

FITNESSGRAM®

Standards for Healthy Fitness Zone®

BOYS

Aerobic Capacity VO₂max (ml/kg/min)			Percent Body Fat				Body Mass Index				
PACER, One Mile Run & Walk Test			Very Lean	HFZ	NI	NI-Health Risk	Very Lean	HFZ	NI	NI-Health Risk	
NI-Health Risk	NI	HFZ									
5			≤8.8	8.9-18.8	18.9	≥27.0	≤13.8	13.9-16.8	16.9	≥18.1	
6			≤8.4	8.5-18.8	18.9	≥27.0	≤13.7	13.8-17.1	17.2	≥18.8	
7			≤8.2	8.3-18.8	18.9	≥27.0	≤13.7	13.8-17.6	17.7	≥19.6	
8			≤8.3	8.4-18.8	18.9	≥27.0	≤13.9	14.0-18.2	18.3	≥20.6	
9			≤8.6	8.7-20.6	20.7	≥30.1	≤14.1	14.2-18.9	19.0	≥21.6	
10	≤37.3	37.4-40.1	≥40.2	≤8.8	8.9-22.4	22.5	≥33.2	≤14.4	14.5-19.7	19.8	≥22.7
11	≤37.3	37.4-40.1	≥40.2	≤8.7	8.8-23.6	23.7	≥35.4	≤14.8	14.9-20.5	20.6	≥23.7
12	≤37.6	37.7-40.2	≥40.3	≤8.3	8.4-23.6	23.7	≥35.9	≤15.2	15.3-21.3	21.4	≥24.7
13	≤38.6	38.7-41.0	≥41.1	≤7.7	7.8-22.8	22.9	≥35.0	≤15.7	15.8-22.2	22.3	≥25.6
14	≤39.6	39.7-42.4	≥42.5	≤7.0	7.1-21.3	21.4	≥33.2	≤16.3	16.4-23.0	23.1	≥26.5
15	≤40.6	40.7-43.5	≥43.6	≤6.5	6.6-20.1	20.2	≥31.5	≤16.8	16.9-23.7	23.8	≥27.2
16	≤41.0	41.1-44.0	≥44.1	≤6.4	6.5-20.1	20.2	≥31.6	≤17.4	17.5-24.5	24.6	≥27.9
17	≤41.2	41.3-44.1	≥44.2	≤6.6	6.7-20.9	21.0	≥33.0	≤18.0	18.1-24.9	25.0	≥28.6
>17	≤41.2	41.3-44.2	≥44.3	≤6.9	7.0-22.2	22.3	≥35.1	≤18.5	18.6-24.9	25.0	≥29.3

	Curl-up # completed	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Flexed Arm Arm Hang seconds	Back Saver Sit & Reach** inches	Shoulder Stretch
5	≥2	6 12	≥3	≥2	≥2	8	Healthy Fitness Zone = Touching fingertips together behind the back on both right and left sides
6	≥2	6 12	≥3	≥2	≥2	8	
7	≥4	6 12	≥4	≥3	≥3	8	
8	≥6	6 12	≥5	≥4	≥3	8	
9	≥9	6 12	≥6	≥5	≥4	8	
10	≥12	9 12	≥7	≥5	≥4	8	
11	≥15	9 12	≥8	≥6	≥6	8	
12	≥18	9 12	≥10	≥7	≥10	8	
13	≥21	9 12	≥12	≥8	≥12	8	
14	≥24	9 12	≥14	≥9	≥15	8	
15	≥24	9 12	≥16	≥10	≥15	8	
16	≥24	9 12	≥18	≥12	≥15	8	
17	≥24	9 12	≥18	≥14	≥15	8	
17+	≥24	9 12	≥18	≥14	≥15	8	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.