3 – 16.5	25.1 – 17.6

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