



## FITNESSGRAM Healthy Fitness Zones<sup>1</sup>

The *FITNESSGRAM* uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones represent minimum levels of fitness that offer protection against the diseases that result from sedentary living.

### Females

Age	Aerobic Capacity			Body Composition <sup>3</sup>	
	One-Mile Run VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	20m PACER VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	Walk Test VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	Skinfold Measurements/ Bioelectric Impedance Analyzer Percent Body Fat	Body Mass Index
5	Lap count or time standards not recommended. VO <sub>2</sub> max HFZs not available.		Completion of test standards not recommended. VO <sub>2</sub> max HFZs not available.	20.8 – 9.8	16.7 – 13.6
6				20.8 – 9.9	17.0 – 13.5
7				20.8 – 10.1	17.5 – 13.5
8				20.8 – 10.5	18.2 – 13.6
9				22.6 – 11.0	18.9 – 13.8
10	≥ 40.2			24.3 – 11.6	19.5 – 14.1
11	≥ 40.2			25.7 – 12.2	20.4 – 14.5
12	≥ 40.1			26.7 – 12.7	21.2 – 14.9
13	≥ 39.7		≥ 39.7	27.7 – 13.4	22.0 – 15.4
14	≥ 39.4		≥ 39.4	28.5 – 14.0	22.8 – 15.9
15	≥ 39.1		≥ 39.1	29.1 – 14.6	23.5 – 16.4
16	≥ 38.9		≥ 38.9	29.7 – 15.3	24.1 – 16.9
17	≥ 38.8		≥ 38.8	30.4 – 15.9	24.6 – 17.3
17+	≥ 38.6		≥ 38.6	31.3 – 16.5	25.1 – 17.6

Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed up to max of 75	Trunk Lift # of inches up to max of 12	90° Push-Up # completed up to max of 75	Modified Pull-Up # completed up to max of 75	Flexed-Arm Hang # of seconds up to max of 90	Back-Saver Sit & Reach <sup>4</sup> # of inches up to max of 12	Shoulder Stretch
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Touching fingertips together behind the back on <b>both</b> the right and left sides.
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	9	
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	9	
9	≥ 9	6 – 12	≥ 6	≥ 4	≥ 4	9	
10	≥ 12	9 – 12	≥ 7	≥ 4	≥ 4	9	
11	≥ 15	9 – 12	≥ 7	≥ 4	≥ 6	10	
12	≥ 18	9 – 12	≥ 7	≥ 4	≥ 7	10	
13	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	
14	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	10	
15	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
16	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
17	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	
17+	≥ 18	9 – 12	≥ 7	≥ 4	≥ 8	12	

≥ To achieve the HFZ, the score must be greater than or equal to the indicated value.

<sup>1</sup> The *FITNESSGRAM* and Healthy Fitness Zones (HFZ) are registered trademarks of The Cooper Institute.

<sup>2</sup> VO<sub>2</sub>max reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. It is estimated by utilizing the student's height, weight, and other specific information, which is based on the test option (i.e., One-Mile Run, 20m PACER, or Walk Test) administered. The calculation procedures are found in the Reference Guide on the California Physical Fitness Test (PFT) Resources Web page at <http://www.pftdata.org/resources.aspx> (Outside Source).

<sup>3</sup> For Body Composition, the California Department of Education (CDE) considers a student who exceeds the HFZ as meeting the HFZ. Exceeding the HFZ means obtaining a score less than a number on the lower end or right side of the HFZ.

<sup>4</sup> Student must reach the distance on **both** the right and left sides to achieve the HFZ.

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## Males

Age	Aerobic Capacity			Body Composition <sup>3</sup>	
	One-Mile Run VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	20m PACER VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	Walk Test VO <sub>2</sub> max (ml/kg/min) <sup>2</sup>	Skinfold Measurements/ Bioelectric Impedance Analyzer Percent Body Fat	Body Mass Index
5	Lap count or time standards not recommended. VO <sub>2</sub> max HFZs not available.		Completion of test standards not recommended. VO <sub>2</sub> max HFZs not available.	18.8 – 8.9	16.7 – 13.9
6				18.8 – 8.5	16.9 – 13.8
7				18.8 – 8.3	17.3 – 13.8
8				18.8 – 8.4	17.8 – 13.9
9				20.6 – 8.7	18.5 – 14.1
10	≥ 40.2			22.4 – 8.9	18.9 – 14.3
11	≥ 40.2			23.6 – 8.8	19.7 – 14.6
12	≥ 40.3			23.6 – 8.4	20.5 – 15.1
13	≥ 41.1		≥ 41.1	22.8 – 7.8	21.3 – 15.5
14	≥ 42.5		≥ 42.5	21.3 – 7.1	22.1 – 16.1
15	≥ 43.6		≥ 43.6	20.1 – 6.6	22.9 – 16.6
16	≥ 44.1		≥ 44.1	20.1 – 6.5	23.7 – 17.2
17	≥ 44.2		≥ 44.2	20.9 – 6.7	24.4 – 17.8
17+	≥ 44.3		≥ 44.3	22.2 – 7.0	25.1 – 18.3

Age	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance			Flexibility	
	Curl-Up # completed up to max of 75	Trunk Lift # of inches up to max of 12	90° Push-Up # completed up to max of 75	Modified Pull-Up # completed up to max of 75	Flexed-Arm Hang # of seconds up to max of 90	Back-Saver Sit & Reach <sup>4</sup> # of inches up to max of 12	Shoulder Stretch
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Touching fingertips together behind the back on <b>both</b> the right and left sides.
6	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	
7	≥ 4	6 – 12	≥ 4	≥ 3	≥ 3	8	
8	≥ 6	6 – 12	≥ 5	≥ 4	≥ 3	8	
9	≥ 9	6 – 12	≥ 6	≥ 5	≥ 4	8	
10	≥ 12	9 – 12	≥ 7	≥ 5	≥ 4	8	
11	≥ 15	9 – 12	≥ 8	≥ 6	≥ 6	8	
12	≥ 18	9 – 12	≥ 10	≥ 7	≥ 10	8	
13	≥ 21	9 – 12	≥ 12	≥ 8	≥ 12	8	
14	≥ 24	9 – 12	≥ 14	≥ 9	≥ 15	8	
15	≥ 24	9 – 12	≥ 16	≥ 10	≥ 15	8	
16	≥ 24	9 – 12	≥ 18	≥ 12	≥ 15	8	
17	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	
17+	≥ 24	9 – 12	≥ 18	≥ 14	≥ 15	8	

≥ To achieve the HFZ, the score must be greater than or equal to the indicated value.

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