

**Attachment 2  
Physical Fitness Charts**

| <b>DAF Fitness Assessment Scoring / Males ≤ 25 years of age</b> |                      |        |                        |        |                       |        |
|---|----------------------|--------|------------------------|--------|-----------------------|--------|
| <b>Final Version</b>  |                      |        |                        |        |                       |        |
| Cardiorespiratory Fitness                                       |                      |        | Muscular Fitness       |        |                       |        |
| Run Time<br>(mins:secs)   | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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   |                       |        |
| Note:   |                      |        | 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   |                      |        |                        |        |                       |        |
| <b>Final Version</b>  |                      |        |                        |        |                       |        |

## DAF Fitness Assessment Scoring / Males 25-29 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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   |                    |        |
| Note:  |                      |        | 36                  | 13.0   |                    |        |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems. |                      |        | 35                  | 12.6   |                    |        |
|  |                      |        | 34                  | 12.0   |                    |        |
|  |                      |        | 33                  | 11.6   |                    |        |
| 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. |                      |        | 32                  | 11.0   |                    |        |
|  |                      |        | 31                  | 10.6   |                    |        |
|  |                      |        | 30                  | 10.0   |                    |        |
|  |                      |        | 29                  | 7.0    |                    |        |
| * Minimum Component Values   |                      |        | 28                  | 4.0    |                    |        |
| Run time ≤ 16:22   |                      |        | 27*                 | 1.0    |                    |        |
| Push-ups ≥ 27 repetitions/one minute   |                      |        |                     |        |                    |        |
| Sit-ups ≥ 38 repetitions/one minute  |                      |        |                     |        |                    |        |
| Composite Score Categories   |                      |        |                     |        |                    |        |
| Excellent ≥ 90.0 pts   |                      |        |                     |        |                    |        |
| Satisfactory = 75.0 - 89.9   |                      |        |                     |        |                    |        |
| Unsatisfactory ≤ 75.0  |                      |        |                     |        |                    |        |

### Final Version

## DAF Fitness Assessment Scoring / Males 30-34 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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   |                    |        |
|  |                      |        | 32                  | 13.4   |                    |        |
| Note:  |                      |        | 31                  | 13.0   |                    |        |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems. |                      |        | 30                  | 12.0   |                    |        |
|  |                      |        | 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

## DAF Fitness Assessment Scoring / Males 35-39 years of age

### Final Version

| Cardiorespiratory Fitness   |                      |        | Muscular Fitness       |        |                       |        |
|---|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)   | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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   |                       |        |
| <b>Note:</b>  |                      |        | 25                     | 10.6   |                       |        |
| Health Risk Category = low, moderate or high risk for               |                      |        | 24                     | 10.0   |                       |        |
| current and future cardiovascular disease, diabetes,                |                      |        | 23                     | 7.0    |                       |        |
| certain cancers, and other health problems.                         |                      |        | 22                     | 4.0    |                       |        |
| Passing Requirements - member <i>must</i> : 1) achieve              |                      |        | 21*                    | 1.0    |                       |        |
| a composite point total $\geq 75$ points <i>and</i> 2) meet minimum |                      |        |                        |        |                       |        |
| point values for all components.                                    |                      |        |                        |        |                       |        |
| * Minimum Component Values  |                      |        |                        |        |                       |        |
| Run time $\leq 17:33$   |                      |        |                        |        |                       |        |
| Push-ups $\geq 21$ repetitions/one minute                           |                      |        |                        |        |                       |        |
| Sit-ups $\geq 34$ repetitions/one minute                            |                      |        |                        |        |                       |        |
| Composite Score Categories  |                      |        |                        |        |                       |        |
| Excellent $\geq 90.0$ pts   |                      |        |                        |        |                       |        |
| Satisfactory = 75.0 - 89.9  |                      |        |                        |        |                       |        |
| Unsatisfactory $\leq 75.0$  |                      |        |                        |        |                       |        |

### Final Version

## DAF Fitness Assessment Scoring / Males 40-44 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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    |                    |        |
| Note:  |                      |        |                     |        |                    |        |
| 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

## DAF Fitness Assessment Scoring / Males 45-49 years of age

### Final Version

| Cardiorespiratory Fitness                                      |                      |        | Muscular Fitness       |        |                       |        |
|--|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)  | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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   |                       |        |
|  |                      |        | 19                     | 10.6   |                       |        |
|  |                      |        | 18                     | 10.0   |                       |        |
|  |                      |        | 17                     | 7.0    |                       |        |
|  |                      |        | 16                     | 4.0    |                       |        |
|  |                      |        | 15*                    | 1.0    |                       |        |
| Note:  |                      |        |                        |        |                       |        |
| 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 ≤ 18:56   |                      |        |                        |        |                       |        |
| 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

## DAF Fitness Assessment Scoring / Males 50-54 years of age

### Final Version

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

## DAF Fitness Assessment Scoring / Males 55-59 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | Muscular Fitness       |        |                       |        |
|--|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)  | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(reps/min) | Points |
| ≤ 10:51  | Low-Risk             | 60.0   | ≥ 33                   | 20.0   | ≥ 44                  | 20.0   |
| 10:52 - 11:22  | Low-Risk             | 59.5   | 32                     | 19.8   | 43                    | 19.7   |
| 11:23 - 11:38  | Low-Risk             | 59.0   | 31                     | 19.4   | 42                    | 19.4   |
| 11:39 - 11:56  | Low-Risk             | 58.5   | 30                     | 19.0   | 41                    | 19.0   |
| 11:57 - 12:14  | Low-Risk             | 58.0   | 29                     | 18.4   | 40                    | 18.8   |
| 12:15 - 12:33  | Low-Risk             | 57.5   | 28                     | 18.0   | 39                    | 18.4   |
| 12:34 - 12:53  | Low-Risk             | 57.0   | 27                     | 17.8   | 38                    | 18.2   |
| 12:54 - 13:14  | Low-Risk             | 56.5   | 26                     | 17.4   | 37                    | 18.0   |
| 13:15 - 13:36  | Low-Risk             | 56.0   | 25                     | 17.0   | 36                    | 17.6   |
| 13:37 - 14:00  | Low-Risk             | 55.5   | 24                     | 16.8   | 35                    | 17.4   |
| 14:01 - 14:25  | Low-Risk             | 55.0   | 23                     | 15.8   | 34                    | 17.0   |
| 14:26 - 14:52  | Moderate Risk        | 54.5   | 22                     | 14.8   | 33                    | 16.0   |
| 14:53 - 15:20  | Moderate Risk        | 54.0   | 21                     | 14.0   | 32                    | 15.6   |
| 15:21 - 15:50  | Moderate Risk        | 53.5   | 20                     | 13.0   | 31                    | 15.0   |
| 15:51 - 16:22  | High Risk            | 52.0   | 19                     | 12.4   | 30                    | 14.6   |
| 16:23 - 16:57  | High Risk            | 50.5   | 18                     | 11.8   | 29                    | 14.0   |
| 16:58 - 17:33  | High Risk            | 48.0   | 17                     | 11.4   | 28                    | 13.6   |
| 17:34 - 18:14  | High Risk            | 45.5   | 16                     | 10.8   | 27                    | 13.0   |
| 18:15 - 18:56  | High Risk            | 43.0   | 15                     | 10.0   | 26                    | 12.6   |
| 18:57 - 19:43  | High Risk            | 40.5   | 14                     | 7.0    | 25                    | 12.0   |
| 19:44 - 20:33  | High Risk            | 38.0   | 13                     | 4.0    | 24                    | 9.0    |
| 20:34 - 21:28*   | High Risk            | 35.0   | 12*                    | 1.0    | 23                    | 6.0    |
|  |                      |        |                        |        | 22*                   | 3.0    |
|  |                      |        |                        |        |                       |        |
|  |                      |        |                        |        |                       |        |
| <b>Note:</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



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

### Final Version

| Cardiorespiratory Fitness  |                      |        | Muscular Fitness       |        |                       |        |
|--|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)  | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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>Note:</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

## DAF Fitness Assessment Scoring / Females < 25 years of age

### Final Version

| Cardiorespiratory Fitness            |                      |        | Muscular Fitness       |        |                       |        |
|--------------------------------------|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)              | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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   |                       |        |
|                                      |                      |        | 21                     | 12.0   |                       |        |
|                                      |                      |        | 20                     | 11.6   |                       |        |
|                                      |                      |        | 19                     | 11.0   |                       |        |
|                                      |                      |        | 18                     | 10.0   |                       |        |
|                                      |                      |        | 17                     | 7.0    |                       |        |
|                                      |                      |        | 16                     | 4.0    |                       |        |
|                                      |                      |        | 15*                    | 1.0    |                       |        |
|                                      |                      |        |                        |        |                       |        |
| <b>* Minimum Component Values</b>    |                      |        |                        |        |                       |        |
| Run time ≤ 18:56                     |                      |        |                        |        |                       |        |
| Push-ups ≥ 15 repetitions/one minute |                      |        |                        |        |                       |        |
| Sit-ups ≥ 35 repetitions/one minute  |                      |        |                        |        |                       |        |
| <b>Composite Score Categories</b>    |                      |        |                        |        |                       |        |
| Excellent ≥ 90.0 pts                 |                      |        |                        |        |                       |        |
| Satisfactory = 75.0 - 89.9           |                      |        |                        |        |                       |        |
| Unsatisfactory ≤ 75.0                |                      |        |                        |        |                       |        |

### Final Version

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

### Final Version

| Cardiorespiratory Fitness            |                      |        | Muscular Fitness       |        |                       |        |
|--------------------------------------|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)              | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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   |                       |        |
|                                      |                      |        | 21                     | 12.0   |                       |        |
|                                      |                      |        | 20                     | 11.6   |                       |        |
|                                      |                      |        | 19                     | 11.0   |                       |        |
|                                      |                      |        | 18                     | 10.6   |                       |        |
|                                      |                      |        | 17                     | 10.0   |                       |        |
|                                      |                      |        | 16                     | 7.0    |                       |        |
|                                      |                      |        | 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  |                      |        |                        |        |                       |        |
| <b>Composite Score Categories</b>    |                      |        |                        |        |                       |        |
| Excellent ≥ 90.0 pts                 |                      |        |                        |        |                       |        |
| Satisfactory = 75.0 - 89.9           |                      |        |                        |        |                       |        |
| Unsatisfactory ≤ 75.0                |                      |        |                        |        |                       |        |

### Final Version

## DAF Fitness Assessment Scoring / Females 30-34 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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   |                    |        |
| Note:  |                      |        | 20                  | 15.2   |                    |        |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems. |                      |        | 19                  | 15.0   |                    |        |
|  |                      |        | 18                  | 14.0   |                    |        |
|  |                      |        | 17                  | 13.6   |                    |        |
| Passing Requirements - member <i>must</i> : 1) achieve   |                      |        | 16                  | 13.0   |                    |        |
| a composite point total ≥ 75 points <i>and</i> 2) meet minimum   |                      |        | 15                  | 12.0   |                    |        |
| point values for all components.   |                      |        | 14                  | 10.0   |                    |        |
|  |                      |        | 13                  | 7.0    |                    |        |
| * Minimum Component Values   |                      |        | 12                  | 4.0    |                    |        |
| Run time ≤ 20:33   |                      |        | 11*                 | 1.0    |                    |        |
| 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

## DAF Fitness Assessment Scoring / Females 35-39 years of age

### Final Version

| Cardiorespiratory Fitness            |                      |        | Muscular Fitness       |        |                       |        |
|--------------------------------------|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)              | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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>* 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

## DAF Fitness Assessment Scoring / Females 40-44 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | Muscular Fitness       |        |                       |        |
|--|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)  | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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    |                       |        |
| Note:  |                      |        |                        |        |                       |        |
| 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

## DAF Fitness Assessment Scoring / Females 45-49 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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   |                    |        |
| Note:  |                      |        | 11                  | 11.0   |                    |        |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems. |                      |        | 10                  | 10.0   |                    |        |
|  |                      |        | 9                   | 7.0    |                    |        |
|  |                      |        | 8                   | 4.0    |                    |        |
| 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. |                      |        | 7*                  | 1.0    |                    |        |
|  |                      |        |                     |        |                    |        |
| * 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

## DAF Fitness Assessment Scoring / Females 50-54 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | 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   |                    |        |
| Note:  |                      |        | 9                   | 10.0   |                    |        |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems. |                      |        | 8                   | 7.0    |                    |        |
|  |                      |        | 7                   | 4.0    |                    |        |
|  |                      |        | 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



## DAF Fitness Assessment Scoring / Females 55-59 years of age

### Final Version

| Cardiorespiratory Fitness  |                      |        | Muscular Fitness       |        |                       |        |
|--|----------------------|--------|------------------------|--------|-----------------------|--------|
| Run Time<br>(mins:secs)  | Health Risk Category | Points | Push-ups<br>(reps/min) | Points | Sit-ups<br>(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>Note:</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

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

**Final Version**

| Cardiorespiratory Fitness                                      |                      |        | 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    |
| <b>Note:</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 ≤ 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**