

## Determining Fitness Score

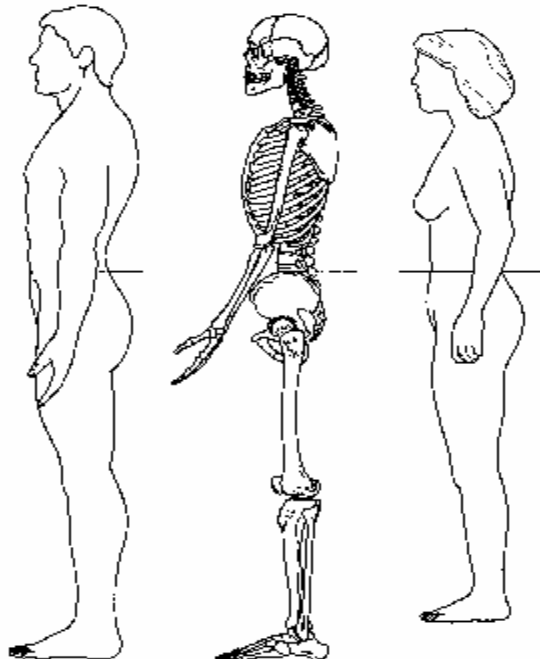
Fitness level is determined by adding aerobic fitness, body composition, push-up, and crunch component points.

| Fitness Level | Total Score |
|---------------|-------------|
| Excellent     | ≥ 90        |
| Good          | 75 - 89.9   |
| Marginal      | 70 - 74.9   |
| Poor          | <70         |

Members must complete *all* components unless medically exempted. If medically exempted from any component, the total score is calculated as follows:

$$\frac{\text{Total component points achieved}}{\text{Total possible points}} \times 100$$

| Component | Possible Points |
|-----------|-----------------|
| Aerobic   | 50              |
| Body Comp | 30              |
| Push-ups  | 10              |
| Crunches  | 10              |



To measure abdominal circumference, locate the upper hip bone and the top of the right iliac crest. Place a measuring tape in a horizontal plane around the abdomen at the level of the iliac crest. Before reading the tape measure, ensure that the tape is snug, but does not compress the skin, and is parallel to the floor. The measurement is made at the end of a normal expiration.

## USAF Fitness Charts

### Males Under 25

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤9:36                    | ≥54                          | 50.00            |
| 9:37-9:48                | 53                           | 47.50            |
| 9:49-10:12               | 51-52                        | 45.00            |
| 10:13-10:36              | 49-50                        | 43.50            |
| 10:37-11:06              | 47-48                        | 42.00            |
| 11:07-11:36              | 45-46                        | 40.50            |
| 11:37-12:12              | 43-44                        | 39.00            |
| 12:13-12:54              | 41-42                        | 37.50            |
| 12:55-13:36              | 39-40                        | 36.00            |
| 13:37-14:24              | 37-38                        | 34.00            |
| 14:25-14:54              | 36                           | 32.00            |
| 14:55-15:18              | 35                           | 30.00            |
| 15:19-15:48              | 34                           | 27.00            |
| 15:49-16:24              | 33                           | 24.00            |
| 16:25-16:54              | 32                           | 21.00            |
| 16:55-17:36              | 31                           | 18.00            |
| 17:37-18:12              | 30                           | 15.00            |
| 18:13-18:54              | 29                           | 12.00            |
| 18:55-19:42              | 28                           | 9.00             |
| 19:43-20:36              | 27                           | 6.00             |
| 20:37-21:30              | 26                           | 3.00             |
| >21:30                   | <26                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| >62                       | 10.00            | >55                      | 10.00            |
| 61                        | 9.75             | 53-54                    | 9.50             |
| 60                        | 9.50             | 52                       | 9.00             |
| 59                        | 9.25             | 50-51                    | 8.75             |
| 57-58                     | 9.00             | 48-49                    | 8.50             |
| 52-56                     | 8.75             | 46-47                    | 8.25             |
| 49-51                     | 8.50             | 44-45                    | 8.00             |
| 45-48                     | 8.25             | 42-43                    | 7.75             |
| 41-44                     | 8.00             | 40-41                    | 7.50             |
| 37-40                     | 7.75             | 38-39                    | 7.40             |
| 33-36                     | 7.50             | 36-37                    | 7.30             |
| 30-32                     | 7.40             | 35                       | 7.20             |
| 27-29                     | 7.30             | 33-34                    | 7.10             |
| 24-26                     | 7.20             | 32                       | 7.00             |
| 21-23                     | 7.10             | 30-31                    | 6.00             |
| 19-20                     | 7.00             | 28-29                    | 4.00             |
| 17-18                     | 6.00             | 27                       | 2.00             |
| 15-16                     | 5.00             | <27                      | 0.00             |
| 14                        | 4.00             |                          |                  |
| 12-13                     | 3.00             |                          |                  |
| 10-11                     | 2.00             |                          |                  |
| 8-9                       | 1.00             |                          |                  |
| <8                        | 0.00             |                          |                  |

### Males 25-29

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤9:36                    | ≥54                          | 50.00            |
| 9:37-9:48                | 53                           | 47.50            |
| 9:49-10:12               | 51-52                        | 45.00            |
| 10:13-10:36              | 49-50                        | 43.50            |
| 10:37-11:06              | 47-48                        | 42.00            |
| 11:07-11:36              | 45-46                        | 40.50            |
| 11:37-12:12              | 43-44                        | 39.00            |
| 12:13-12:54              | 41-42                        | 37.50            |
| 12:55-13:36              | 39-40                        | 36.00            |
| 13:37-14:24              | 37-38                        | 34.00            |
| 14:25-14:54              | 36                           | 32.00            |
| 14:55-15:18              | 35                           | 30.00            |
| 15:19-15:48              | 34                           | 27.00            |
| 15:49-16:24              | 33                           | 24.00            |
| 16:25-16:54              | 32                           | 21.00            |
| 16:55-17:36              | 31                           | 18.00            |
| 17:37-18:12              | 30                           | 15.00            |
| 18:13-18:54              | 29                           | 12.00            |
| 18:55-19:42              | 28                           | 9.00             |
| 19:43-20:36              | 27                           | 6.00             |
| 20:37-21:30              | 26                           | 3.00             |
| >21:30                   | <26                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥57                       | 10.00            | ≥53                      | 10.00            |
| 56                        | 9.75             | 51-52                    | 9.50             |
| 55                        | 9.50             | 50                       | 9.00             |
| 54                        | 9.25             | 48-49                    | 8.75             |
| 52-53                     | 9.00             | 46-47                    | 8.50             |
| 48-51                     | 8.75             | 44-45                    | 8.25             |
| 45-47                     | 8.50             | 42-43                    | 8.00             |
| 41-44                     | 8.25             | 40-41                    | 7.75             |
| 37-40                     | 8.00             | 38-39                    | 7.50             |
| 34-36                     | 7.75             | 36-37                    | 7.40             |
| 30-33                     | 7.50             | 34-35                    | 7.30             |
| 27-29                     | 7.40             | 33                       | 7.20             |
| 25-26                     | 7.30             | 31-32                    | 7.10             |
| 23-24                     | 7.20             | 30                       | 7.00             |
| 20-22                     | 7.10             | 28-29                    | 6.00             |
| 17-19                     | 7.00             | 27                       | 4.00             |
| 15-16                     | 6.00             | 25-26                    | 2.00             |
| 13-14                     | 5.00             | <25                      | 0.00             |
| 11-12                     | 4.00             |                          |                  |
| 10                        | 3.00             |                          |                  |
| 9                         | 2.00             |                          |                  |
| 7-8                       | 1.00             |                          |                  |
| <7                        | 0.00             |                          |                  |

# USAF Fitness Charts

## Males 30-34

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤9:48                    | ≥53                          | 50.00            |
| 9:49-10:12               | 51-52                        | 47.50            |
| 10:13-10:24              | 50                           | 45.00            |
| 10:25-10:54              | 48-49                        | 43.50            |
| 10:55-11:24              | 46-47                        | 42.00            |
| 11:25-11:54              | 44-45                        | 40.50            |
| 11:55-12:30              | 42-43                        | 39.00            |
| 12:31-12:54              | 41                           | 37.50            |
| 12:55-13:36              | 39-40                        | 36.00            |
| 13:37-14:24              | 37-38                        | 34.00            |
| 14:25-14:54              | 36                           | 32.00            |
| 14:55-15:18              | 35                           | 30.00            |
| 15:19-15:48              | 34                           | 27.00            |
| 15:49-16:24              | 33                           | 24.00            |
| 16:25-16:54              | 32                           | 21.00            |
| 16:55-17:36              | 31                           | 18.00            |
| 17:37-18:12              | 30                           | 15.00            |
| 18:13-18:54              | 29                           | 12.00            |
| 18:55-19:42              | 28                           | 9.00             |
| 19:43-20:36              | 27                           | 6.00             |
| 20:37-21:30              | 26                           | 3.00             |
| >21:30                   | <26                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥52                       | 10.00            | ≥51                      | 10.00            |
| 50-51                     | 9.75             | 49-50                    | 9.50             |
| 49                        | 9.50             | 48                       | 9.00             |
| 48                        | 9.25             | 46-47                    | 8.75             |
| 46-47                     | 9.00             | 44-45                    | 8.50             |
| 43-45                     | 8.75             | 42-43                    | 8.25             |
| 40-42                     | 8.50             | 40-41                    | 8.00             |
| 36-39                     | 8.25             | 38-39                    | 7.75             |
| 33-35                     | 8.00             | 36-37                    | 7.50             |
| 30-32                     | 7.75             | 34-35                    | 7.40             |
| 27-29                     | 7.50             | 33                       | 7.30             |
| 24-26                     | 7.40             | 31-32                    | 7.20             |
| 22-23                     | 7.30             | 30                       | 7.10             |
| 20-21                     | 7.20             | 28-29                    | 7.00             |
| 17-19                     | 7.10             | 26-27                    | 6.00             |
| 15-16                     | 7.00             | 25                       | 4.00             |
| 13-14                     | 6.00             | 23-24                    | 2.00             |
| 12                        | 5.00             | <23                      | 0.00             |
| 10-11                     | 4.00             |                          |                  |
| 8-9                       | 3.00             |                          |                  |
| 7                         | 2.00             |                          |                  |
| 5-6                       | 1.00             |                          |                  |
| <5                        | 0.00             |                          |                  |

## Males 35-39

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤9:48                    | ≥53                          | 50.00            |
| 9:49-10:12               | 51-52                        | 47.50            |
| 10:13-10:24              | 50                           | 45.00            |
| 10:25-10:54              | 48-49                        | 43.50            |
| 10:55-11:24              | 46-47                        | 42.00            |
| 11:25-11:54              | 44-45                        | 40.50            |
| 11:55-12:30              | 42-43                        | 39.00            |
| 12:31-12:54              | 41                           | 37.50            |
| 12:55-13:36              | 39-40                        | 36.00            |
| 13:37-14:24              | 37-38                        | 34.00            |
| 14:25-14:54              | 36                           | 32.00            |
| 14:55-15:18              | 35                           | 30.00            |
| 15:19-15:48              | 34                           | 27.00            |
| 15:49-16:24              | 33                           | 24.00            |
| 16:25-16:54              | 32                           | 21.00            |
| 16:55-17:36              | 31                           | 18.00            |
| 17:37-18:12              | 30                           | 15.00            |
| 18:13-18:54              | 29                           | 12.00            |
| 18:55-19:42              | 28                           | 9.00             |
| 19:43-20:36              | 27                           | 6.00             |
| 20:37-21:30              | 26                           | 3.00             |
| >21:30                   | <26                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥46                       | 10.00            | ≥49                      | 10.00            |
| 45                        | 9.75             | 47-48                    | 9.50             |
| 44                        | 9.50             | 46                       | 9.00             |
| 42-43                     | 9.25             | 44-45                    | 8.75             |
| 41                        | 9.00             | 42-43                    | 8.50             |
| 38-40                     | 8.75             | 40-41                    | 8.25             |
| 35-37                     | 8.50             | 38-39                    | 8.00             |
| 32-34                     | 8.25             | 36-37                    | 7.75             |
| 30-31                     | 8.00             | 34-35                    | 7.50             |
| 27-29                     | 7.75             | 32-33                    | 7.40             |
| 24-26                     | 7.50             | 30-31                    | 7.30             |
| 21-23                     | 7.40             | 29                       | 7.20             |
| 19-20                     | 7.30             | 27-28                    | 7.10             |
| 17-18                     | 7.20             | 25-26                    | 7.00             |
| 15-16                     | 7.10             | 23-24                    | 6.00             |
| 13-14                     | 7.00             | 22                       | 4.00             |
| 11-12                     | 6.00             | 20-21                    | 2.00             |
| 9-10                      | 5.00             | <20                      | 0.00             |
| 8                         | 4.00             |                          |                  |
| 6-7                       | 3.00             |                          |                  |
| 5                         | 2.00             |                          |                  |
| 3-4                       | 1.00             |                          |                  |
| <3                        | 0.00             |                          |                  |

## USAF Fitness Charts

### Males 40-44

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤10:24                   | ≥50                          | 50.00            |
| 10:25-10:36              | 49                           | 47.50            |
| 10:37-10:54              | 48                           | 45.00            |
| 10:55-11:24              | 46-47                        | 43.50            |
| 11:25-11:54              | 44-45                        | 42.00            |
| 11:55-12:30              | 42-43                        | 40.50            |
| 12:31-13:12              | 40-41                        | 39.00            |
| 13:13-13:36              | 39                           | 37.50            |
| 13:37-14:24              | 37-38                        | 36.00            |
| 14:25-15:18              | 35-36                        | 34.00            |
| 15:19-15:48              | 34                           | 32.00            |
| 15:49-16:24              | 33                           | 30.00            |
| 16:25-16:54              | 32                           | 27.00            |
| 16:55-17:36              | 31                           | 24.00            |
| 17:37-18:12              | 30                           | 21.00            |
| 18:13-18:54              | 29                           | 18.00            |
| 18:55-19:42              | 28                           | 15.00            |
| 19:43-20:36              | 27                           | 12.00            |
| 20:37-21:30              | 26                           | 9.00             |
| 21:31-22:30              | 25                           | 6.00             |
| 22:31-23:36              | 24                           | 3.00             |
| >23:36                   | <24                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥40                       | 10.00            | ≥47                      | 10.00            |
| 39                        | 9.75             | 45-46                    | 9.50             |
| 38                        | 9.50             | 43-44                    | 9.00             |
| 37                        | 9.25             | 41-42                    | 8.75             |
| 36                        | 9.00             | 39-40                    | 8.50             |
| 33-35                     | 8.75             | 37-38                    | 8.25             |
| 31-32                     | 8.50             | 35-36                    | 8.00             |
| 28-30                     | 8.25             | 33-34                    | 7.75             |
| 26-27                     | 8.00             | 31-32                    | 7.50             |
| 23-25                     | 7.75             | 29-30                    | 7.40             |
| 21-22                     | 7.50             | 27-28                    | 7.30             |
| 18-20                     | 7.40             | 26                       | 7.20             |
| 16-17                     | 7.30             | 24-25                    | 7.10             |
| 14-15                     | 7.20             | 22-23                    | 7.00             |
| 12-13                     | 7.10             | 20-21                    | 6.00             |
| 10-11                     | 7.00             | 19                       | 4.00             |
| 8-9                       | 6.00             | 17-18                    | 2.00             |
| 7                         | 5.00             | <17                      | 0.00             |
| 6                         | 4.00             |                          |                  |
| 4-5                       | 3.00             |                          |                  |
| 3                         | 2.00             |                          |                  |
| 1-2                       | 1.00             |                          |                  |
| <1                        | 0.00             |                          |                  |

### Males 45-49

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤10:24                   | ≥50                          | 50.00            |
| 10:25-10:36              | 49                           | 47.50            |
| 10:37-10:54              | 48                           | 45.00            |
| 10:55-11:24              | 46-47                        | 43.50            |
| 11:25-11:54              | 44-45                        | 42.00            |
| 11:55-12:30              | 42-43                        | 40.50            |
| 12:31-13:12              | 40-41                        | 39.00            |
| 13:13-13:36              | 39                           | 37.50            |
| 13:37-14:24              | 37-38                        | 36.00            |
| 14:25-15:18              | 35-36                        | 34.00            |
| 15:19-15:48              | 34                           | 32.00            |
| 15:49-16:24              | 33                           | 30.00            |
| 16:25-16:54              | 32                           | 27.00            |
| 16:55-17:36              | 31                           | 24.00            |
| 17:37-18:12              | 30                           | 21.00            |
| 18:13-18:54              | 29                           | 18.00            |
| 18:55-19:42              | 28                           | 15.00            |
| 19:43-20:36              | 27                           | 12.00            |
| 20:37-21:30              | 26                           | 9.00             |
| 21:31-22:30              | 25                           | 6.00             |
| 22:31-23:36              | 24                           | 3.00             |
| >23:36                   | <24                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥40                       | 10.00            | ≥45                      | 10.00            |
| 39                        | 9.75             | 43-44                    | 9.50             |
| 37-38                     | 9.50             | 41-42                    | 9.00             |
| 35-36                     | 9.25             | 39-40                    | 8.75             |
| 33-34                     | 9.00             | 37-38                    | 8.50             |
| 30-32                     | 8.75             | 35-36                    | 8.25             |
| 27-29                     | 8.50             | 33-34                    | 8.00             |
| 25-26                     | 8.25             | 31-32                    | 7.75             |
| 22-24                     | 8.00             | 29-30                    | 7.50             |
| 20-21                     | 7.75             | 27-28                    | 7.40             |
| 18-19                     | 7.50             | 25-26                    | 7.30             |
| 16-17                     | 7.40             | 24                       | 7.20             |
| 14-15                     | 7.30             | 22-23                    | 7.10             |
| 12-13                     | 7.20             | 20-21                    | 7.00             |
| 10-11                     | 7.10             | 18-19                    | 6.00             |
| 9                         | 7.00             | 17                       | 4.00             |
| 7-8                       | 6.00             | 15-16                    | 2.00             |
| 6                         | 5.00             | <15                      | 0.00             |
| 5                         | 4.00             |                          |                  |
| 4                         | 3.00             |                          |                  |
| 2-3                       | 2.00             |                          |                  |
| 1                         | 1.00             |                          |                  |
| 0                         | 0.00             |                          |                  |

# USAF Fitness Charts

## Males 50-54

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤11:06                   | ≥47                          | 50.00            |
| 11:07-11:24              | 46                           | 47.50            |
| 11:25-11:36              | 45                           | 45.00            |
| 11:37-12:12              | 43-44                        | 43.50            |
| 12:13-12:54              | 41-42                        | 42.00            |
| 12:55-13:36              | 39-40                        | 40.50            |
| 13:37-14:24              | 37-38                        | 39.00            |
| 14:25-15:18              | 35-36                        | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:54              | 32-33                        | 34.00            |
| 16:55-17:36              | 31                           | 32.00            |
| 17:37-18:12              | 30                           | 30.00            |
| 18:13-18:54              | 29                           | 27.00            |
| 18:55-19:42              | 28                           | 24.00            |
| 19:43-20:36              | 27                           | 21.00            |
| 20:37-21:30              | 26                           | 18.00            |
| 21:31-22:30              | 25                           | 15.00            |
| 22:31-23:36              | 24                           | 12.00            |
| 23:37-24:48              | 23                           | 9.00             |
| 24:49-26:06              | 22                           | 6.00             |
| 26:07-27:36              | 21                           | 3.00             |
| >27:36                   | <21                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥39                       | 10.00            | ≥43                      | 10.00            |
| 37-38                     | 9.75             | 41-42                    | 9.50             |
| 35-36                     | 9.50             | 39-40                    | 9.00             |
| 32-34                     | 9.25             | 37-38                    | 8.75             |
| 30-31                     | 9.00             | 35-36                    | 8.50             |
| 27-29                     | 8.75             | 32-34                    | 8.25             |
| 25-26                     | 8.50             | 30-31                    | 8.00             |
| 22-24                     | 8.25             | 28-29                    | 7.75             |
| 20-21                     | 8.00             | 26-27                    | 7.50             |
| 17-19                     | 7.75             | 24-25                    | 7.40             |
| 15-16                     | 7.50             | 22-23                    | 7.30             |
| 13-14                     | 7.40             | 21                       | 7.20             |
| 12                        | 7.30             | 19-20                    | 7.10             |
| 10-11                     | 7.20             | 17-18                    | 7.00             |
| 9                         | 7.10             | 15-16                    | 6.00             |
| 7-8                       | 7.00             | 14                       | 4.00             |
| 6                         | 6.00             | 12-13                    | 2.00             |
| 5                         | 5.00             | <12                      | 0.00             |
| 4                         | 4.00             |                          |                  |
| 3                         | 3.00             |                          |                  |
| 2                         | 2.00             |                          |                  |
| 1                         | 1.00             |                          |                  |
| 0                         | 0.00             |                          |                  |

## Males 55+

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤11:06                   | ≥47                          | 50.00            |
| 11:07-11:24              | 46                           | 47.50            |
| 11:25-11:36              | 45                           | 45.00            |
| 11:37-12:12              | 43-44                        | 43.50            |
| 12:13-12:54              | 41-42                        | 42.00            |
| 12:55-13:36              | 39-40                        | 40.50            |
| 13:37-14:24              | 37-38                        | 39.00            |
| 14:25-15:18              | 35-36                        | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:54              | 32-33                        | 34.00            |
| 16:55-17:36              | 31                           | 32.00            |
| 17:37-18:12              | 30                           | 30.00            |
| 18:13-18:54              | 29                           | 27.00            |
| 18:55-19:42              | 28                           | 24.00            |
| 19:43-20:36              | 27                           | 21.00            |
| 20:37-21:30              | 26                           | 18.00            |
| 21:31-22:30              | 25                           | 15.00            |
| 22:31-23:36              | 24                           | 12.00            |
| 23:37-24:48              | 23                           | 9.00             |
| 24:49-26:06              | 22                           | 6.00             |
| 26:07-27:36              | 21                           | 3.00             |
| >27:36                   | <21                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <32.5                            | 30.00            |
| 32.50                            | 28.75            |
| 33.00                            | 27.50            |
| 33.50                            | 26.25            |
| 34.00                            | 25.00            |
| 34.50                            | 23.75            |
| 35.00                            | 22.50            |
| 35.50                            | 22.35            |
| 36.00                            | 22.20            |
| 36.50                            | 22.05            |
| 37.00                            | 21.90            |
| 37.50                            | 21.75            |
| 38.00                            | 21.60            |
| 38.50                            | 21.45            |
| 39.00                            | 21.30            |
| 39.50                            | 21.25            |
| 40.00                            | 21.00            |
| 40.50                            | 18.00            |
| 41.00                            | 15.00            |
| 41.50                            | 12.00            |
| 42.00                            | 9.00             |
| 42.50                            | 6.00             |
| 43.00                            | 3.00             |
| >43.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥35                       | 10.00            | ≥41                      | 10.00            |
| 33-34                     | 9.75             | 39-40                    | 9.50             |
| 31-32                     | 9.50             | 37-38                    | 9.00             |
| 29-30                     | 9.25             | 34-36                    | 8.75             |
| 28                        | 9.00             | 32-33                    | 8.50             |
| 26-27                     | 8.75             | 30-31                    | 8.25             |
| 24-25                     | 8.50             | 27-29                    | 8.00             |
| 21-23                     | 8.25             | 25-26                    | 7.75             |
| 19-20                     | 8.00             | 23-24                    | 7.50             |
| 17-18                     | 7.75             | 21-22                    | 7.40             |
| 15-16                     | 7.50             | 20                       | 7.30             |
| 13-14                     | 7.40             | 18-19                    | 7.20             |
| 11-12                     | 7.30             | 16-17                    | 7.10             |
| 10                        | 7.20             | 15                       | 7.00             |
| 8-9                       | 7.10             | 13-14                    | 6.00             |
| 6-7                       | 7.00             | 12                       | 4.00             |
| 5                         | 6.00             | 10-11                    | 2.00             |
| 4                         | 5.00             | <10                      | 0.00             |
| 3                         | 4.00             |                          |                  |
| 2                         | 3.00             |                          |                  |
| 1                         | 2.00             |                          |                  |
| 0                         | 0.00             |                          |                  |

## USAF Fitness Charts

### Females Under 25

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤11:06                   | ≥47                          | 50.00            |
| 11:07-11:36              | 45-46                        | 47.50            |
| 11:37-11:54              | 44                           | 45.00            |
| 11:55-12:30              | 42-43                        | 43.50            |
| 12:31-13:12              | 40-41                        | 42.00            |
| 13:13-14:00              | 38-39                        | 40.50            |
| 14:01-14:54              | 36-37                        | 39.00            |
| 14:55-15:18              | 35                           | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:24              | 33                           | 34.00            |
| 16:25-16:54              | 32                           | 32.00            |
| 16:55-17:36              | 31                           | 30.00            |
| 17:37-18:12              | 30                           | 27.00            |
| 18:13-18:54              | 29                           | 24.00            |
| 18:55-19:42              | 28                           | 21.00            |
| 19:43-20:36              | 27                           | 18.00            |
| 20:37-21:30              | 26                           | 15.00            |
| 21:31-22:30              | 25                           | 12.00            |
| 22:31-23:36              | 24                           | 9.00             |
| 23:37-24:48              | 23                           | 6.00             |
| 24:49-26:06              | 22                           | 3.00             |
| >26:06                   | <22                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥42                       | 10.00            | ≥51                      | 10.00            |
| 41                        | 9.75             | 50                       | 9.50             |
| 40                        | 9.50             | 49                       | 9.00             |
| 38-39                     | 9.25             | 46-48                    | 8.75             |
| 37                        | 9.00             | 44-45                    | 8.50             |
| 34-36                     | 8.75             | 42-43                    | 8.25             |
| 31-33                     | 8.50             | 40-41                    | 8.00             |
| 27-30                     | 8.25             | 37-39                    | 7.75             |
| 24-26                     | 8.00             | 35-36                    | 7.50             |
| 21-23                     | 7.75             | 33-34                    | 7.40             |
| 18-20                     | 7.50             | 30-32                    | 7.30             |
| 16-17                     | 7.40             | 28-29                    | 7.20             |
| 14-15                     | 7.30             | 26-27                    | 7.10             |
| 12-13                     | 7.20             | 24-25                    | 7.00             |
| 10-11                     | 7.10             | 22-23                    | 6.00             |
| 9                         | 7.00             | 20-21                    | 4.00             |
| 8                         | 6.00             | 18-19                    | 2.00             |
| 7                         | 5.00             | <18                      | 0.00             |
| 6                         | 4.00             |                          |                  |
| 5                         | 3.00             |                          |                  |
| 4                         | 2.00             |                          |                  |
| 3                         | 1.00             |                          |                  |
| <3                        | 0.00             |                          |                  |

### Females 25-29

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤11:24                   | ≥46                          | 50.00            |
| 11:25-11:36              | 45                           | 47.50            |
| 11:37-11:54              | 44                           | 45.00            |
| 11:55-12:30              | 42-43                        | 43.50            |
| 12:31-13:12              | 40-41                        | 42.00            |
| 13:13-14:00              | 38-39                        | 40.50            |
| 14:01-14:54              | 36-37                        | 39.00            |
| 14:55-15:18              | 35                           | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:24              | 33                           | 34.00            |
| 16:25-16:54              | 32                           | 32.00            |
| 16:55-17:36              | 31                           | 30.00            |
| 17:37-18:12              | 30                           | 27.00            |
| 18:13-18:54              | 29                           | 24.00            |
| 18:55-19:42              | 28                           | 21.00            |
| 19:43-20:36              | 27                           | 18.00            |
| 20:37-21:30              | 26                           | 15.00            |
| 21:31-22:30              | 25                           | 12.00            |
| 22:31-23:36              | 24                           | 9.00             |
| 23:37-24:48              | 23                           | 6.00             |
| 24:49-26:06              | 22                           | 3.00             |
| >26:06                   | 21                           | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥41                       | 10.00            | ≥47                      | 10.00            |
| 40                        | 9.75             | 46                       | 9.50             |
| 38-39                     | 9.50             | 45                       | 9.00             |
| 36-37                     | 9.25             | 42-44                    | 8.75             |
| 35                        | 9.00             | 40-41                    | 8.50             |
| 31-34                     | 8.75             | 38-39                    | 8.25             |
| 28-30                     | 8.50             | 36-37                    | 8.00             |
| 25-27                     | 8.25             | 34-35                    | 7.75             |
| 22-24                     | 8.00             | 31-33                    | 7.50             |
| 19-21                     | 7.75             | 29-30                    | 7.40             |
| 16-18                     | 7.50             | 27-28                    | 7.30             |
| 14-15                     | 7.40             | 25-26                    | 7.20             |
| 13                        | 7.30             | 23-24                    | 7.10             |
| 11-12                     | 7.20             | 21-22                    | 7.00             |
| 10                        | 7.10             | 19-20                    | 6.00             |
| 8-9                       | 7.00             | 17-18                    | 4.00             |
| 7                         | 6.00             | 15-16                    | 2.00             |
| 6                         | 5.00             | <15                      | 0.00             |
| 5                         | 4.00             |                          |                  |
| 4                         | 3.00             |                          |                  |
| 3                         | 2.00             |                          |                  |
| 2                         | 1.00             |                          |                  |
| <2                        | 0.00             |                          |                  |

# USAF Fitness Charts

## Females 30-34

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| <11:54                   | ≥44                          | 50.00            |
| 11:55-12:30              | 42-43                        | 47.50            |
| 12:31-12:54              | 41                           | 45.00            |
| 12:55-13:12              | 40                           | 43.50            |
| 13:13-13:36              | 39                           | 42.00            |
| 13:37-14:24              | 37-38                        | 40.50            |
| 14:25-14:54              | 36                           | 39.00            |
| 14:55-15:18              | 35                           | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:24              | 33                           | 34.00            |
| 16:25-16:54              | 32                           | 32.00            |
| 16:55-17:36              | 31                           | 30.00            |
| 17:37-18:12              | 30                           | 27.00            |
| 18:13-18:54              | 29                           | 24.00            |
| 18:55-19:42              | 28                           | 21.00            |
| 19:43-20:36              | 27                           | 18.00            |
| 20:37-21:30              | 26                           | 15.00            |
| 21:31-22:30              | 25                           | 12.00            |
| 22:31-23:36              | 24                           | 9.00             |
| 23:37-24:48              | 23                           | 6.00             |
| 24:49-26:06              | 22                           | 3.00             |
| >26:06                   | <22                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| >40                       | 10.00            | >42                      | 10.00            |
| 39                        | 9.75             | 41                       | 9.50             |
| 37-38                     | 9.50             | 40                       | 9.00             |
| 35-36                     | 9.25             | 37-39                    | 8.75             |
| 33-34                     | 9.00             | 35-36                    | 8.50             |
| 29-32                     | 8.75             | 33-34                    | 8.25             |
| 26-28                     | 8.50             | 31-32                    | 8.00             |
| 23-25                     | 8.25             | 29-30                    | 7.75             |
| 20-22                     | 8.00             | 27-28                    | 7.50             |
| 17-19                     | 7.75             | 25-26                    | 7.40             |
| 14-16                     | 7.50             | 23-24                    | 7.30             |
| 12-13                     | 7.40             | 22                       | 7.20             |
| 11                        | 7.30             | 20-21                    | 7.10             |
| 10                        | 7.20             | 18-19                    | 7.00             |
| 9                         | 7.10             | 16-17                    | 6.00             |
| 7-8                       | 7.00             | 13-15                    | 4.00             |
| 6                         | 6.00             | 11-12                    | 2.00             |
| 5                         | 5.00             | <11                      | 0.00             |
| 4                         | 4.00             |                          |                  |
| 3                         | 3.00             |                          |                  |
| 2                         | 2.00             |                          |                  |
| 1                         | 1.00             |                          |                  |
| 0                         | 0.00             |                          |                  |

## Females 35-39

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤11:54                   | ≥44                          | 50.00            |
| 11:55-12:30              | 42-43                        | 47.50            |
| 12:31-12:54              | 41                           | 45.00            |
| 12:55-13:12              | 40                           | 43.50            |
| 13:13-13:36              | 39                           | 42.00            |
| 13:37-14:24              | 37-38                        | 40.50            |
| 14:25-14:54              | 36                           | 39.00            |
| 14:55-15:18              | 35                           | 37.50            |
| 15:19-15:48              | 34                           | 36.00            |
| 15:49-16:24              | 33                           | 34.00            |
| 16:25-16:54              | 32                           | 32.00            |
| 16:55-17:36              | 31                           | 30.00            |
| 17:37-18:12              | 30                           | 27.00            |
| 18:13-18:54              | 29                           | 24.00            |
| 18:55-19:42              | 28                           | 21.00            |
| 19:43-20:36              | 27                           | 18.00            |
| 20:37-21:30              | 26                           | 15.00            |
| 21:31-22:30              | 25                           | 12.00            |
| 22:31-23:36              | 24                           | 9.00             |
| 23:37-24:48              | 23                           | 6.00             |
| 24:49-26:06              | 22                           | 3.00             |
| >26:06                   | <22                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥30                       | 10.00            | ≥40                      | 10.00            |
| 29                        | 9.75             | 38-39                    | 9.50             |
| 28                        | 9.50             | 37                       | 9.00             |
| 27                        | 9.25             | 35-36                    | 8.75             |
| 26                        | 9.00             | 33-34                    | 8.50             |
| 23-25                     | 8.75             | 31-32                    | 8.25             |
| 21-22                     | 8.50             | 29-30                    | 8.00             |
| 19-20                     | 8.25             | 27-28                    | 7.75             |
| 17-18                     | 8.00             | 25-26                    | 7.50             |
| 15-16                     | 7.75             | 23-24                    | 7.40             |
| 13-14                     | 7.50             | 21-22                    | 7.30             |
| 11-12                     | 7.40             | 20                       | 7.20             |
| 10                        | 7.30             | 18-19                    | 7.10             |
| 9                         | 7.20             | 16-17                    | 7.00             |
| 8                         | 7.10             | 14-15                    | 6.00             |
| 6-7                       | 7.00             | 12-13                    | 4.00             |
| 4-5                       | 6.00             | 9-11                     | 2.00             |
| 3                         | 4.00             | <9                       | 0.00             |
| 1-2                       | 2.00             |                          |                  |
| <1                        | 0.00             |                          |                  |

# USAF Fitness Charts

## Females 40-44

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤12:30                   | ≥42                          | 50.00            |
| 12:31-12:54              | 41                           | 47.50            |
| 12:55-13:12              | 40                           | 45.00            |
| 13:13-14:00              | 38-39                        | 43.50            |
| 14:01-14:54              | 36-37                        | 42.00            |
| 14:55-15:48              | 34-35                        | 40.50            |
| 15:49-16:24              | 33                           | 39.00            |
| 16:25-16:54              | 32                           | 37.50            |
| 16:55-17:36              | 31                           | 36.00            |
| 17:37-18:12              | 30                           | 34.00            |
| 18:13-18:54              | 29                           | 32.00            |
| 18:55-19:42              | 28                           | 30.00            |
| 19:43-20:36              | 27                           | 27.00            |
| 20:37-21:30              | 26                           | 24.00            |
| 21:31-22:30              | 25                           | 21.00            |
| 22:31-23:36              | 24                           | 18.00            |
| 23:37-24:48              | 23                           | 15.00            |
| 24:49-26:06              | 22                           | 12.00            |
| 26:07-27:36              | 21                           | 9.00             |
| 27:37-29:18              | 20                           | 6.00             |
| 29:19-31:12              | 19                           | 3.00             |
| >31:12                   | <19                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥20                       | 10.00            | ≥38                      | 10.00            |
| 19                        | 9.50             | 36-37                    | 9.50             |
| 18                        | 9.00             | 34-35                    | 9.00             |
| 16-17                     | 8.75             | 32-33                    | 8.75             |
| 15                        | 8.50             | 30-31                    | 8.50             |
| 14                        | 8.25             | 28-29                    | 8.25             |
| 13                        | 8.00             | 26-27                    | 8.00             |
| 12                        | 7.75             | 24-25                    | 7.75             |
| 11                        | 7.50             | 22-23                    | 7.50             |
| 9-10                      | 7.40             | 20-21                    | 7.40             |
| 8                         | 7.30             | 18-19                    | 7.30             |
| 7                         | 7.20             | 17                       | 7.20             |
| 6                         | 7.10             | 15-16                    | 7.10             |
| 5                         | 7.00             | 13-14                    | 7.00             |
| 3-4                       | 6.00             | 11-12                    | 6.00             |
| 2                         | 4.00             | 9-10                     | 4.00             |
| 1                         | 2.00             | 7-8                      | 2.00             |
| 0                         | 0.00             | <7                       | 0.00             |

## Females 45-49

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤12:30                   | ≥42                          | 50.00            |
| 12:31-12:54              | 41                           | 47.50            |
| 12:55-13:12              | 40                           | 45.00            |
| 13:13-14:00              | 38-39                        | 43.50            |
| 14:01-14:54              | 36-37                        | 42.00            |
| 14:55-15:48              | 34-35                        | 40.50            |
| 15:49-16:24              | 33                           | 39.00            |
| 16:25-16:54              | 32                           | 37.50            |
| 16:55-17:36              | 31                           | 36.00            |
| 17:37-18:12              | 30                           | 34.00            |
| 18:13-18:54              | 29                           | 32.00            |
| 18:55-19:42              | 28                           | 30.00            |
| 19:43-20:36              | 27                           | 27.00            |
| 20:37-21:30              | 26                           | 24.00            |
| 21:31-22:30              | 25                           | 21.00            |
| 22:31-23:36              | 24                           | 18.00            |
| 23:37-24:48              | 23                           | 15.00            |
| 24:49-26:06              | 22                           | 12.00            |
| 26:07-27:36              | 21                           | 9.00             |
| 27:37-29:18              | 20                           | 6.00             |
| 29:19-31:12              | 19                           | 3.00             |
| >31:12                   | <19                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥18                       | 10.00            | ≥34                      | 10.00            |
| 17                        | 9.50             | 33                       | 9.50             |
| 16                        | 9.00             | 32                       | 9.00             |
| 14-15                     | 8.75             | 30-31                    | 8.75             |
| 13                        | 8.50             | 28-29                    | 8.50             |
| 12                        | 8.25             | 26-27                    | 8.25             |
| 11                        | 8.00             | 24-25                    | 8.00             |
| 10                        | 7.75             | 22-23                    | 7.75             |
| 9                         | 7.50             | 20-21                    | 7.50             |
| 8                         | 7.40             | 18-19                    | 7.40             |
| 7                         | 7.30             | 16-17                    | 7.30             |
| 6                         | 7.20             | 14-15                    | 7.20             |
| 5                         | 7.10             | 12-13                    | 7.10             |
| 4                         | 7.00             | 10-11                    | 7.00             |
| 3                         | 6.00             | 8-9                      | 6.00             |
| 2                         | 4.00             | 7                        | 4.00             |
| 1                         | 2.00             | 6                        | 2.00             |
| 0                         | 0.00             | <6                       | 0.00             |



# USAF Fitness Charts

## Females 50-54

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤14:24                   | ≥37                          | 50.00            |
| 14:25-14:54              | 36                           | 47.50            |
| 14:55-15:18              | 35                           | 45.00            |
| 15:19-16:24              | 33-34                        | 43.50            |
| 16:25-16:54              | 32                           | 42.00            |
| 16:55-17:36              | 31                           | 40.50            |
| 17:37-18:12              | 30                           | 39.00            |
| 18:13-18:54              | 29                           | 37.50            |
| 18:55-19:42              | 28                           | 36.00            |
| 19:43-20:36              | 27                           | 34.00            |
| 20:37-21:30              | 26                           | 32.00            |
| 21:31-22:30              | 25                           | 30.00            |
| 22:31-23:36              | 24                           | 27.00            |
| 23:37-24:48              | 23                           | 24.00            |
| 24:49-26:06              | 22                           | 21.00            |
| 26:07-27:36              | 21                           | 18.00            |
| 27:37-29:18              | 20                           | 15.00            |
| 29:19-31:12              | 19                           | 12.00            |
| 31:13-33:18              | 18                           | 9.00             |
| 33:19-35:48              | 17                           | 6.00             |
| 35:49-38:36              | 16                           | 3.00             |
| >38:36                   | <16                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥16                       | 10.00            | ≥30                      | 10.00            |
| 15                        | 9.50             | 29                       | 9.00             |
| 14                        | 9.00             | 27-28                    | 8.75             |
| 13                        | 8.75             | 25-26                    | 8.50             |
| 12                        | 8.50             | 23-24                    | 8.25             |
| 11                        | 8.25             | 21-22                    | 8.00             |
| 10                        | 8.00             | 19-20                    | 7.75             |
| 9                         | 7.75             | 17-18                    | 7.50             |
| 8                         | 7.50             | 15-16                    | 7.40             |
| 7                         | 7.40             | 13-14                    | 7.30             |
| 6                         | 7.30             | 11-12                    | 7.20             |
| 5                         | 7.20             | 9-10                     | 7.10             |
| 4                         | 7.10             | 7-8                      | 7.00             |
| 3                         | 7.00             | 5-6                      | 6.00             |
| 2                         | 6.00             | 3-4                      | 4.00             |
| 1                         | 3.00             | 1-2                      | 2.00             |
| <1                        | 0.00             | <1                       | 0.00             |

## Females 55+

| <b>Aerobic Fitness</b>   |                              |                  |
|--------------------------|------------------------------|------------------|
| 1.5-Mile Run Time (min.) | Bike Test (VO <sub>2</sub> ) | Component Points |
| ≤14:24                   | ≥37                          | 50.00            |
| 14:25-14:54              | 36                           | 47.50            |
| 14:55-15:18              | 35                           | 45.00            |
| 15:19-16:24              | 33-34                        | 43.50            |
| 16:25-16:54              | 32                           | 42.00            |
| 16:55-17:36              | 31                           | 40.50            |
| 17:37-18:12              | 30                           | 39.00            |
| 18:13-18:54              | 29                           | 37.50            |
| 18:55-19:42              | 28                           | 36.00            |
| 19:43-20:36              | 27                           | 34.00            |
| 20:37-21:30              | 26                           | 32.00            |
| 21:31-22:30              | 25                           | 30.00            |
| 22:31-23:36              | 24                           | 27.00            |
| 23:37-24:48              | 23                           | 24.00            |
| 24:49-26:06              | 22                           | 21.00            |
| 26:07-27:36              | 21                           | 18.00            |
| 27:37-29:18              | 20                           | 15.00            |
| 29:19-31:12              | 19                           | 12.00            |
| 31:13-33:18              | 18                           | 9.00             |
| 33:19-35:48              | 17                           | 6.00             |
| 35:49-38:36              | 16                           | 3.00             |
| >38:36                   | <16                          | 0.00             |

| <b>Body Composition</b>          |                  |
|----------------------------------|------------------|
| Abdominal Circumference (inches) | Component Points |
| <29.5                            | 30.00            |
| 29.50                            | 28.75            |
| 30.00                            | 27.50            |
| 30.50                            | 26.25            |
| 31.00                            | 25.00            |
| 31.50                            | 23.75            |
| 32.00                            | 22.50            |
| 32.50                            | 22.30            |
| 33.00                            | 22.00            |
| 33.50                            | 21.80            |
| 34.00                            | 21.50            |
| 34.50                            | 21.30            |
| 35.00                            | 21.00            |
| 35.50                            | 18.00            |
| 36.00                            | 15.00            |
| 36.50                            | 12.00            |
| 37.00                            | 9.00             |
| 37.50                            | 6.00             |
| 38.00                            | 3.00             |
| >38.00                           | 0.00             |

| <b>Muscle Fitness</b>     |                  |                          |                  |
|---------------------------|------------------|--------------------------|------------------|
| 1 minute Push-up (# Reps) | Component Points | 1 minute Crunch (# Reps) | Component Points |
| ≥14                       | 10.00            | ≥27                      | 10.00            |
| 13                        | 9.50             | 26                       | 9.50             |
| 12                        | 9.00             | 25                       | 9.00             |
| 10-11                     | 8.50             | 23-24                    | 8.75             |
| 9                         | 8.00             | 21-22                    | 8.50             |
| 7-8                       | 7.50             | 19-20                    | 8.25             |
| 6                         | 7.40             | 18                       | 8.00             |
| 5                         | 7.30             | 16-17                    | 7.75             |
| 4                         | 7.20             | 14-15                    | 7.50             |
| 3                         | 7.10             | 12-13                    | 7.40             |
| 2                         | 7.00             | 10-11                    | 7.30             |
| 1                         | 6.00             | 8-9                      | 7.20             |
| <1                        | 0.00             | 6-7                      | 7.10             |
|                           |                  | 4-5                      | 7.00             |
|                           |                  | 3                        | 6.00             |
|                           |                  | 2                        | 4.00             |
|                           |                  | 1                        | 2.00             |
|                           |                  | <1                       | 0.00             |