



**USAF Fitness Assessment Scoring / Females < 25 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 47	20.0	≥ 31	20.0	≥ 54	20.0	≥ 47	20.0	≥ 3:30	20.0
46	19.8	30	19.6	53	19.7	46	19.7	3:25	19.0
45	19.6	29	19.2	52	19.4	45	19.4	3:18	18.7
44	19.4	28	18.8	51	19.0	44	19.2	3:12	18.5
43	19.2	27	18.4	50	18.8	43	18.9	3:05	18.3
42	19.0	26	18.0	49	18.0	42	18.6	2:45	15.9
41	18.8	25	17.6	48	17.8	41	18.3	2:25	15.2
40	18.6	24	17.2	47	17.6	40	18.1	2:05	14.4
39	18.4	23	16.8	46	17.2	39	17.8	1:45	12.1
38	18.2	22	16.4	45	17.0	38	17.5	1:25	11.3
37	18.0	21	16.0	44	16.0	37	17.2	1:05	10.5
36	17.8	20	15.6	43	15.6	36	16.9	1:00	10.3
35	17.6	19	15.2	42	15.0	35	16.7	:55*	10.0
34	17.2	18	14.8	41	14.0	34	16.4		
33	17.0	17	14.4	40	13.6	33	16.1		
32	16.8	16	14.0	39	13.0	32	15.8		
31	16.6	15	13.6	38	12.0	31	15.6		
30	16.4	14	13.2	37	9.0	30	15.3		
29	16.2	13	12.8	36	6.0	29	15.0		
28	16.0	12	12.4	35*	3.0	28	14.7		
27	15.0	11	12.0			27	14.4		
26	14.6	10	11.6			26	14.2		
25	14.4	9	11.2			25	13.9		
24	14.0	8	10.8			24	13.6		
23	13.0	7	10.4			23	13.3		
22	12.6	6*	10.0			22	13.1		
21	12.0					21	12.8		
20	11.6					20	12.5		
19	11.0					19	12.2		
18	10.0					18	11.9		
17	7.0					17	11.7		
16	4.0					16	11.4		
15*	1.0					15	11.1		
						14	10.8		
						13	10.6		
						12	10.3		
* Minimum Component Values						11*	10.0		
<b>Passing Requirements - member <i>must</i> :</b>									
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
<b>Composite Score Categories</b>									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
<b>Final Version</b>									



**USAF Fitness Assessment Scoring / Females 25-29 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 47	20.0	≥ 31	20.0	≥ 50	20.0	≥ 45	20.0	≥ 3:25	20.0
46	19.8	30	19.6	49	19.5	44	19.7	3:20	19.8
45	19.6	29	19.2	48	19.0	43	19.4	3:14	19.6
44	19.4	28	18.8	47	18.8	42	19.2	3:07	19.3
43	19.2	27	18.4	46	18.0	41	18.9	3:00	19.1
42	19.0	26	18.0	45	17.8	40	18.6	2:40	16.9
41	18.8	25	17.6	44	17.2	39	18.3	2:20	16.2
40	18.6	24	17.2	43	17.0	38	18.1	2:00	15.5
39	18.4	23	16.8	42	16.0	37	17.8	1:40	13.3
38	18.2	22	16.4	41	15.6	36	17.5	1:20	12.5
37	18.0	21	16.0	40	15.0	35	17.2	1:00	11.8
36	17.8	20	15.6	39	14.6	34	16.9	:55	10.2
35	17.6	19	15.2	38	14.0	33	16.7	:50*	10.0
34	17.2	18	14.8	37	13.6	32	16.4		
33	17.0	17	14.4	36	13.0	31	16.1		
32	16.8	16	14.0	35	12.6	30	15.8		
31	16.6	15	13.6	34	12.0	29	15.6		
30	16.4	14	13.2	33	9.0	28	15.3		
29	16.2	13	12.8	32	6.0	27	15.0		
28	16.0	12	12.4	31*	3.0	26	14.7		
27	15.0	11	12.0			25	14.4		
26	14.6	10	11.6			24	14.2		
25	14.4	9	11.2			23	13.9		
24	14.0	8	10.8			22	13.6		
23	13.0	7	10.4			21	13.3		
22	12.6	6*	10.0			20	13.1		
21	12.0					19	12.8		
20	11.6					18	12.5		
19	11.0					17	12.2		
18	10.6					16	11.9		
17	10.0					15	11.7		
16	7.0					14	11.4		
15	4.0					13	11.1		
14*	1.0					12	10.8		
						11	10.6		
* Minimum Component Values						10	10.3		
						9*	10.0		
<b>Passing Requirements - member <i>must</i> :</b>									
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
<b>Composite Score Categories</b>									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
<b>Final Version</b>									



**USAF Fitness Assessment Scoring / Females 30-34 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 46	20.0	≥ 31	20.0	≥ 45	20.0	≥ 44	20.0	≥ 3:20	20.0
45	19.9	30	19.6	44	19.7	43	19.7	3:15	19.7
44	19.8	29	19.2	43	19.4	42	19.4	3:09	19.3
43	19.6	28	18.8	42	19.0	41	19.1	3:02	18.8
42	19.4	27	18.4	41	18.8	40	18.9	2:55	18.4
41	19.2	26	18.0	40	18.0	39	18.6	2:35	17.1
40	19.0	25	17.6	39	17.6	38	18.3	2:15	15.8
39	18.8	24	17.2	38	17.0	37	18.0	1:55	14.5
38	18.7	23	16.8	37	16.6	36	17.7	1:35	13.2
37	18.6	22	16.4	36	16.4	35	17.4	1:15	11.9
36	18.4	21	16.0	35	16.0	34	17.1	:55	10.6
35	18.3	20	15.6	34	15.6	33	16.9	:50	10.3
34	18.2	19	15.2	33	15.0	32	16.6	:45*	10.0
33	18.0	18	14.8	32	14.0	31	16.3		
32	17.9	17	14.4	31	13.6	30	16.0		
31	17.8	16	14.0	30	13.0	29	15.7		
30	17.6	15	13.6	29	12.0	28	15.4		
29	17.4	14	13.2	28	9.0	27	15.1		
28	17.3	13	12.8	27	6.0	26	14.9		
27	17.2	12	12.4	26*	3.0	25	14.6		
26	17.0	11	12.0			24	14.3		
25	16.6	10	11.6			23	14.0		
24	16.4	9	11.2			22	13.7		
23	16.0	8	10.8			21	13.4		
22	15.8	7	10.4			20	13.1		
21	15.6	6*	10.0			19	12.9		
20	15.2					18	12.6		
19	15.0					17	12.3		
18	14.0					16	12.0		
17	13.6					15	11.7		
16	13.0					14	11.4		
15	12.0					13	11.1		
14	10.0					12	10.9		
13	7.0					11	10.6		
12	4.0					10	10.3		
11*	1.0					9*	10.0		

\* Minimum Component Values

Passing Requirements - member *must* :

- 1) achieve a composite point total ≥ 75 points *and*
- 2) meet minimum point values for all components.

Composite Score Categories

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

Final Version

**USAF Fitness Assessment Scoring / Females 35-39 years of age**

**Final Version**

**Cardiorespiratory Fitness**

<b>Run Time (mins:secs)</b>	<b>20 m HAMR Shuttles</b>	<b>Health Risk Category</b>	<b>Points</b>
<b>≤ 11:06</b>	<b>≥ 74</b>	<b>Low Risk</b>	<b>60.0</b>
<b>11:07 - 11:38</b>	<b>68 - 73</b>	<b>Low Risk</b>	<b>59.5</b>
<b>11:39 - 11:56</b>	<b>65 - 67</b>	<b>Low Risk</b>	<b>59.0</b>
<b>11:57 - 12:14</b>	<b>62 - 64</b>	<b>Low Risk</b>	<b>58.5</b>
<b>12:15 - 12:33</b>	<b>59 - 61</b>	<b>Low Risk</b>	<b>58.0</b>
<b>12:34 - 12:53</b>	<b>56 - 58</b>	<b>Low Risk</b>	<b>57.5</b>
<b>12:54 - 13:14</b>	<b>54 - 55</b>	<b>Low Risk</b>	<b>57.0</b>
<b>13:15 - 13:36</b>	<b>51 - 53</b>	<b>Low Risk</b>	<b>56.5</b>
<b>13:37 - 14:00</b>	<b>48 - 50</b>	<b>Low Risk</b>	<b>56.0</b>
<b>14:01 - 14:25</b>	<b>45 - 47</b>	<b>Low Risk</b>	<b>55.5</b>
<b>14:26 - 14:52</b>	<b>42 - 44</b>	<b>Low Risk</b>	<b>55.0</b>
<b>14:53 - 15:20</b>	<b>39 - 41</b>	<b>Low Risk</b>	<b>54.5</b>
<b>15:21 - 15:50</b>	<b>36 - 38</b>	<b>Moderate Risk</b>	<b>54.0</b>
<b>15:51 - 16:22</b>	<b>33 - 35</b>	<b>Moderate Risk</b>	<b>52.5</b>
<b>16:23 - 16:57</b>	<b>30 - 32</b>	<b>Moderate Risk</b>	<b>51.0</b>
<b>16:58 - 17:34</b>	<b>27 - 29</b>	<b>High Risk</b>	<b>49.5</b>
<b>17:35 - 18:14</b>	<b>24 - 26</b>	<b>High Risk</b>	<b>47.0</b>
<b>18:15 - 18:56</b>	<b>22 - 23</b>	<b>High Risk</b>	<b>44.0</b>
<b>18:57 - 19:43</b>	<b>19 - 21</b>	<b>High Risk</b>	<b>41.0</b>
<b>19:44 - 20:33</b>	<b>16 - 18</b>	<b>High Risk</b>	<b>38.0</b>
<b>20:34 - 21:28*</b>	<b>13*- 15</b>	<b>High Risk</b>	<b>35.0</b>

**NOTES:**

**Health Risk Category = low, moderate or high risk for:**  
**current and future cardiovascular disease, diabetes, certain cancers, and other health problems.**

**Passing Requirements - member *must* :**

- 1) achieve a composite point total ≥ 75 points *and***
- 2) meet minimum point values for all components.**

**\* Minimum Component Values**

**Run time < 21:28**

**20 m HAMR Shuttles ≥ 13 Shuttles**

**Composite Score Categories**

**Excellent ≥ 90.0 pts**

**Satisfactory = 75.0 - 89.9**

**Unsatisfactory < 75.0**

**Final Version**

**USAF Fitness Assessment Scoring / Females 35-39 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 42	20.0	≥ 31	20.0	≥ 43	20.0	≥ 43	20.0	≥ 3:15	20.0
41	19.7	30	19.6	42	19.7	42	19.7	3:10	19.7
40	19.4	29	19.2	41	19.4	41	19.4	3:04	19.3
39	19.0	28	18.8	40	19.0	40	19.2	2:57	18.8
38	18.8	27	18.4	39	18.8	39	18.9	2:50	18.4
37	18.7	26	18.0	38	18.0	38	18.6	2:30	17.1
36	18.6	25	17.6	37	17.6	37	18.3	2:10	15.8
35	18.4	24	17.2	36	17.0	36	18.1	1:50	14.5
34	18.3	23	16.8	35	16.6	35	17.8	1:30	13.2
33	18.1	22	16.4	34	16.4	34	17.5	1:10	11.9
32	18.0	21	16.0	33	16.0	33	17.2	:50	10.6
31	17.9	20	15.6	32	15.6	32	16.9	:45	10.3
30	17.8	19	15.2	31	15.0	31	16.7		10.0
29	17.6	18	14.8	30	14.0	30	16.4		
28	17.4	17	14.4	29	13.6	29	16.1		
27	17.3	16	14.0	28	13.0	28	15.8		
26	17.2	15	13.6	27	12.0	27	15.6		
25	17.0	14	13.2	26	9.0	26	15.3		
24	16.6	13	12.8	25	6.0	25	15.0		
23	16.4	12	12.4	24*	3.0	24	14.7		
22	16.0	11	12.0			23	14.4		
21	15.8	10	11.6			22	14.2		
20	15.6	9	11.2			21	13.9		
19	15.2	8	10.8			20	13.6		
18	15.0	7	10.4			19	13.3		
17	14.0	6*	10.0			18	13.1		
16	13.6					17	12.8		
15	13.0					16	12.5		
14	12.0					15	12.2		
13	10.0					14	11.9		
12	7.0					13	11.7		
11	4.0					12	11.4		
10*	1.0					11	11.1		
						10	10.8		
						9	10.6		
						8	10.3		
* Minimum Component Values						7*	10		
<b>Passing Requirements - member <i>must</i> :</b>									
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
<b>Composite Score Categories</b>									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
<b>Final Version</b>									



**USAF Fitness Assessment Scoring / Females 40-44 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 38	20.0	≥ 28	20.0	≥ 41	20.0	≥ 42	20.0	≥ 3:10	20.0
37	19.8	27	19.6	40	19.7	41	19.7	3:05	19.7
36	19.6	26	19.2	39	19.4	40	19.4	2:59	19.3
35	19.4	25	18.8	38	19.0	39	19.2	2:52	18.8
34	19.2	24	18.4	37	18.8	38	18.9	2:45	18.4
33	19.0	23	18.0	36	18.4	37	18.6	2:25	17.1
32	18.8	22	17.6	35	18.2	36	18.3	2:05	15.8
31	18.4	21	17.2	34	18.0	35	18.1	1:45	14.5
30	18.2	20	16.8	33	17.6	34	17.8	1:25	13.2
29	18.0	19	16.4	32	17.0	33	17.5	1:05	11.9
28	17.8	18	16.0	31	16.6	32	17.2	:45	10.6
27	17.6	17	15.6	30	16.4	31	16.9	:40	10.3
26	17.4	16	15.2	29	16.0	30	16.7	:35*	10.0
25	17.3	15	14.8	28	15.0	29	16.4		
24	17.2	14	14.4	27	14.0	28	16.1		
23	17.0	13	14.0	26	13.6	27	15.8		
22	16.8	12	13.6	25	12.8	26	15.6		
21	16.6	11	13.2	24	12.0	25	15.3		
20	16.4	10	12.8	23	9.0	24	15.0		
19	16.2	9	12.4	22	6.0	23	14.7		
18	16.0	8	12.0	21*	3.0	22	14.4		
17	15.6	7	11.6			21	14.2		
16	15.0	6	11.2			20	13.9		
15	14.0	5	10.8			19	13.6		
14	13.0	4*	10.0			18	13.3		
13	12.0					17	13.1		
12	11.0					16	12.8		
11	10.0					15	12.5		
10	7.0					14	12.2		
9	4.0					13	11.9		
8*	1.0					12	11.7		
						11	11.4		
						10	11.1		
						9	10.8		
						8	10.6		
						7	10.3		
* Minimum Component Values						6*	10.0		
<b>Passing Requirements - member <i>must</i> :</b>									
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
<b>Composite Score Categories</b>									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
<b>Final Version</b>									



**USAF Fitness Assessment Scoring / Females 45-49 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 37	20.0	≥ 28	20.0	≥ 35	20.0	≥ 40	20.0	≥ 3:05	20.0
36	19.8	27	19.6	34	19.7	39	19.7	3:00	19.7
35	19.6	26	19.2	33	19.4	38	19.4	2:54	19.3
34	19.4	25	18.8	32	19.0	37	19.1	2:47	18.8
33	19.2	24	18.4	31	18.8	36	18.8	2:40	18.4
32	19.0	23	18.0	30	18.0	35	18.5	2:20	17.1
31	18.8	22	17.6	29	17.6	34	18.2	2:00	15.8
30	18.6	21	17.2	28	17.0	33	17.9	1:40	14.5
29	18.4	20	16.8	27	16.6	32	17.6	1:20	13.2
28	18.2	19	16.4	26	16.0	31	17.4	1:00	11.9
27	18.0	18	16.0	25	15.0	30	17.1	:40	10.6
26	17.8	17	15.6	24	14.0	29	16.8	:35	10.3
25	17.6	16	15.2	23	13.0	28	16.5	:30*	10.0
24	17.4	15	14.8	22	12.0	27	16.2		
23	17.2	14	14.4	21	9.0	26	15.9		
22	17.0	13	14.0	20	6.0	25	15.6		
21	16.8	12	13.6	19*	3.0	24	15.3		
20	16.6	11	13.2			23	15.0		
19	16.4	10	12.8			22	14.7		
18	16.2	9	12.4			21	14.4		
17	16.0	8	12.0			20	14.1		
16	15.6	7	11.6			19	13.8		
15	15.0	6	11.2			18	13.5		
14	14.0	5	10.8			17	13.2		
13	13.0	4*	10.0			16	12.9		
12	12.0					15	12.6		
11	11.0					14	12.4		
10	10.0					13	12.1		
9	7.0					12	11.8		
8	4.0					11	11.5		
7*	1.0					10	11.2		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		

\* Minimum Component Values

Passing Requirements - member *must* :

- 1) achieve a composite point total ≥ 75 points *and*
- 2) meet minimum point values for all components.

Composite Score Categories

- Excellent ≥ 90.0 pts
- Satisfactory = 75.0 - 89.9
- Unsatisfactory < 75.0

Final Version



**USAF Fitness Assessment Scoring / Females 50-54 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 35	20.0	≥ 25	20.0	≥ 32	20.0	≥ 39	20.0	≥ 3:00	20.0
34	19.8	24	19.6	31	19.5	38	19.7	2:55	19.7
33	19.6	23	19.2	30	19.0	37	19.4	2:49	19.3
32	19.4	22	18.8	29	18.0	36	19.1	2:42	18.8
31	19.2	21	18.4	28	17.8	35	18.8	2:35	18.4
30	19.0	20	18.0	27	17.6	34	18.5	2:15	17.1
29	18.8	19	17.6	26	17.2	33	18.2	1:55	15.8
28	18.6	18	17.2	25	17.0	32	17.9	1:35	14.5
27	18.4	17	16.8	24	16.0	31	17.6	1:15	13.2
26	18.2	16	16.4	23	15.0	30	17.3	:55	11.9
25	18.0	15	16.0	22	14.0	29	17.0	:35	10.6
24	17.6	14	15.6	21	13.0	28	16.7	:30	10.3
23	17.4	13	15.2	20	12.0	27	16.4	:25*	10.0
22	17.3	12	14.8	19	9.0	26	16.1		
21	17.2	11	14.4	18	6.0	25	15.8		
20	17.0	10	14.0	17*	3.0	24	15.5		
19	16.8	9	13.6			23	15.2		
18	16.6	8	13.2			22	14.8		
17	16.4	7	12.8			21	14.5		
16	16.2	6	12.4			20	14.2		
15	16.0	5	12.0			19	13.9		
14	15.0	4	11.6			18	13.6		
13	14.0	3	11.2			17	13.3		
12	13.0	2	10.8			16	13.0		
11	12.0	1*	10.0			15	12.7		
10	11.0					14	12.4		
9	10.0					13	12.1		
8	7.0					12	11.8		
7	4.0					11	11.5		
6*	1.0					10	11.2		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		

\* Minimum Component Values

Passing Requirements - member *must* :

- 1) achieve a composite point total ≥ 75 points *and*
- 2) meet minimum point values for all components.

Composite Score Categories

- Excellent ≥ 90.0 pts
- Satisfactory = 75.0 - 89.9
- Unsatisfactory < 75.0

**Final Version**



**USAF Fitness Assessment Scoring / Females 55-59 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 28	20.0	≥ 25	20.0	≥ 32	20.0	≥ 38	20.0	≥ 2:55	20.0
27	19.7	24	19.6	31	19.7	37	19.7	2:50	19.7
26	19.4	23	19.2	30	19.4	36	19.4	2:44	19.3
25	19.2	22	18.8	29	19.2	35	19.1	2:37	18.8
24	19.0	21	18.4	28	19.0	34	18.8	2:30	18.4
23	18.6	20	18.0	27	18.0	33	18.4	2:10	17.1
22	18.0	19	17.6	26	17.8	32	18.1	1:50	15.8
21	17.6	18	17.2	25	17.6	31	17.8	1:30	14.5
20	17.2	17	16.8	24	17.2	30	17.5	1:10	13.2
19	17.0	16	16.4	23	17.0	29	17.2	:50	11.9
18	16.8	15	16.0	22	16.0	28	16.9	:30	10.6
17	16.6	14	15.6	21	15.0	27	16.6	:25	10.3
16	16.4	13	15.2	20	14.6	26	16.3	:20*	10.0
15	16.2	12	14.8	19	14.0	25	15.9		
14	16.0	11	14.4	18	13.6	24	15.6		
13	15.0	10	14.0	17	13.0	23	15.3		
12	14.0	9	13.6	16	12.6	22	15.0		
11	13.0	8	13.2	15	12.0	21	14.7		
10	12.0	7	12.8	14	9.0	20	14.4		
9	11.0	6	12.4	13	6.0	19	14.1		
8	10.0	5	12.0	12*	3.0	18	13.8		
7	7.0	4	11.6			17	13.4		
6	4.0	3	11.2			16	13.1		
5*	1.0	2	10.8			15	12.8		
		1*	10.0			14	12.5		
						13	12.2		
						12	11.9		
						11	11.6		
						10	11.3		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		

\* Minimum Component Values

Passing Requirements - member *must* :

- 1) achieve a composite point total ≥ 75 points *and*
- 2) meet minimum point values for all components.

Composite Score Categories

- Excellent ≥ 90.0 pts
- Satisfactory = 75.0 - 89.9
- Unsatisfactory < 75.0

Final Version



**USAF Fitness Assessment Scoring / Females over 60 years of age**

**Final Version**

**Muscular Fitness**

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 21	20.0	≥ 24	20.0	≥ 31	20.0	≥ 32	20.0	≥ 2:50	20.0
20	19.5	23	19.6	30	19.7	31	19.6	2:45	19.7
19	19.0	22	19.2	29	19.4	30	19.3	2:39	19.3
18	18.8	21	18.8	28	19.0	29	18.9	2:32	18.8
17	18.0	20	18.4	27	18.8	28	18.5	2:25	18.4
16	17.6	19	18.0	26	18.0	27	18.1	2:05	17.1
15	17.0	18	17.6	25	17.8	26	17.8	1:45	15.8
14	16.0	17	17.2	24	17.6	25	17.4	1:25	14.5
13	15.0	16	16.8	23	17.4	24	17.0	1:05	13.2
12	14.0	15	16.4	22	17.2	23	16.7	:30	11.0
11	13.0	14	16.0	21	17.0	22	16.3	:25	10.6
10	12.0	13	15.6	20	16.8	21	15.9	:20	10.3
9	11.4	12	15.2	19	16.6	20	15.6	:15*	10.0
8	10.6	11	14.8	18	16.4	19	15.2		
7	10.0	10	14.4	17	16.0	18	14.8		
6	7.0	9	14.0	16	15.6	17	14.4		
5	4.0	8	13.6	15	15.0	16	14.1		
4*	1.0	7	13.2	14	14.6	15	13.7		
		6	12.8	13	14.0	14	13.3		
		5	12.4	12	13.0	13	13.0		
		4	12.0	11	12.0	12	12.6		
		3	11.6	10	9.0	11	12.2		
		2	11.2	9	6.0	10	11.9		
		1*	10.0	8*	3.0	9	11.5		
						8	11.1		
						7	10.7		
						6	10.4		
						5*	10.0		

\* Minimum Component Values

Passing Requirements - member *must* :

- 1) achieve a composite point total ≥ 75 points *and*
- 2) meet minimum point values for all components.

Composite Score Categories

- Excellent ≥ 90.0 pts
- Satisfactory = 75.0 - 89.9
- Unsatisfactory < 75.0

Final Version