

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≥ 67	20.0	≥ 58	20.0
9:13 - 9:34	Low-Risk	59.5	66	19.8	57	19.7
9:35 - 9:45	Low-Risk	59.0	65	19.6	56	19.4
9:46 - 9:58	Low-Risk	58.5	64	19.4	55	19.0
9:59 - 10:10	Low-Risk	58.0	63	19.2	54	18.8
10:11 - 10:23	Low-Risk	57.5	62	19.0	53	18.4
10:24 - 10:37	Low-Risk	57.0	61	18.8	52	18.0
10:38 - 10:51	Low-Risk	56.5	60	18.6	51	17.6
10:52 - 11:06	Low-Risk	56.0	59	18.4	50	17.4
11:07 - 11:22	Low-Risk	55.5	58	18.2	49	17.0
11:23 - 11:38	Low-Risk	55.0	57	18.0	48	16.6
11:39 - 11:56	Low-Risk	54.5	56	17.8	47	16.0
11:57 - 12:14	Low-Risk	54.0	55	17.6	46	15.0
12:15 - 12:33	Low-Risk	53.5	54	17.5	45	14.0
12:34 - 12:53	Moderate Risk	52.0	53	17.4	44	13.0
12:54 - 13:14	Moderate Risk	50.5	52	17.2	43	12.8
13:15 - 13:36	Moderate Risk	49.0	51	17.0	42	12.0
13:37 - 14:00	High Risk	46.5	50	16.8	41	9.0
14:01 - 14:25	High Risk	44.0	49	16.6	40	6.0
14:26 - 14:52	High Risk	41.0	48	16.2	39*	3.0
14:53 - 15:20	High Risk	38.0	47	16.0		
15:21 - 15:50*	High Risk	35.0	46	15.6		
			45	15.4		
			44	15.0		
			43	14.6		
NOTES:			42	14.4		
Health Risk Category = low, moderate or high risk for			41	14.0		
current and future cardiovascular disease, diabetes,			40	13.6		
certain cancers, and other health problems.			39	13.0		
			38	12.6		
Passing Requirements - member <i>must</i> : 1) achieve			37	12.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum			36	11.6		
point values for all components.			35	11.0		
			34	10.6		
* Minimum Component Values			33	10.0		
Run time ≤ 15:50			32	7.0		
Push-ups ≥ 30 repetitions/one minute			31	4.0		
Sit-ups ≥ 39 repetitions/one minute			30*	1.0		
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:22	Low-Risk	60.0	≥ 62	20.0	≥ 56	20.0
9:23 - 9:45	Low-Risk	59.5	61	19.7	55	19.5
9:46 - 9:58	Low-Risk	59.0	60	19.4	54	19.0
9:59 - 10:10	Low-Risk	58.5	59	19.0	53	18.8
10:11 - 10:23	Low-Risk	58.0	58	18.8	52	18.4
10:24 - 10:37	Low-Risk	57.5	57	18.6	51	18.0
10:38 - 10:51	Low-Risk	57.0	56	18.4	50	17.6
10:52 - 11:06	Low-Risk	56.5	55	18.2	49	17.4
11:07 - 11:22	Low-Risk	56.0	54	18.0	48	17.0
11:23 - 11:38	Low-Risk	55.5	53	17.8	47	16.6
11:39 - 11:56	Low-Risk	55.0	52	17.6	46	16.0
11:57 - 12:14	Low-Risk	54.5	51	17.5	45	15.0
12:15 - 12:33	Low-Risk	54.0	50	17.4	44	14.0
12:34 - 12:53	Moderate Risk	53.5	49	17.2	43	13.0
12:54 - 13:14	Moderate Risk	52.0	48	17.0	42	12.8
13:15 - 13:36	Moderate Risk	50.5	47	16.8	41	12.0
13:37 - 14:00	High Risk	49.0	46	16.6	40	9.0
14:01 - 14:25	High Risk	46.5	45	16.2	39	6.0
14:26 - 14:52	High Risk	44.0	44	16.0	38*	3.0
14:53 - 15:20	High Risk	41.0	43	15.6		
15:21 - 15:50	High Risk	38.0	42	15.4		
15:51 - 16:22*	High Risk	35.0	41	15.0		
			40	14.6		
			39	14.4		
			38	14.0		
			37	13.6		
<b>NOTES:</b>			36	13.0		
Health Risk Category = low, moderate or high risk for			35	12.6		
current and future cardiovascular disease, diabetes,			34	12.0		
certain cancers, and other health problems.			33	11.6		
Passing Requirements - member <i>must</i> : 1) achieve			32	11.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum			31	10.6		
point values for all components.			30	10.0		
* Minimum Component Values			29	7.0		
Run time ≤ 16:22			28	4.0		
Push-ups ≥ 27 repetitions/one minute			27*	1.0		
Sit-ups ≥ 38 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 9:34	Low-Risk	60.0	≥ 57	20.0	> 54	20.0
9:35 - 9:58	Low-Risk	59.5	56	19.8	53	19.7
9:59 - 10:10	Low-Risk	59.0	55	19.6	52	19.4
10:11 - 10:23	Low-Risk	58.5	54	19.4	51	19.0
10:24 - 10:37	Low-Risk	58.0	53	19.2	50	18.8
10:38 - 10:51	Low-Risk	57.5	52	19.0	49	18.4
10:52 - 11:06	Low-Risk	57.0	51	18.8	48	18.0
11:07 - 11:22	Low-Risk	56.5	50	18.6	47	17.6
11:23 - 11:38	Low-Risk	56.0	49	18.5	46	17.4
11:39 - 11:56	Low-Risk	55.5	48	18.4	45	17.0
11:57 - 12:14	Low-Risk	55.0	47	18.2	44	16.6
12:15 - 12:33	Low-Risk	54.5	46	18.0	43	16.0
12:34 - 12:53	Low-Risk	54.0	45	17.8	42	15.0
12:54 - 13:14	Moderate Risk	53.5	44	17.6	41	14.0
13:15 - 13:36	Moderate Risk	52.0	43	17.4	40	13.0
13:37 - 14:00	Moderate Risk	50.5	42	17.2	39	12.0
14:01 - 14:25	High Risk	48.0	41	17.0	38	9.0
14:26 - 14:52	High Risk	45.5	40	16.6	37	6.0
14:53 - 15:20	High Risk	43.0	39	16.0	36*	3.0
15:21 - 15:50	High Risk	40.5	38	15.6		
15:51 - 16:22	High Risk	38.0	37	15.4		
16:23 - 16:57*	High Risk	35.0	36	15.0		
			35	14.6		
			34	14.0		
			33	13.6		
NOTES:			32	13.4		
Health Risk Category = low, moderate or high risk for			31	13.0		
current and future cardiovascular disease, diabetes,			30	12.0		
certain cancers, and other health problems.			29	11.0		
			28	10.6		
Passing Requirements - member <i>must</i> : 1) achieve			27	10.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum			26	7.0		
point values for all components.			25	4.0		
			24*	1.0		
* Minimum Component Values						
Run time ≤ 16:57						
Push-ups ≥ 24 repetitions/one minute						
Sit-ups ≥ 36 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:45	Low-Risk	60.0	≥ 51	20.0	≥ 52	20.0
9:46 - 10:10	Low-Risk	59.5	50	19.5	51	19.7
10:11 - 10:23	Low-Risk	59.0	49	19.0	50	19.4
10:24 - 10:37	Low-Risk	58.5	48	18.8	49	19.0
10:38 - 10:51	Low-Risk	58.0	47	18.6	48	18.8
10:52 - 11:06	Low-Risk	57.5	46	18.5	47	18.4
11:07 - 11:22	Low-Risk	57.0	45	18.4	46	18.0
11:23 - 11:38	Low-Risk	56.5	44	18.2	45	17.6
11:39 - 11:56	Low-Risk	56.0	43	18.0	44	17.4
11:57 - 12:14	Low-Risk	55.5	42	17.8	43	17.0
12:15 - 12:33	Low-Risk	55.0	41	17.6	42	16.6
12:34 - 12:53	Low-Risk	54.5	40	17.4	41	16.0
12:54 - 13:14	Moderate Risk	54.0	39	17.2	40	15.0
13:15 - 13:36	Moderate Risk	53.5	38	17.0	39	14.0
13:37 - 14:00	Moderate Risk	52.0	37	16.6	38	13.0
14:01 - 14:25	High Risk	50.5	36	16.0	37	12.0
14:26 - 14:52	High Risk	48.0	35	15.6	36	9.0
14:53 - 15:20	High Risk	45.5	34	15.4	35	6.0
15:21 - 15:50	High Risk	43.0	33	15.0	34*	3.0
15:51 - 16:22	High Risk	40.5	32	14.6		
16:23 - 16:57	High Risk	38.0	31	14.0		
16:58 -17:33*	High Risk	35.0	30	13.6		
			29	13.4		
			28	13.0		
			27	12.0		
			26	11.0		
			25	10.6		
			24	10.0		
			23	7.0		
			22	4.0		
			21*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 17:33						
Push-ups ≥ 21 repetitions/one minute						
Sit-ups ≥ 34 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 9:58	Low-Risk	60.0	≥ 44	20.0	≥ 50	20.0
9:59 - 10:23	Low-Risk	59.5	43	19.7	49	19.7
10:24 - 10:37	Low-Risk	59.0	42	19.4	48	19.4
10:38 - 10:51	Low-Risk	58.5	41	19.2	47	19.0
10:52 - 11:06	Low-Risk	58.0	40	19.0	46	18.8
11:07 - 11:22	Low-Risk	57.5	39	18.8	45	18.4
11:23 - 11:38	Low-Risk	57.0	38	18.4	44	18.2
11:39 - 11:56	Low-Risk	56.5	37	18.2	43	18.0
11:57 - 12:14	Low-Risk	56.0	36	18.0	42	17.6
12:15 - 12:33	Low-Risk	55.5	35	17.6	41	17.4
12:34 - 12:53	Low-Risk	55.0	34	17.0	40	17.0
12:54 - 13:14	Low-Risk	54.5	33	16.8	39	16.0
13:15 - 13:36	Low-Risk	54.0	32	16.6	38	15.6
13:37 - 14:00	Low-Risk	53.5	31	16.2	37	15.0
14:01 - 14:25	Moderate Risk	52.0	30	16.0	36	14.0
14:26 - 14:52	Moderate Risk	50.5	29	15.0	35	13.0
14:53 - 15:20	Moderate Risk	49.0	28	14.6	34	12.0
15:21 - 15:50	High Risk	46.5	27	14.4	33	9.0
15:51 - 16:22	High Risk	44.0	26	14.0	32	6.0
16:23 - 16:57	High Risk	41.0	25	13.0	31*	3.0
16:58 - 17:33	High Risk	38.0	24	12.0		
17:34 - 18:14*	High Risk	35.0	23	11.6		
			22	11.0		
			21	10.0		
			20	7.0		
			19	4.0		
			18*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 18:14						
Push-ups ≥ 18 repetitions/one minute						
Sit-ups ≥ 31 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:10	Low-Risk	60.0	≥ 44	20.0	≥ 48	20.0
10:11 - 10:37	Low-Risk	59.5	43	19.8	47	19.7
10:38 - 10:51	Low-Risk	59.0	42	19.6	46	19.4
10:52 - 11:06	Low-Risk	58.5	41	19.4	45	19.2
11:07 - 11:22	Low-Risk	58.0	40	19.2	44	19.0
11:23 - 11:38	Low-Risk	57.5	39	19.0	43	18.8
11:39 - 11:56	Low-Risk	57.0	38	18.8	42	18.4
11:57 - 12:14	Low-Risk	56.5	37	18.4	41	18.0
12:15 - 12:33	Low-Risk	56.0	36	18.2	40	17.6
12:34 - 12:53	Low-Risk	55.5	35	18.0	39	17.4
12:54 - 13:14	Low-Risk	55.0	34	17.6	38	17.0
13:15 - 13:36	Low-Risk	54.5	33	17.0	37	16.6
13:37 - 14:00	Low-Risk	54.0	32	16.8	36	16.0
14:01 - 14:25	Moderate Risk	53.5	31	16.6	35	15.6
14:26 - 14:52	Moderate Risk	52.0	30	16.2	34	15.0
14:53 - 15:20	Moderate Risk	50.5	29	16.0	33	14.0
15:21 - 15:50	High Risk	49.0	28	15.0	32	13.0
15:51 - 16:22	High Risk	46.5	27	14.6	31	12.0
16:23 - 16:57	High Risk	44.0	26	14.4	30	9.0
16:58 - 17:33	High Risk	41.0	25	14.0	29	6.0
17:34 - 18:14	High Risk	38.0	24	13.0	28*	3.0
18:15 - 18:56*	High Risk	35.0	23	12.6		
			22	12.0		
			21	11.6		
			20	11.0		
NOTES:			19	10.6		
Health Risk Category = low, moderate or high risk for			18	10.0		
current and future cardiovascular disease, diabetes,			17	7.0		
certain cancers, and other health problems.			16	4.0		
			15*	1.0		
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time ≤ 18:56						
Push-ups ≥ 15 repetitions/one minute						
Sit-ups ≥ 28 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:37	Low-Risk	60.0	≥ 44	20.0	≥ 46	20.0
10:38 - 11:06	Low-Risk	59.5	43	19.8	45	19.7
11:07 - 11:22	Low-Risk	59.0	42	19.6	44	19.4
11:23 - 11:38	Low-Risk	58.5	41	19.4	43	19.0
11:39 - 11:56	Low-Risk	58.0	40	19.2	42	18.8
11:57 - 12:14	Low-Risk	57.5	39	19.0	41	18.4
12:15 - 12:33	Low-Risk	57.0	38	18.9	40	18.2
12:34 - 12:53	Low-Risk	56.5	37	18.8	39	18.0
12:54 - 13:14	Low-Risk	56.0	36	18.7	38	17.6
13:15 - 13:36	Low-Risk	55.5	35	18.6	37	17.4
13:37 - 14:00	Low-Risk	55.0	34	18.5	36	17.0
14:01 - 14:25	Low-Risk	54.5	33	18.4	35	16.0
14:26 - 14:52	Low-Risk	54.0	32	18.3	34	15.6
14:53 - 15:20	Moderate Risk	53.5	31	18.2	33	15.0
15:21 - 15:50	Moderate Risk	52.0	30	18.0	32	14.6
15:51 - 16:22	Moderate Risk	50.5	29	17.6	31	14.0
16:23 - 16:57	High Risk	48.0	28	17.0	30	13.0
16:58 - 17:34	High Risk	45.5	27	16.6	29	12.6
17:34 - 18:14	High Risk	43.0	26	16.4	28	12.0
18:15 - 18:56	High Risk	40.5	25	16.0	27	9.0
18:57 - 19:43	High Risk	38.0	24	15.0	26	6.0
19:44 - 20:33*	High Risk	35.0	23	14.6	25*	3.0
			22	14.4		
			21	14.0		
			20	13.0		
			19	12.0		
			18	11.6		
			17	11.0		
			16	10.6		
			15	10.0		
			14	7.0		
			13	4.0		
			12*	1.0		
<b>* Minimum Component Values</b>						
Run time ≤ 20:33						
Push-ups ≥ 12 repetitions/one minute						
Sit-ups ≥ 25 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:51	Low-Risk	60.0	≥ 37	20.0	≥ 44	20.0
10:52 - 11:22	Low-Risk	59.5	36	19.5	43	19.7
11:23 - 11:38	Low-Risk	59.0	35	19.0	42	19.4
11:39 - 11:56	Low-Risk	58.5	34	18.6	41	19.0
11:57 - 12:14	Low-Risk	58.0	33	18.0	40	18.8
12:15 - 12:33	Low-Risk	57.5	32	17.8	39	18.4
12:34 - 12:53	Low-Risk	57.0	31	17.6	38	18.2
12:54 - 13:14	Low-Risk	56.5	30	17.4	37	18.0
13:15 - 13:36	Low-Risk	56.0	29	17.0	36	17.6
13:37 - 14:00	Low-Risk	55.5	28	16.8	35	17.4
14:01 - 14:25	Low-Risk	55.0	27	16.6	34	17.0
14:26 - 14:52	Moderate Risk	54.5	26	16.2	33	16.0
14:53 - 15:20	Moderate Risk	54.0	25	16.0	32	15.6
15:21 - 15:50	Moderate Risk	53.5	24	15.6	31	15.0
15:51 - 16:22	High Risk	52.0	23	15.0	30	14.6
16:23 - 16:57	High Risk	50.5	22	14.6	29	14.0
16:58 - 17:33	High Risk	48.0	21	14.0	28	13.6
17:34 - 18:14	High Risk	45.5	20	13.6	27	13.0
18:15 - 18:56	High Risk	43.0	19	13.0	26	12.6
18:57 - 19:43	High Risk	40.5	18	12.6	25	12.0
19:44 - 20:33	High Risk	38.0	17	12.0	24	9.0
20:34 - 21:28*	High Risk	35.0	16	11.6	23	6.0
			15	10.0	22*	3.0
			14	7.0		
			13	4.0		
			12*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 21:28						
Push-ups ≥ 12 repetitions/one minute						
Sit-ups ≥ 22 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**



## USAF Fitness Assessment Scoring / Males 60 and over years of age

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:22	Low-Risk	60.0	≥ 30	20.0	≥ 42	20.0
11:23 - 11:56	Low-Risk	59.5	29	19.5	41	19.7
11:57 - 12:14	Low-Risk	59.0	28	19.0	40	19.4
12:15 - 12:33	Low-Risk	58.5	27	18.6	39	19.0
12:34 - 12:53	Low-Risk	58.0	26	18.0	38	18.8
12:54 - 13:14	Low-Risk	57.5	25	17.6	37	18.4
13:15 - 13:36	Low-Risk	57.0	24	17.0	36	18.2
13:37 - 14:00	Low-Risk	56.5	23	16.0	35	18.0
14:01 - 14:25	Low-Risk	56.0	22	15.0	34	17.8
14:26 - 14:52	Low-Risk	55.5	21	14.0	33	17.6
14:53 - 15:20	Low-Risk	55.0	20	13.0	32	17.2
15:21 - 15:50	Low-Risk	54.5	19	12.6	31	17.0
15:51 - 16:22	Low-Risk	54.0	18	12.0	30	16.0
16:23 - 16:57	Moderate Risk	52.5	17	11.6	29	15.6
16:58 - 17:34	Moderate Risk	51.0	16	11.0	28	15.0
17:35 - 18:14	Moderate Risk	49.5	15	10.6	27	14.6
18:15 - 18:56	High Risk	47.0	14	10.0	26	14.0
18:57 - 19:43	High Risk	44.5	13	7.0	25	13.6
19:44 - 20:33	High Risk	41.5	12	4.0	24	13.0
20:34 - 21:28	High Risk	38.5	11*	1.0	23	12.6
21:29 - 22:28*	High Risk	35.0			22	12.0
					21	9.0
					20	6.0
					19*	3.0
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 22:28						
Push-ups ≥ 11 repetitions/one minute						
Sit-ups ≥ 19 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:23	Low-Risk	60.0	≥ 47	20.0	≥ 54	20.0
10:24 - 10:51	Low-Risk	59.5	46	19.8	53	19.7
10:52 - 11:06	Low-Risk	59.0	45	19.6	52	19.4
11:07 - 11:22	Low-Risk	58.5	44	19.4	51	19.0
11:23 - 11:38	Low-Risk	58.0	43	19.2	50	18.8
11:39 - 11:56	Low-Risk	57.5	42	19.0	49	18.0
11:57 - 12:14	Low-Risk	57.0	41	18.8	48	17.8
12:15 - 12:33	Low-Risk	56.5	40	18.6	47	17.6
12:34 - 12:53	Low-Risk	56.0	39	18.4	46	17.2
12:54 - 13:14	Low-Risk	55.5	38	18.2	45	17.0
13:15 - 13:36	Low-Risk	55.0	37	18.0	44	16.0
13:37 - 14:00	Low-Risk	54.5	36	17.8	43	15.6
14:01 - 14:25	Low-Risk	54.0	35	17.6	42	15.0
14:26 - 14:52	Low-Risk	53.5	34	17.2	41	14.0
14:53 - 15:20	Moderate Risk	52.0	33	17.0	40	13.6
15:21 - 15:50	Moderate Risk	50.5	32	16.8	39	13.0
15:51 - 16:22	Moderate Risk	49.0	31	16.6	38	12.0
16:23 - 16:57	High Risk	46.0	30	16.4	37	9.0
16:58 - 17:34	High Risk	42.5	29	16.2	36	6.0
17:35 - 18:14	High Risk	39.0	28	16.0	35*	3.0
18:15 - 18:56*	High Risk	35.0	27	15.0		
			26	14.6		
			25	14.4		
			24	14.0		
			23	13.0		
			22	12.6		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
			19	11.0		
			18	10.0		
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
			17	7.0		
			16	4.0		
			15*	1.0		
* Minimum Component Values						
Run time ≤ 18:56						
Push-ups ≥ 15 repetitions/one minute						
Sit-ups ≥ 35 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

## USAF Fitness Assessment Scoring / Females 25-29 years of Age

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:37	Low-Risk	60.0	≥ 47	20.0	≥ 50	20.0
10:38 - 11:06	Low-Risk	59.5	46	19.8	49	19.5
11:07 - 11:22	Low-Risk	59.0	45	19.6	48	19.0
11:23 - 11:38	Low-Risk	58.5	44	19.4	47	18.8
11:39 - 11:56	Low-Risk	58.0	43	19.2	46	18.0
11:57 - 12:14	Low-Risk	57.5	42	19.0	45	17.8
12:15 - 12:33	Low-Risk	57.0	41	18.8	44	17.2
12:34 - 12:53	Low-Risk	56.5	40	18.6	43	17.0
12:54 - 13:14	Low-Risk	56.0	39	18.4	42	16.0
13:15 - 13:36	Low-Risk	55.5	38	18.2	41	15.6
13:37 - 14:00	Low-Risk	55.0	37	18.0	40	15.0
14:01 - 14:25	Low-Risk	54.5	36	17.8	39	14.6
14:26 - 14:52	Low-Risk	54.0	35	17.6	38	14.0
14:53 - 15:20	Moderate Risk	53.5	34	17.2	37	13.6
15:21 - 15:50	Moderate Risk	52.0	33	17.0	36	13.0
15:51 - 16:22	Moderate Risk	50.5	32	16.8	35	12.6
16:23 - 16:57	High Risk	49.0	31	16.6	34	12.0
16:58 - 17:33	High Risk	45.5	30	16.4	33	9.0
17:34 - 18:14	High Risk	42.0	29	16.2	32	6.0
18:15 - 18:56	High Risk	38.5	28	16.0	31*	3.0
18:57 - 19:43*	High Risk	35.0	27	15.0		
			26	14.6		
			25	14.4		
			24	14.0		
			23	13.0		
			22	12.6		
<b>NOTES:</b>			21	12.0		
Health Risk Category = low, moderate or high risk for			20	11.6		
current and future cardiovascular disease, diabetes,			19	11.0		
certain cancers, and other health problems.			18	10.6		
Passing Requirements - member <i>must</i> : 1) achieve			17	10.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum			16	7.0		
point values for all components.			15	4.0		
			14*	1.0		
<b>* Minimum Component Values</b>						
Run time ≤ 19:43						
Push-ups ≥ 14 repetitions/one minute						
Sit-ups ≥ 31 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:51	Low-Risk	60.0	≥ 46	20.0	≥ 45	20.0
10:52 - 11:22	Low-Risk	59.5	45	19.9	44	19.7
11:23 - 11:38	Low-Risk	59.0	44	19.8	43	19.4
11:39 - 11:56	Low-Risk	58.5	43	19.6	42	19.0
11:57 - 12:14	Low-Risk	58.0	42	19.4	41	18.8
12:15 - 12:33	Low-Risk	57.5	41	19.2	40	18.0
12:34 - 12:53	Low-Risk	57.0	40	19.0	39	17.6
12:54 - 13:14	Low-Risk	56.5	39	18.8	38	17.0
13:15 - 13:36	Low-Risk	56.0	38	18.7	37	16.6
13:37 - 14:00	Low-Risk	55.5	37	18.6	36	16.4
14:01 - 14:25	Low-Risk	55.0	36	18.4	35	16.0
14:26 - 14:52	Low-Risk	54.5	35	18.2	34	15.6
14:53 - 15:20	Low-Risk	54.0	34	18.1	33	15.0
15:21 - 15:50	Moderate Risk	52.5	33	18.0	32	14.0
15:51 - 16:22	Moderate Risk	51.0	32	17.9	31	13.6
16:23 - 16:57	Moderate Risk	49.5	31	17.8	30	13.0
16:58 - 17:34	High Risk	47.0	30	17.6	29	12.0
17:35 - 18:14	High Risk	44.5	29	17.4	28	9.0
18:15 - 18:56	High Risk	42.0	28	17.3	27	6.0
18:57 - 19:43	High Risk	38.5	27	17.2	26*	3.0
19:44 - 20:33*	High Risk	35.0	26	17.0		
			25	16.6		
			24	16.4		
			23	16.0		
			22	15.8		
			21	15.6		
			20	15.2		
			19	15.0		
			18	14.0		
			17	13.6		
			16	13.0		
			15	12.0		
			14	10.0		
			13	7.0		
			12	4.0		
			11*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 20:33						
Push-ups ≥ 11 repetitions/one minute						
Sit-ups ≥ 26 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:06	Low-Risk	60.0	≥ 42	20.0	≥ 43	20.0
11:07 - 11:38	Low-Risk	59.5	41	19.7	42	19.7
11:39 - 11:56	Low-Risk	59.0	40	19.4	41	19.4
11:57 - 12:14	Low-Risk	58.5	39	19.0	40	19.0
12:15 - 12:33	Low-Risk	58.0	38	18.8	39	18.8
12:34 - 12:53	Low-Risk	57.5	37	18.7	38	18.0
12:54 - 13:14	Low-Risk	57.0	36	18.6	37	17.6
13:15 - 13:36	Low-Risk	56.5	35	18.4	36	17.0
13:37 - 14:00	Low-Risk	56.0	34	18.2	35	16.6
14:01 - 14:25	Low-Risk	55.5	33	18.1	34	16.4
14:26 - 14:52	Low-Risk	55.0	32	18.0	33	16.0
14:53 - 15:20	Low-Risk	54.5	31	17.9	32	15.6
15:21 - 15:50	Moderate Risk	54.0	30	17.8	31	15.0
15:51 - 16:22	Moderate Risk	52.5	29	17.6	30	14.0
16:23 - 16:57	Moderate Risk	51.0	28	17.4	29	13.6
16:58 - 17:33	High Risk	49.5	27	17.3	28	13.0
17:34 - 18:14	High Risk	47.0	26	17.2	27	12.0
18:15 - 18:56	High Risk	44.0	25	17.0	26	9.0
18:57 - 19:43	High Risk	41.0	24	16.6	25	6.0
19:44 - 20:33	High Risk	38.0	23	16.4	24*	3.0
20:34 - 21:28*	High Risk	35.0	22	16.0		
			21	15.8		
			20	15.6		
			19	15.2		
			18	15.0		
			17	14.0		
			16	13.6		
			15	13.0		
			14	12.0		
			13	10.0		
			12	7.0		
			11	4.0		
			10*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
<b>* Minimum Component Values</b>						
Run time ≤ 21:28						
Push-ups ≥ 10 repetitions/one minute						
Sit-ups ≥ 24 repetitions/one minute						
<b>Composite Score Categories</b>						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:22	Low-Risk	60.0	≥ 38	20.0	≥ 41	20.0
11:23 - 11:56	Low-Risk	59.5	37	19.8	40	19.7
11:57 - 12:14	Low-Risk	59.0	36	19.6	39	19.4
12:15 - 12:33	Low-Risk	58.5	35	19.4	38	19.0
12:34 - 12:53	Low-Risk	58.0	34	19.2	37	18.8
12:54 - 13:14	Low-Risk	57.5	33	19.0	36	18.4
13:15 - 13:36	Low-Risk	57.0	32	18.8	35	18.2
13:37 - 14:00	Low-Risk	56.5	31	18.6	34	18.0
14:01 - 14:25	Low-Risk	56.0	30	18.4	33	17.6
14:26 - 14:52	Low-Risk	55.5	29	18.2	32	17.0
14:53 - 15:20	Low-Risk	55.0	28	18.0	31	16.6
15:21 - 15:50	Low-Risk	54.5	27	17.8	30	16.4
15:51 - 16:22	Low-Risk	54.0	26	17.6	29	16.0
16:23 - 16:57	Moderate Risk	53.5	25	17.2	28	15.0
16:58 - 17:33	Moderate Risk	52.0	24	17.1	27	14.0
17:34 - 18:14	Moderate Risk	50.5	23	17.0	26	13.6
18:15 - 18:56	High Risk	48.0	22	16.8	25	12.8
18:57 - 19:43	High Risk	45.5	21	16.6	24	12.0
19:44 - 20:33	High Risk	42.0	20	16.4	23	9.0
20:34 - 21:28	High Risk	38.5	19	16.2	22	6.0
21:29 - 22:28*	High Risk	35.0	18	16.0	21*	3.0
			17	15.6		
			16	15.0		
			15	14.0		
			14	13.0		
			13	12.0		
			12	11.0		
			11	10.0		
			10	7.0		
			9	4.0		
			8*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time ≤ 22:28						
Push-ups ≥ 8 repetitions/one minute						
Sit-ups ≥ 21 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:38	Low-Risk	60.0	≥ 37	20.0	≥ 35	20.0
11:39 - 12:14	Low-Risk	59.5	36	19.8	34	19.7
12:15 - 12:33	Low-Risk	59.0	35	19.6	33	19.4
12:34 - 12:53	Low-Risk	58.5	34	19.4	32	19.0
12:54 - 13:14	Low-Risk	58.0	33	19.2	31	18.8
13:15 - 13:36	Low-Risk	57.5	32	19.0	30	18.4
13:37 - 14:00	Low-Risk	57.0	31	18.8	29	18.2
14:01 - 14:25	Low-Risk	56.5	30	18.6	28	18.0
14:26 - 14:52	Low-Risk	56.0	29	18.4	27	17.6
14:53 - 15:20	Low-Risk	55.5	28	18.2	26	17.0
15:21 - 15:50	Low-Risk	55.0	27	18.0	25	16.6
15:51 - 16:22	Low-Risk	54.5	26	17.8	24	16.4
16:23 - 16:57	Moderate Risk	54.0	25	17.6	23	16.0
16:58 - 17:33	Moderate Risk	53.5	24	17.2	22	12.0
17:34 - 18:14	Moderate Risk	52.0	23	17.1	21	9.0
18:15 -18:56	High Risk	50.5	22	17.0	20	6.0
18:57 - 19:43	High Risk	48.0	21	16.8	19*	3.0
19:44 - 20:33	High Risk	45.0	20	16.6		
20:34 - 21:28	High Risk	42.0	19	16.4		
21:29 - 22:28	High Risk	38.5	18	16.2		
22:29 - 23:34*	High Risk	35.0	17	16.0		
			16	15.6		
			15	15.0		
			14	14.0		
			13	13.0		
			12	12.0		
			11	11.0		
			10	10.0		
			9	7.0		
			8	4.0		
			7*	1.0		
NOTES:						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 23:34						
Push-ups ≥ 7 repetitions/one minute						
Sit-ups ≥ 19 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 12:53	Low-Risk	60.0	≥ 35	20.0	≥ 32	20.0
12:54 - 13:36	Low-Risk	59.5	34	19.8	31	19.5
13:37 - 14:00	Low-Risk	59.0	33	19.6	30	19.0
14:01 - 14:25	Low-Risk	58.5	32	19.4	29	18.0
14:26 - 14:52	Low-Risk	58.0	31	19.2	28	17.8
14:53 - 15:20	Low-Risk	57.5	30	19.0	27	17.6
15:21 - 15:50	Low-Risk	57.0	29	18.8	26	17.2
15:51 - 16:22	Low-Risk	56.5	28	18.6	25	17.0
16:23 - 16:57	Low-Risk	56.0	27	18.4	24	16.0
16:58 - 17:33	Low-Risk	55.5	26	18.2	23	15.0
17:34 - 18:14	Low-Risk	55.0	25	18.0	22	14.0
18:15 - 18:56	Moderate Risk	53.5	24	17.6	21	13.0
18:57 - 19:43	Moderate Risk	52.0	23	17.4	20	12.0
19:44 - 20:33	High Risk	49.5	22	17.3	19	9.0
20:34 - 21:28	High Risk	46.0	21	17.2	18	6.0
21:29 - 22:28	High Risk	42.5	20	17.0	17*	3.0
22:29 - 23:34	High Risk	39.0	19	16.8		
23:35 - 24:46*	High Risk	35.0	18	16.6		
			17	16.4		
			16	16.2		
			15	16.0		
			14	15.0		
			13	14.0		
			12	13.0		
			11	12.0		
			10	11.0		
NOTES:			9	10.0		
Health Risk Category = low, moderate or high risk for			8	7.0		
current and future cardiovascular disease, diabetes,			7	4.0		
certain cancers, and other health problems.			6*	1.0		
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time ≤ 24:46						
Push-ups ≥ 6 repetitions/one minute						
Sit-ups ≥ 17 repetitions/one minute						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**



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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 13:14	Low-Risk	60.0	≥ 28	20.0	≥ 32	20.0
13:15 - 14:00	Low-Risk	59.5	27	19.7	31	19.7
14:01 - 14:25	Low-Risk	59.0	26	19.4	30	19.4
14:26 - 14:52	Low-Risk	58.5	25	19.2	29	19.2
14:53 - 15:20	Low-Risk	58.0	24	19.0	28	19.0
15:21 - 15:50	Low-Risk	57.5	23	18.6	27	18.0
15:51 - 16:22	Low-Risk	57.0	22	18.0	26	17.8
16:23 - 16:57	Low-Risk	56.5	21	17.6	25	17.6
16:58 - 17:33	Low-Risk	56.0	20	17.2	24	17.2
17:34 - 18:14	Low-Risk	55.5	19	17.0	23	17.0
18:15 - 18:56	Moderate Risk	55.0	18	16.8	22	16.0
18:57 - 19:43	Moderate Risk	53.5	17	16.6	21	15.0
19:44 - 20:33	High Risk	52.0	16	16.4	20	14.6
20:34 - 21:28	High Risk	49.0	15	16.2	19	14.0
21:29 - 22:28	High Risk	46.0	14	16.0	18	13.6
22:29 - 23:34	High Risk	43.0	13	15.0	17	13.0
23:35 - 24:46	High Risk	39.0	12	14.0	16	12.6
24:47 - 26:06*	High Risk	35.0	11	13.0	15	12.0
			10	12.0	14	9.0
			9	11.0	13	6.0
			8	10.0	12*	3.0
			7	7.0		
			6	4.0		
			5*	1.0		
<b>NOTES:</b>						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time ≤ 26:06						
Push-ups ≥ 5 repetitions/one minute						
Sit-ups ≥ 12 repetitions/one minute						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

**Final Version**

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

**Final Version**

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 14:00	Low-Risk	60.0	≥ 21	20.0	≥ 31	20.0
14:01 - 14:52	Low-Risk	59.5	20	19.5	30	19.7
14:53 - 15:20	Low-Risk	59.0	19	19.0	29	19.4
15:21 - 15:50	Low-Risk	58.5	18	18.8	28	19.0
15:51 - 16:22	Low-Risk	58.0	17	18.0	27	18.8
16:23 - 16:57	Low-Risk	57.5	16	17.6	26	18.0
16:58 - 17:34	Low-Risk	57.0	15	17.0	25	17.8
17:35 -18:14	Low-Risk	56.5	14	16.0	24	17.6
18:15- 18:56	Low-Risk	56.0	13	15.0	23	17.4
18:57 - 19:43	Low-Risk	55.5	12	14.0	22	17.2
19:44 - 20:33	Moderate Risk	54.0	11	13.0	21	17.0
20:34 - 21:28	Moderate Risk	52.5	10	12.0	20	16.8
21:29 -22:28	Moderate Risk	51.0	9	11.4	19	16.6
22:29 -23:34	High Risk	47.0	8	10.6	18	16.4
23:35 - 24:46	High Risk	43.0	7	10.0	17	16.0
24:47 -26:06	High Risk	39.0	6	7.0	16	15.6
26:07 - 27:27*	High Risk	35.0	5	4.0	15	15.0
			4*	1.0	14	14.6
					13	14.0
					12	13.0
					11	12.0
					10	9.0
					9	6.0
					8*	3.0

**NOTES:**

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

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

**\* Minimum Component Values**

Run time ≤ 27:27

Push-ups ≥ 4 repetitions/one minute

Sit-ups ≥ 8 repetitions/one minute

**Composite Score Categories**

Excellent ≥ 90.0 pts

Satisfactory = 75.0 - 89.9

Unsatisfactory < 75.0

**Final Version**