

USAF Assessment Scoring		
	Male	Female
Under 25	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
25-29	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
30-34	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
35-39	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
40-44	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
45-49	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
50-54	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
55-59	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness
Above 60	Cardiorespiratory Fitness	Cardiorespiratory Fitness
	Muscular Fitness	Muscular Fitness

USAF Fitness Assessment Scoring / Males <25 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 13:25	≥ 100	50.0		≤0.49	Low Risk	20
13:55	94-99	49.4		0.5	Moderate Risk	19
14:12	92-93	48.8		0.51	Moderate Risk	18
14:27	88-91	48.1		0.52	Moderate Risk	17
14:41	86-87	47.5		0.53	Moderate Risk	16
15:05	83-85	46.9		0.54	Moderate Risk	15
15:17	80-82	46.3		0.55	High Risk	12.5
15:28	77-79	45.6		0.56	High Risk	10
15:38	74-76	45.0		0.57	High Risk	7.5
16:09	71-73	43.9		0.58	High Risk	5
16:29	68-70	42.9		0.59	High Risk	2.5
16:49	65-67	41.8		≥0.6	High Risk	0
17:08	62-64	40.7				
17:18	59-61	39.6				
17:37	56-58	38.6				
17:55	54-55	37.5				
18:23	51-53	35.5				
18:39	48-50	34.0				
19:07	45-47	32.5				
19:36	42-44	31.0				
19:45*	39-41*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males <25 years of age						

USAF Fitness Assessment Scoring / Males <25 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 67	15.0	≥ 40	15.0	≥ 58	15.0	≥ 49	15.0	≥ 3:35	15.0
66	14.9	39	14.7	57	14.8	48	14.7	3:30	14.8
65	14.7	38	14.4	56	14.6	47	14.5	3:25	14.5
64	14.6	37	14.1	55	14.3	46	14.2	3:18	14.2
63	14.4	36	13.8	54	14.1	45	14.0	3:12	13.9
62	14.3	35	13.5	53	13.8	44	13.7	3:05	13.5
61	14.1	34	13.2	52	13.5	43	13.5	2:45	12.6
60	14.0	33	12.9	51	13.2	42	13.2	2:25	11.5
59	13.8	32	12.6	50	13.1	41	12.9	2:05	10.5
58	13.7	31	12.3	49	12.8	40	12.6	1:55	10.0
57	13.5	30	12.0	48	12.5	39	12.3	1:25	8.5
56	13.4	29	11.7	47	12.0	38	12.1	1:05*	7.5
55	13.2	28	11.4	46	11.3	37	11.8		
54	13.1	27	11.1	45	10.5	36	11.6		
53	12.9	26	10.8	44	9.8	35	11.3		
52	12.8	25	10.5	43	9.5	34	11.0		
51	12.6	24	10.2	42	9.0	33	10.8		
50	12.5	23	9.9	41	6.8	32	10.5		
49	12.3	22	9.6	40	4.5	31	10.2		
48	12.2	21	9.3	39*	2.3	30	9.9		
47	12.0	20	9.0			29	9.7		
46	11.7	19	8.7			28	9.4		
45	11.6	18	8.4			27	9.1		
44	11.3	17	8.1			26	8.9		
43	11.0	16	7.8			25	8.6		
42	10.8	15*	7.5			24	8.4		
41	10.5					23	8.1		
40	10.2					22	7.8		
39	9.8					21*	7.5		
38	9.5								
37	9.0								
36	8.7								
35	8.3								
34	8.0								
33	7.5			* Minimum Component Values					
32	5.3								
31	3.0			Passing Requirements - member <i>must</i> :					
30*	0.8			1) achieve a composite point total ≥ 75 points <i>and</i>					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
USAF Fitness Assessment Scoring / Males <25 years of age									

USAF Fitness Assessment Scoring / Males 25-29 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 13:25	≥ 97	50.0		≤ 0.49	Low Risk	20
13:55	92-96	49.4		0.5	Moderate Risk	19
14:12	88-91	48.8		0.51	Moderate Risk	18
14:27	86-87	48.1		0.52	Moderate Risk	17
14:41	83-85	47.5		0.53	Moderate Risk	16
15:05	80-82	46.9		0.54	Moderate Risk	15
15:17	77-79	46.3		0.55	High Risk	12.5
15:28	74-76	45.6		0.56	High Risk	10
15:38	71-73	45.0		0.57	High Risk	7.5
16:14	68-70	43.9		0.58	High Risk	5
16:33	65-67	42.9		0.59	High Risk	2.5
16:52	62-64	41.8		≥ 0.6	High Risk	0
17:12	59-61	40.7				
17:30	56-58	39.6				
17:47	54-55	38.6				
18:04	51-53	37.5				
18:23	48-50	35.5				
18:39	45-47	34.0				
19:15	42-44	32.5				
19:30	39-41	31.0				
19:45*	36-38*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 25-29 years of age						

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

Muscular Fitness

1 min Push-ups	Points	2 min Hand Release Push- ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 62	15.0	≥ 40	15.0	≥ 56	15.0	≥ 48	15.0	≥ 3:30	15.0
61	14.8	39	14.7	55	14.6	47	14.6	3:25	14.8
60	14.6	38	14.4	54	14.3	46	14.3	3:20	14.5
59	14.3	37	14.1	53	14.1	45	14.1	3:14	14.2
58	14.1	36	13.8	52	13.8	44	13.8	3:03	13.7
57	14.0	35	13.5	51	13.5	43	13.5	3:00	13.5
56	13.8	34	13.2	50	13.2	42	13.2	2:40	12.5
55	13.7	33	12.9	49	13.1	41	13.1	2:20	11.5
54	13.5	32	12.6	48	12.8	40	12.8	2:00	10.5
53	13.4	31	12.3	47	12.5	39	12.5	1:40	9.5
52	13.2	30	12.0	46	12	38	12.0	1:20	8.5
51	13.1	29	11.7	45	11.3	37	11.3	1:00*	7.5
50	13.0	28	11.4	44	10.5	36	10.5		
49	12.9	27	11.1	43	9.8	35	9.8		
48	12.8	26	10.8	42	9.5	34	9.5		
47	12.6	25	10.5	41	9	33	9.0		
46	12.5	24	10.2	40	6.8	32	6.8		
45	12.2	23	9.9	39	4.5	31	4.5		
44	12.0	22	9.6	38*	2.3	30	2.3		
43	11.7	21	9.3			29	6.6		
42	11.6	20	9.0			28	6.5		
41	11.3	19	8.7			27	6.3		
40	11.0	18	8.4			26	6.1		
39	10.8	17	8.1			25	5.9		
38	10.5	16	7.8			24	5.7		
37	10.2	15*	7.5			23	5.6		
36	9.8					22	5.4		
35	9.5					21	5.2		
34	9.0					20*	5.0		
33	8.7								
32	8.3								
31	8.0								
30	7.5								
29	5.3								
28	3.0								
27*	0.8								
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					

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

USAF Fitness Assessment Scoring / Males 30-34 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 13:42	≥ 94	50.0		≤ 0.49	Low Risk	20
14:23	88-93	49.4		0.5	Moderate Risk	19
14:37	86-87	48.8		0.51	Moderate Risk	18
14:49	83-85	48.1		0.52	Moderate Risk	17
15:01	80-82	47.5		0.53	Moderate Risk	16
15:23	77-79	46.9		0.54	Moderate Risk	15
15:33	74-76	46.3		0.55	High Risk	12.5
15:43	71-73	45.6		0.56	High Risk	10
15:50	68-70	45.0		0.57	High Risk	7.5
16:12	65-67	43.9		0.58	High Risk	5
16:30	62-64	42.9		0.59	High Risk	2.5
16:49	59-61	41.8		≥ 0.6	High Risk	0
17:07	56-58	40.7				
17:26	54-55	39.6				
17:42	51-53	38.6				
17:58	48-50	37.5				
18:30	45-47	35.5				
19:06	42-44	34.0				
19:34	39-41	32.5				
20:06	36-38	31.0				
20:44*	33-35*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 30-34 years of age						

USAF Fitness Assessment Scoring / Males 30-34 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 57	15.0	≥ 40	15.0	≥ 54	15.0	≥ 47	15.0	≥ 3:25	15.0
56	14.9	39	14.7	53	14.8	46	14.7	3:20	14.8
55	14.7	38	14.4	52	14.6	45	14.5	3:15	14.5
54	14.6	37	14.1	51	14.3	44	14.2	3:09	14.2
53	14.4	36	13.8	50	14.1	43	14.0	3:02	13.9
52	14.3	35	13.5	49	13.8	42	13.7	2:55	13.5
51	14.1	34	13.2	48	13.5	41	13.4	2:35	12.5
50	14.0	33	12.9	47	13.2	40	13.1	2:15	11.5
49	13.9	32	12.6	46	13.1	39	12.8	1:55	10.5
48	13.8	31	12.3	45	12.8	38	12.6	1:35	9.5
47	13.7	30	12.0	44	12.5	37	12.3	1:15	8.5
46	13.5	29	11.7	43	12.0	36	12.1	:55*	7.5
45	13.4	28	11.4	42	11.3	35	11.8		
44	13.2	27	11.1	41	10.5	34	11.6		
43	13.1	26	10.8	40	9.8	33	11.3		
42	12.9	25	10.5	39	9.0	32	11.0		
41	12.8	24	10.2	38	6.8	31	10.7		
40	12.5	23	9.9	37	4.5	30	10.4		
39	12.0	22	9.6	36*	2.3	29	10.2		
38	11.7	21	9.3			28	9.9		
37	11.6	20	9.0			27	9.7		
36	11.3	19	8.7			26	9.4		
35	11.0	18	8.4			25	9.1		
34	10.5	17	8.1			24	8.9		
33	10.2	16	7.8			23	8.6		
32	10.1	15*	7.5			22	8.3		
31	9.8					21	8.0		
30	9.0					20	7.8		
29	8.3					19*	7.5		
28	8.0								
27	7.5								
26	5.3								
25	3.0								
24*	0.8								
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
USAF Fitness Assessment Scoring / Males 30-34 years of age									

USAF Fitness Assessment Scoring / Males 35-39 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 13:42	≥ 92	50.0		≤ 0.49	Low Risk	20
14:32	87-91	49.4		0.5	Moderate Risk	19
14:46	83-85	48.8		0.51	Moderate Risk	18
14:59	80-82	48.1		0.52	Moderate Risk	17
15:10	77-79	47.5		0.53	Moderate Risk	16
15:32	74-76	46.9		0.54	Moderate Risk	15
15:42	71-73	46.3		0.55	High Risk	12.5
15:52	68-70	45.6		0.56	High Risk	10
16:01	65-67	45.0		0.57	High Risk	7.5
16:29	62-64	43.9		0.58	High Risk	5
16:48	59-61	42.9		0.59	High Risk	2.5
17:06	56-58	41.8		≥ 0.6	High Risk	0
17:24	54-55	40.7				
17:41	51-53	39.6				
17:58	48-50	38.6				
18:14	45-47	37.5				
18:35	42-44	35.5				
19:04	39-41	34.0				
19:31	36-38	32.5				
20:12	33-35	31.0				
20:44*	30-32*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 35-39 years of age						

USAF Fitness Assessment Scoring / Males 35-39 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 51	15.0	≥ 40	15.0	≥ 52	15.0	≥ 46	15.0	≥ 3:20	15.0
50	14.6	39	14.7	51	14.8	45	14.7	3:15	14.8
49	14.3	38	14.4	50	14.6	44	14.5	3:10	14.5
48	14.1	37	14.1	49	14.3	43	14.2	3:04	14.2
47	14.0	36	13.8	48	14.1	42	14.0	2:57	13.9
46	13.9	35	13.5	47	13.8	41	13.7	2:50	13.5
45	13.8	34	13.2	46	13.5	40	13.4	2:30	12.5
44	13.7	33	12.9	45	13.2	39	13.1	2:10	11.5
43	13.5	32	12.6	44	13.1	38	12.8	1:50	10.5
42	13.4	31	12.3	43	12.8	37	12.6	1:30	9.5
41	13.2	30	12.0	42	12.5	36	12.3	1:10	8.5
40	13.1	29	11.7	41	12.0	35	12.1	:50*	7.5
39	12.9	28	11.4	40	11.3	34	11.8		
38	12.8	27	11.1	39	10.5	33	11.6		
37	12.5	26	10.8	38	9.8	32	11.3		
36	12.0	25	10.5	37	9.0	31	11.0		
35	11.7	24	10.2	36	6.8	30	10.7		
34	11.6	23	9.9	35	4.5	29	10.4		
33	11.3	22	9.6	34*	2.3	28	10.2		
32	11.0	21	9.3			27	9.9		
31	10.5	20	9.0			26	9.7		
30	10.2	19	8.7			25	9.4		
29	10.1	18	8.4			24	9.1		
28	9.8	17	8.1			23	8.9		
27	9.0	16	7.8			22	8.6		
26	8.3	15*	7.5			21	8.3		
25	8.0					20	8.0		
24	7.5					19	7.8		
23	5.3					18*	7.5		
22	3.0								
21*	0.8								
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
USAF Fitness Assessment Scoring / Males 35-39 years of age									

USAF Fitness Assessment Scoring / Males 40-44 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 14:05	≥ 88	50.0		≤ 0.49	Low Risk	20
14:45	83-87	49.4		0.5	Moderate Risk	19
14:59	80-82	48.8		0.51	Moderate Risk	18
15:12	77-79	48.1		0.52	Moderate Risk	17
15:24	74-76	47.5		0.53	Moderate Risk	16
15:45	71-73	46.9		0.54	Moderate Risk	15
15:55	68-70	46.3		0.55	High Risk	12.5
16:05	65-67	45.6		0.56	High Risk	10
16:15	62-64	45.0		0.57	High Risk	7.5
16:43	59-61	43.9		0.58	High Risk	5
17:01	56-58	42.9		0.59	High Risk	2.5
17:19	54-55	41.8		≥ 0.6	High Risk	0
17:37	51-53	40.7				
17:56	48-50	39.6				
18:15	45-47	38.6				
18:35	42-44	37.5				
18:55	39-41	35.5				
19:36	36-38	34.0				
20:10	33-35	32.5				
21:09	30-32	31.0				
22:04*	27-29*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 40-44 years of age						

USAF Fitness Assessment Scoring / Males 40-44 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 44	15.0	≥ 38	15.0	≥ 50	15.0	≥ 44	15.0	> 3:15	15.0
43	14.8	37	14.7	49	14.8	43	14.7	3:10	14.8
42	14.6	36	14.4	48	14.6	42	14.5	3:05	14.5
41	14.4	35	14.1	47	14.3	41	14.2	2:59	14.2
40	14.3	34	13.8	46	14.1	40	14.0	2:52	13.9
39	14.1	33	13.5	45	13.8	39	13.7	2:45	13.5
38	13.8	32	13.2	44	13.7	38	13.4	2:25	12.5
37	13.7	31	12.9	43	13.5	37	13.1	2:05	11.5
36	13.5	30	12.6	42	13.2	36	12.8	2:05	11.5
35	13.2	29	12.3	41	13.1	35	12.6	1:45	10.5
34	12.8	28	12.0	40	12.8	34	12.3	1:25	9.5
33	12.6	27	11.7	39	12.0	33	12.1	1:05	8.5
32	12.5	26	11.4	38	11.7	32	11.8	:45*	7.5
31	12.2	25	11.1	37	11.3	31	11.6		
30	12.0	24	10.8	36	10.5	30	11.3		
29	11.3	23	10.5	35	9.8	29	11.0		
28	11.0	22	10.2	34	9.0	28	10.7		
27	10.8	21	9.9	33	6.8	27	10.4		
26	10.5	20	9.6	32	4.5	26	10.2		
25	9.8	19	9.3	31*	2.3	25	9.9		
24	9.0	18	9.0			24	9.7		
23	8.7	17	8.7			23	9.4		
22	8.3	16	8.4			22	9.1		
21	7.5	15	8.1			21	8.9		
20	5.3	14	7.8			20	8.6		
19	3.0	13*	7.5			19	8.3		
18*	0.8					18	8		
						17	7.8		
						16*	7.5		
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					

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

USAF Fitness Assessment Scoring / Males 45-49 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 14:30	≥ 86	50.0		≤ 0.49	Low Risk	20
15:08	80-85	49.4		0.5	Moderate Risk	19
15:22	77-79	48.8		0.51	Moderate Risk	18
15:35	74-76	48.1		0.52	Moderate Risk	17
15:47	71-73	47.5		0.53	Moderate Risk	16
16:09	68-70	46.9		0.54	Moderate Risk	15
16:19	65-67	46.3		0.55	High Risk	12.5
16:29	62-64	45.6		0.56	High Risk	10
16:39	59-61	45.0		0.57	High Risk	7.5
17:07	56-58	43.9		0.58	High Risk	5
17:25	54-55	42.9		0.59	High Risk	2.5
17:44	51-53	41.8		≥ 0.6	High Risk	0
18:02	48-50	40.7				
18:21	45-47	39.6				
18:41	42-44	38.6				
19:00	39-41	37.5				
19:30	36-38	35.5				
20:02	33-35	34.0				
20:50	30-32	32.5				
21:37	27-29	31.0				
22:04*	24-26*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 45-49 years of age						

USAF Fitness Assessment Scoring / Males 45-49 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 44	15.0	≥ 38	15.0	≥ 48	15.0	≥ 43	15.0	≥ 3:10	15.0
43	14.9	37	14.7	47	14.8	42	14.8	3:05	14.8
42	14.7	36	14.4	46	14.6	41	14.6	3:00	14.5
41	14.6	35	14.1	45	14.4	40	14.3	2:54	14.2
40	14.4	34	13.8	44	14.3	39	14.1	2:47	13.9
39	14.3	33	13.5	43	14.1	38	13.8	2:40	13.5
38	14.1	32	13.2	42	13.8	37	13.6	2:20	12.5
37	13.8	31	12.9	41	13.5	36	13.4	2:00	11.5
36	13.7	30	12.6	40	13.2	35	13.1	1:40	10.5
35	13.5	29	12.3	39	13.1	34	12.9	1:20	9.5
34	13.2	28	12.0	38	12.8	33	12.7	1:00	8.5
33	12.8	27	11.7	37	12.5	32	12.5	:40*	7.5
32	12.6	26	11.4	36	12.0	31	12.2		
31	12.5	25	11.1	35	11.7	30	11.9		
30	12.2	24	10.8	34	11.3	29	11.7		
29	12.0	23	10.5	33	10.5	28	11.5		
28	11.3	22	10.2	32	9.8	27	11.3		
27	11.0	21	9.9	31	9.0	26	11.0		
26	10.8	20	9.6	30	6.8	25	10.8		
25	10.5	19	9.3	29	4.5	24	10.6		
24	9.8	18	9.0	28*	2.3	23	10.4		
23	9.5	17	8.7			22	10.1		
22	9.0	16	8.4			21	9.8		
21	8.7	15	8.1			20	9.6		
20	8.3	14	7.8			19	9.4		
19	8.0	13*	7.5			18	9.2		
18	7.5					17	8.9		
17	5.3					16	8.7		
16	3.0					15	8.5		
15*	0.8					14	8.2		
						13	8.0		
						12	7.7		
						11*	7.5		
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
USAF Fitness Assessment Scoring / Males 45-49 years of age									

USAF Fitness Assessment Scoring / Males 50-54 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:09	≥ 80	50.0		≤ 0.49	Low Risk	20
15:54	74-79	49.4		0.5	Moderate Risk	19
16:08	71-73	48.8		0.51	Moderate Risk	18
16:21	68-70	48.1		0.52	Moderate Risk	17
16:33	65-67	47.5		0.53	Moderate Risk	16
16:55	62-64	46.9		0.54	Moderate Risk	15
17:06	59-61	46.3		0.55	High Risk	12.5
17:16	56-58	45.6		0.56	High Risk	10
17:26	54-55	45.0		0.57	High Risk	7.5
17:54	51-53	43.9		0.58	High Risk	5
18:13	48-50	42.9		0.59	High Risk	2.5
18:32	45-47	41.8		≥ 0.6	High Risk	0
18:51	42-44	40.7				
19:10	39-41	39.6				
19:30	36-38	38.6				
19:49	33-35	37.5				
20:20	30-32	35.5				
21:03	27-29	34.0				
21:40	24-26	32.5				
22:28	22-23	31.0				
22:50*	19-21*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 50-54 years of age						

USAF Fitness Assessment Scoring / Males 50-54 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 36	15.0	≥ 35	15.0	≥ 46	15.0	≥ 42	15.0	≥ 3:05	15.0
35	14.8	34	14.7	45	14.8	41	14.8	3:00	14.8
34	14.6	33	14.4	44	14.6	40	14.6	2:55	14.5
33	14.3	32	14.1	43	14.3	39	14.3	2:49	14.2
32	14.1	31	13.7	42	14.1	38	14.1	2:42	13.9
31	13.8	30	13.4	41	13.8	37	13.9	2:35	13.5
30	13.7	29	13.1	40	13.7	36	13.7	2:15	12.5
29	13.5	28	12.8	39	13.5	35	13.4	1:55	11.5
28	13.2	27	12.5	38	13.2	34	13.2	1:35	10.5
27	13.1	26	12.2	37	13.1	33	13.0	1:15	9.5
26	12.8	25	11.9	36	12.8	32	12.8	:55	8.5
25	12.5	24	11.6	35	12.0	31	12.5	:35*	7.5
24	12.0	23	11.3	34	11.7	30	12.3		
23	11.3	22	11.0	33	11.3	29	12.1		
22	10.5	21	10.7	32	11.0	28	11.9		
21	9.8	20	10.4	31	10.5	27	11.6		
20	9.5	19	10.0	30	9.8	26	11.4		
19	9.0	18	9.7	29	9.5	25	11.1		
18	8.7	17	9.4	28	9.0	24	10.9		
17	8.3	16	9.1	27	6.8	23	10.7		
16	8.0	15	8.8	26	4.5	22	10.4		
15	7.5	14	8.5	25*	2.3	21	10.2		
14	5.3	13	8.1			20	10.0		
13	3.0	12	7.8			19	9.8		
12*	0.8	11*	7.5			18	9.5		
						17	9.3		
						16	9.1		
						15	8.9		
						14	8.6		
						13	8.4		
						12	8.2		
						11	8.0		
						10	7.7		
						9*	7.5		
				* Minimum Component Values					
				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.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
USAF Fitness Assessment Scoring / Males 50-54 years of age									

USAF Fitness Assessment Scoring / Males 55-59 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:28	≥ 77	50.0		≤ 0.49	Low Risk	20
16:22	71-76	49.4		0.5	Moderate Risk	19
16:44	68-70	48.8		0.51	Moderate Risk	18
16:58	65-67	48.1		0.52	Moderate Risk	17
17:14	62-64	47.5		0.53	Moderate Risk	16
17:45	59-61	46.9		0.54	Moderate Risk	15
17:57	56-58	46.3		0.55	High Risk	12.5
18:07	54-55	45.6		0.56	High Risk	10
18:17	51-53	45.0		0.57	High Risk	7.5
18:45	48-50	43.9		0.58	High Risk	5
19:00	45-47	42.9		0.59	High Risk	2.5
19:17	42-44	41.8		≥ 0.6	High Risk	0
19:36	39-41	40.7				
19:51	36-38	39.6				
20:07	33-35	38.6				
20:22	30-32	37.5				
20:54	27-29	35.5				
21:19	24-26	34.0				
22:03	22-23	32.5				
22:58	19-21	31.0				
23:36*	16-18*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member must : 1) achieve						
a composite point total ≥ 75 points and 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males 55-59 years of age						

USAF Fitness Assessment Scoring / Males 55-59 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 33	15.0	≥ 33	15.0	≥ 44	15.0	≥ 41	15.0	≥ 3:00	15.0
32	14.9	32	14.7	43	14.8	40	14.8	2:55	14.8
31	14.6	31	14.3	42	14.6	39	14.6	2:50	14.5
30	14.3	30	14.0	41	14.3	38	14.3	2:44	14.2
29	13.8	29	13.7	40	14.1	37	14.1	2:37	13.9
28	13.5	28	13.4	39	13.8	36	13.9	2:30	13.5
27	13.4	27	13.1	38	13.7	35	13.7	2:10	12.5
26	13.1	26	12.8	37	13.5	34	13.4	1:50	11.5
25	12.8	25	12.4	36	13.2	33	13.2	1:30	10.5
24	12.6	24	12.1	35	13.1	32	13.0	1:10	9.5
23	11.9	23	11.8	34	12.8	31	12.8	:50	8.5
22	11.1	22	11.4	33	12.0	30	12.5	:30*	7.5
21	10.5	21	11.1	32	11.7	29	12.3		
20	9.8	20	10.7	31	11.3	28	12.1		
19	9.3	19	10.4	30	11.0	27	11.9		
18	8.9	18	10.1	29	10.5	26	11.6		
17	8.6	17	9.8	28	10.2	25	11.4		
16	8.1	16	9.5	27	9.8	24	11.1		
15	7.5	15	9.2	26	9.5	23	10.9		
14	5.3	14	8.8	25	9.0	22	10.7		
13	3.0	13	8.5	24	6.8	21	10.4		
12*	0.8	12	8.2	23	4.5	20	10.2		
		11	7.8	22*	2.3	19	10.0		
		10*	7.5			18	9.8		
						17	9.5		
						16	9.3		
						15	9.1		
						14	8.9		
						13	8.6		
						12	8.4		
						11	8.2		
						10	8.0		
						9	7.7		
* Minimum Component Values						8*	7.5		
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.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Males 55-59 years of age									

USAF Fitness Assessment Scoring / Males over 60 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:28	≥ 71	50.0		≤ 0.49	Low Risk	20
16:22	65-70	49.4		0.5	Moderate Risk	19
16:44	62-64	48.8		0.51	Moderate Risk	18
16:58	59-61	48.1		0.52	Moderate Risk	17
17:14	56-58	47.5		0.53	Moderate Risk	16
17:45	54-55	46.9		0.54	Moderate Risk	15
17:57	51-53	46.3		0.55	High Risk	12.5
18:07	48-50	45.6		0.56	High Risk	10
18:17	45-47	45.0		0.57	High Risk	7.5
18:45	42-44	43.9		0.58	High Risk	5
19:00	39-41	42.9		0.59	High Risk	2.5
19:17	36-38	41.8		≥ 0.6	High Risk	0
19:36	33-35	40.7				
19:51	30-32	39.6				
20:07	27-29	38.6				
20:22	24-26	37.5				
20:54	22-23	35.5				
21:19	20-21	34.0				
22:03	19-20	32.5				
22:58	17-18	31.0				
23:36*	13*-15	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Males over 60 years of age						

[illegible]

USAF Fitness Assessment Scoring / Females <25 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:30	≥ 83	50.0		≤ 0.49	Low Risk	20
15:55	77-82	49.4		0.5	Moderate Risk	19
16:00	74-76	48.8		0.51	Moderate Risk	18
16:04	71-73	48.1		0.52	Moderate Risk	17
16:27	68-70	47.5		0.53	Moderate Risk	16
17:03	65-67	46.9		0.54	Moderate Risk	15
17:17	62-64	46.3		0.55	High Risk	12.5
17:31	59-61	45.6		0.56	High Risk	10
17:44	56-58	45.0		0.57	High Risk	7.5
18:18	54-55	43.9		0.58	High Risk	5
18:38	51-53	42.9		0.59	High Risk	2.5
18:58	48-50	41.8		≥ 0.6	High Risk	0
19:16	45-47	40.7				
19:34	42-44	39.6				
19:52	39-41	38.6				
20:12	36-38	37.5				
20:57	33-35	35.5				
21:40	30-32	34.0				
22:07	28-29	32.5				
22:37	26-27	31.0				
22:45*	24-25*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females <25 years of age						

USAF Fitness Assessment Scoring / Females <25 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 47	15.0	≥ 31	15.0	≥ 54	15.0	≥ 47	15.0	≥ 3:30	15.0
46	14.9	30	14.7	53	14.8	46	14.8	3:25	14.3
45	14.7	29	14.4	52	14.6	45	14.6	3:18	14.0
44	14.6	28	14.1	51	14.3	44	14.4	3:12	13.9
43	14.4	27	13.8	50	14.1	43	14.2	3:05	13.7
42	14.3	26	13.5	49	13.5	42	14.0	2:45	11.9
41	14.1	25	13.2	48	13.4	41	13.7	2:25	11.4
40	14.0	24	12.9	47	13.2	40	13.6	2:05	10.8
39	13.8	23	12.6	46	12.9	39	13.4	1:45	9.1
38	13.7	22	12.3	45	12.8	38	13.1	1:25	8.5
37	13.5	21	12.0	44	12.0	37	12.9	1:05	7.9
36	13.4	20	11.7	43	11.7	36	12.7	1:00	7.7
35	13.2	19	11.4	42	11.3	35	12.5	:55*	7.5
34	12.9	18	11.1	41	10.5	34	12.3		
33	12.8	17	10.8	40	10.2	33	12.1		
32	12.6	16	10.5	39	9.8	32	11.9		
31	12.5	15	10.2	38	9.0	31	11.7		
30	12.3	14	9.9	37	6.8	30	11.5		
29	12.2	13	9.6	36	4.5	29	11.3		
28	12.0	12	9.3	35*	2.3	28	11.0		
27	11.3	11	9.0			27	10.8		
26	11.0	10	8.7			26	10.7		
25	10.8	9	8.4			25	10.4		
24	10.5	8	8.1			24	10.2		
23	9.8	7	7.8			23	10.0		
22	9.5	6*	7.5			22	9.8		
21	9.0					21	9.6		
20	8.7					20	9.4		
19	8.3					19	9.2		
18	7.5					18	8.9		
17	5.3					17	8.8		
16	3.0					16	8.6		
15*	0.8					15	8.3		
						14	8.1		
* Minimum Component Values						13	8.0		
						12	7.7		
Passing Requirements - member <i>must</i> :						11*	7.5		
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females <25 years of age									

USAF Fitness Assessment Scoring / Females 25-29 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:30	≥ 80	50.0		≤ 0.49	Low Risk	20
15:55	74-79	49.4		0.5	Moderate Risk	19
16:00	71-73	48.8		0.51	Moderate Risk	18
16:04	68-70	48.1		0.52	Moderate Risk	17
16:27	65-67	47.5		0.53	Moderate Risk	16
17:03	62-64	46.9		0.54	Moderate Risk	15
17:17	59-61	46.3		0.55	High Risk	12.5
17:31	56-58	45.6		0.56	High Risk	10
17:44	54-55	45.0		0.57	High Risk	7.5
18:40	51-53	43.9		0.58	High Risk	5
18:59	48-50	42.9		0.59	High Risk	2.5
19:18	45-47	41.8		≥ 0.6	High Risk	0
19:36	42-44	40.7				
19:53	39-41	39.6				
20:10	36-38	38.6				
20:26	33-35	37.5				
20:58	30-32	35.5				
21:23	27-29	34.0				
21:49	26-27	32.5				
22:19	24-26	31.0				
22:45*	22-23*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 25-29 years of age						

USAF Fitness Assessment Scoring / Females 25-29 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 47	15.0	≥ 31	15.0	≥ 50	15.0	≥ 45	15.0	≥ 3:25	15.0
46	14.9	30	14.7	49	14.6	44	14.8	3:20	14.9
45	14.7	29	14.4	48	14.3	43	14.6	3:14	14.7
44	14.6	28	14.1	47	14.1	42	14.4	3:07	14.5
43	14.4	27	13.8	46	13.5	41	14.2	3:00	14.3
42	14.3	26	13.5	45	13.4	40	14.0	2:40	12.7
41	14.1	25	13.2	44	12.9	39	13.7	2:20	12.2
40	14.0	24	12.9	43	12.8	38	13.6	2:00	11.6
39	13.8	23	12.6	42	12.0	37	13.4	1:40	10.0
38	13.7	22	12.3	41	11.7	36	13.1	1:20	9.4
37	13.5	21	12.0	40	11.3	35	12.9	1:00	8.9
36	13.4	20	11.7	39	11.0	34	12.7	:55	7.7
35	13.2	19	11.4	38	10.5	33	12.5	:50*	7.5
34	12.9	18	11.1	37	10.2	32	12.3		
33	12.8	17	10.8	36	9.8	31	12.1		
32	12.6	16	10.5	35	9.5	30	11.9		
31	12.5	15	10.2	34	9.0	29	11.7		
30	12.3	14	9.9	33	6.8	28	11.5		
29	12.2	13	9.6	32	4.5	27	11.3		
28	12.0	12	9.3	31*	2.3	26	11.0		
27	11.3	11	9.0			25	10.8		
26	11.0	10	8.7			24	10.7		
25	10.8	9	8.4			23	10.4		
24	10.5	8	8.1			22	10.2		
23	9.8	7	7.8			21	10.0		
22	9.5	6*	7.5			20	9.8		
21	9.0					19	9.6		
20	8.7					18	9.4		
19	8.3					17	9.2		
18	8.0					16	8.9		
17	7.5					15	8.8		
16	5.3					14	8.6		
15	3.0					13	8.3		
14*	0.8					12	8.1		
* Minimum Component Values						11	8.0		
						10	7.7		
Passing Requirements - member <i>must</i> :						9*	7.5		
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females 25-29 years of age									

USAF Fitness Assessment Scoring / Females 30-34 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:48	≥ 77	50.0		≤ 0.49	Low Risk	20
16:36	71-76	49.4		0.5	Moderate Risk	19
16:54	68-70	48.8		0.51	Moderate Risk	18
17:09	65-67	48.1		0.52	Moderate Risk	17
17:23	62-64	47.5		0.53	Moderate Risk	16
17:48	59-61	46.9		0.54	Moderate Risk	15
17:59	56-58	46.3		0.55	High Risk	12.5
18:10	54-55	45.6		0.56	High Risk	10
18:21	51-53	45.0		0.57	High Risk	7.5
18:50	48-50	43.9		0.58	High Risk	5
19:09	45-47	42.9		0.59	High Risk	2.5
19:27	42-44	41.8		≥ 0.6	High Risk	0
19:45	39-41	40.7				
20:01	36-38	39.6				
20:17	33-35	38.6				
20:33	30-32	37.5				
21:05	27-29	35.5				
21:29	25-26	34.0				
21:55	23-24	32.5				
22:24	21-22	31.0				
22:50*	19-20*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 30-34 years of age						

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

Muscular Fitness

1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 46	15.0	≥ 31	15.0	≥ 45	15.0	≥ 44	15.0	≥ 3:20	15.0
45	14.9	30	14.7	44	14.8	43	14.8	3:15	14.8
44	14.8	29	14.4	43	14.6	42	14.6	3:09	14.5
43	14.7	28	14.1	42	14.3	41	14.3	3:02	14.1
42	14.6	27	13.8	41	14.1	40	14.2	2:55	13.8
41	14.4	26	13.5	40	13.5	39	14.0	2:35	12.8
40	14.3	25	13.2	39	13.2	38	13.7	2:15	11.9
39	14.1	24	12.9	38	12.8	37	13.5	1:55	10.9
38	14.0	23	12.6	37	12.5	36	13.3	1:35	9.9
37	13.9	22	12.3	36	12.3	35	13.1	1:15	8.9
36	13.8	21	12.0	35	12.0	34	12.8	:55	8.0
35	13.7	20	11.7	34	11.7	33	12.7	:50	7.7
34	13.6	19	11.4	33	11.3	32	12.5	:45*	7.5
33	13.5	18	11.1	32	10.5	31	12.2		
32	13.4	17	10.8	31	10.2	30	12.0		
31	13.3	16	10.5	30	9.8	29	11.8		
30	13.2	15	10.2	29	9.0	28	11.6		
29	13.1	14	9.9	28	6.8	27	11.3		
28	13.0	13	9.6	27	4.5	26	11.2		
27	12.9	12	9.3	26*	2.3	25	11.0		
26	12.8	11	9.0			24	10.7		
25	12.5	10	8.7			23	10.5		
24	12.3	9	8.4			22	10.3		
23	12.0	8	8.1			21	10.1		
22	11.9	7	7.8			20	9.8		
21	11.7	6*	7.5			19	9.7		
20	11.4					18	9.5		
19	11.3					17	9.2		
18	10.5					16	9.0		
17	10.2					15	8.8		
16	9.8					14	8.6		
15	9.0					13	8.3		
14	7.5					12	8.2		
13	5.3					11	8.0		
12	3.0					10	7.7		
11*	0.8					9*	7.5		
* Minimum Component Values									
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.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									

USAF Fitness Assessment Scoring / Females 35-39 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 15:51	≥ 74	50.0		≤ 0.49	Low Risk	20
16:42	68-73	49.4		0.5	Moderate Risk	19
16:59	65-67	48.8		0.51	Moderate Risk	18
17:14	62-64	48.1		0.52	Moderate Risk	17
17:28	59-61	47.5		0.53	Moderate Risk	16
17:53	56-58	46.9		0.54	Moderate Risk	15
18:04	54-55	46.3		0.55	High Risk	12.5
18:15	51-53	45.6		0.56	High Risk	10
18:25	48-50	45.0		0.57	High Risk	7.5
18:54	45-47	43.9		0.58	High Risk	5
19:13	42-44	42.9		0.59	High Risk	2.5
19:31	39-41	41.8		≥ 0.6	High Risk	0
19:49	36-38	40.7				
20:05	33-35	39.6				
20:21	30-32	38.6				
20:37	27-29	37.5				
21:08	24-26	35.5				
21:32	22-23	34.0				
21:58	20-21	32.5				
22:27	18-19	31.0				
22:59*	16-17*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 35-39 years of age						

USAF Fitness Assessment Scoring / Females 35-39 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 42	15.0	≥ 31	15.0	≥ 43	15.0	≥ 43	15.0	≥ 3:15	15.0
41	14.8	30	14.7	42	14.8	42	14.8	3:10	14.8
40	14.6	29	14.4	41	14.6	41	14.6	3:04	14.5
39	14.3	28	14.1	40	14.3	40	14.4	2:57	14.1
38	14.1	27	13.8	39	14.1	39	14.2	2:50	13.8
37	14.0	26	13.5	38	13.5	38	14.0	2:30	12.8
36	13.9	25	13.2	37	13.2	37	13.7	2:10	11.9
35	13.8	24	12.9	36	12.8	36	13.6	1:50	10.9
34	13.7	23	12.6	35	12.5	35	13.4	1:30	9.9
33	13.6	22	12.3	34	12.3	34	13.1	1:10	8.9
32	13.5	21	12.0	33	12.0	33	12.9	:50	8.0
31	13.4	20	11.7	32	11.7	32	12.7	:45*	7.7
30	13.3	19	11.4	31	11.3	31	12.5		
29	13.2	18	11.1	30	10.5	30	12.3		
28	13.1	17	10.8	29	10.2	29	12.1		
27	13.0	16	10.5	28	9.8	28	11.9		
26	12.9	15	10.2	27	9.0	27	11.7		
25	12.8	14	9.9	26	6.8	26	11.5		
24	12.5	13	9.6	25	4.5	25	11.3		
23	12.3	12	9.3	24*	2.3	24	11.0		
22	12.0	11	9.0			23	10.8		
21	11.9	10	8.7			22	10.7		
20	11.7	9	8.4			21	10.4		
19	11.4	8	8.1			20	10.2		
18	11.3	7	7.8			19	10.0		
17	10.5	6*	7.5			18	9.8		
16	10.2					17	9.6		
15	9.8					16	9.4		
14	9.0					15	9.2		
13	7.5					14	8.9		
12	5.3					13	8.8		
11	3.0					12	8.6		
10*	0.8					11	8.3		
* Minimum Component Values						10	8.1		
						9	8.0		
Passing Requirements - member <i>must</i> :						8	7.7		
1) achieve a composite point total ≥ 75 points <i>and</i>						7*	7.5		
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females 35-39 years of age									

USAF Fitness Assessment Scoring / Females 40-44 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 16:00	≥ 71	50.0		≤ 0.49	Low Risk	20
16:52	65-70	49.4		0.5	Moderate Risk	19
17:10	62-64	48.8		0.51	Moderate Risk	18
17:25	59-61	48.1		0.52	Moderate Risk	17
17:39	56-58	47.5		0.53	Moderate Risk	16
18:04	54-55	46.9		0.54	Moderate Risk	15
18:16	51-53	46.3		0.55	High Risk	12.5
18:26	48-50	45.6		0.56	High Risk	10
18:37	45-47	45.0		0.57	High Risk	7.5
19:07	42-44	43.9		0.58	High Risk	5
19:25	39-41	42.9		0.59	High Risk	2.5
19:44	36-38	41.8		≥ 0.6	High Risk	0
20:01	33-35	40.7				
20:18	30-32	39.6				
20:34	27-29	38.6				
20:50	24-26	37.5				
21:22	22-23	35.5				
21:46	19-21	34.0				
22:12	17-18	32.5				
22:42	15-16	31.0				
23:15*	13-14*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 40-44 years of age						

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

Muscular Fitness

1 min Push-ups	Points	2 min Hand Release Push- ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 38	15.0	≥ 28	15.0	≥ 41	15.0	≥ 42	15.0	≥ 3:10	15.0
37	14.9	27	14.7	40	14.8	41	14.8	3:05	14.8
36	14.7	26	14.4	39	14.6	40	14.6	2:59	14.5
35	14.6	25	14.1	38	14.3	39	14.4	2:52	14.1
34	14.4	24	13.8	37	14.1	38	14.2	2:45	13.8
33	14.3	23	13.5	36	13.8	37	14.0	2:25	12.8
32	14.1	22	13.2	35	13.7	36	13.7	2:05	11.9
31	13.8	21	12.9	34	13.5	35	13.6	1:45	10.9
30	13.7	20	12.6	33	13.2	34	13.4	1:25	9.9
29	13.5	19	12.3	32	12.8	33	13.1	1:05	8.9
28	13.4	18	12.0	31	12.5	32	12.9	:45	8.0
27	13.2	17	11.7	30	12.3	31	12.7	:40	7.7
26	13.1	16	11.4	29	12.0	30	12.5	:35*	7.5
25	13.0	15	11.1	28	11.3	29	12.3		
24	12.9	14	10.8	27	10.5	28	12.1		
23	12.8	13	10.5	26	10.2	27	11.9		
22	12.6	12	10.2	25	9.6	26	11.7		
21	12.5	11	9.9	24	9.0	25	11.5		
20	12.3	10	9.6	23	6.8	24	11.3		
19	12.2	9	9.3	22	4.5	23	11.0		
18	12.0	8	9.0	21*	2.3	22	10.8		
17	11.7	7	8.7			21	10.7		
16	11.3	6	8.4			20	10.4		
15	10.5	5	8.1			19	10.2		
14	9.8	4*	7.5			18	10.0		
13	9.0					17	9.8		
12	8.3					16	9.6		
11	7.5					15	9.4		
10	5.3					14	9.2		
9	3.0					13	8.9		
8*	0.8					12	8.8		
						11	8.6		
						10	8.3		
* Minimum Component Values						9	8.1		
Passing Requirements - member <i>must</i> :						8	8.0		
1) achieve a composite point total ≥ 75 points <i>and</i>						7	7.7		
2) meet minimum point values for all components.						6*	7.5		
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									

USAF Fitness Assessment Scoring / Females 45-49 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 16:30	≥ 68	50.0		≤ 0.49	Low Risk	20
17:20	62-67	49.4		0.5	Moderate Risk	19
17:37	59-61	48.8		0.51	Moderate Risk	18
17:52	56-58	48.1		0.52	Moderate Risk	17
18:06	54-55	47.5		0.53	Moderate Risk	16
18:31	51-53	46.9		0.54	Moderate Risk	15
18:42	48-50	46.3		0.55	High Risk	12.5
18:52	45-47	45.6		0.56	High Risk	10
19:03	42-44	45.0		0.57	High Risk	7.5
19:32	39-41	43.9		0.58	High Risk	5
19:50	36-38	42.9		0.59	High Risk	2.5
20:08	33-35	41.8		≥ 0.6	High Risk	0
20:26	30-32	40.7				
20:42	27-29	39.6				
20:58	24-26	38.6				
21:14	22-23	37.5				
21:45	19-21	35.5				
22:09	16-18	34.0				
22:35	14-15	32.5				
23:04	12-13	31.0				
23:30*	10-11*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 45-49 years of age						

USAF Fitness Assessment Scoring / Females 45-49 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 37	15.0	≥ 28	15.0	≥ 35	15.0	≥ 40	15.0	≥ 3:05	15.0
36	14.9	27	14.7	34	14.8	39	14.8	3:00	14.8
35	14.7	26	14.4	33	14.6	38	14.6	2:54	14.5
34	14.6	25	14.1	32	14.3	37	14.3	2:47	14.1
33	14.4	24	13.8	31	14.1	36	14.1	2:40	13.8
32	14.3	23	13.5	30	13.5	35	13.9	2:20	12.8
31	14.1	22	13.2	29	13.2	34	13.7	2:00	11.9
30	14.0	21	12.9	28	12.8	33	13.4	1:40	10.9
29	13.8	20	12.6	27	12.5	32	13.2	1:20	9.9
28	13.7	19	12.3	26	12.0	31	13.1	1:00	8.9
27	13.5	18	12.0	25	11.3	30	12.8	:40	8.0
26	13.4	17	11.7	24	10.5	29	12.6	:35	7.7
25	13.2	16	11.4	23	9.8	28	12.4	:30*	7.5
24	13.1	15	11.1	22	9.0	27	12.2		
23	12.9	14	10.8	21	6.8	26	11.9		
22	12.8	13	10.5	20	4.5	25	11.7		
21	12.6	12	10.2	19*	2.3	24	11.5		
20	12.5	11	9.9			23	11.3		
19	12.3	10	9.6			22	11.0		
18	12.2	9	9.3			21	10.8		
17	12.0	8	9.0			20	10.6		
16	11.7	7	8.7			19	10.4		
15	11.3	6	8.4			18	10.1		
14	10.5	5	8.1			17	9.9		
13	9.8	4*	7.5			16	9.7		
12	9.0					15	9.5		
11	8.3					14	9.3		
10	7.5					13	9.1		
9	5.3					12	8.9		
8	3.0					11	8.6		
7*	0.8					10	8.4		
						9	8.2		
* Minimum Component Values						8	8.0		
						7	7.7		
Passing Requirements - member <i>must</i> :						6*	7.5		
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females 45-49 years of age									

USAF Fitness Assessment Scoring / Females 50-54 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHR	Health Risk Category	Points
≤ 16:59	≥ 56	50.0		≤ 0.49	Low Risk	20
18:05	53-55	49.4		0.5	Moderate Risk	19
18:22	51-52	48.8		0.51	Moderate Risk	18
18:37	48-50	48.1		0.52	Moderate Risk	17
18:50	45-47	47.5		0.53	Moderate Risk	16
19:15	42-44	46.9		0.54	Moderate Risk	15
19:26	39-41	46.3		0.55	High Risk	12.5
19:37	36-38	45.6		0.56	High Risk	10
19:47	33-35	45.0		0.57	High Risk	7.5
20:16	30-32	43.9		0.58	High Risk	5
20:35	28-29	42.9		0.59	High Risk	2.5
20:53	25-27	41.8		≥ 0.6	High Risk	0
21:10	23-24	40.7				
21:27	20-22	39.6				
21:43	18-19	38.6				
21:59	16-17	37.5				
22:30	14-15	35.5				
22:54	12-13	34.0				
23:20	10-11	32.5				
23:49	8-9	31.0				
24:00*	7*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 50-54 years of age						

USAF Fitness Assessment Scoring / Females 50-54 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 35	15.0	≥ 25	15.0	≥ 32	15.0	≥ 39	15.0	≥ 3:00	15.0
34	14.9	24	14.7	31	14.6	38	14.8	2:55	14.8
33	14.7	23	14.4	30	14.3	37	14.6	2:49	14.5
32	14.6	22	14.1	29	13.5	36	14.3	2:42	14.1
31	14.4	21	13.8	28	13.4	35	14.1	2:35	13.8
30	14.3	20	13.5	27	13.2	34	13.9	2:15	12.8
29	14.1	19	13.2	26	12.9	33	13.7	1:55	11.9
28	14.0	18	12.9	25	12.8	32	13.4	1:35	10.9
27	13.8	17	12.6	24	12.0	31	13.2	1:15	9.9
26	13.7	16	12.3	23	11.3	30	13.0	:55	8.9
25	13.5	15	12.0	22	10.5	29	12.8	:35	8.0
24	13.2	14	11.7	21	9.8	28	12.5	:30	7.7
23	13.1	13	11.4	20	9.0	27	12.3	:25*	7.5
22	13.0	12	11.1	19	6.8	26	12.1		
21	12.9	11	10.8	18	4.5	25	11.9		
20	12.8	10	10.5	17*	2.3	24	11.6		
19	12.6	9	10.2			23	11.4		
18	12.5	8	9.9			22	11.1		
17	12.3	7	9.6			21	10.9		
16	12.2	6	9.3			20	10.7		
15	12.0	5	9.0			19	10.4		
14	11.3	4	8.7			18	10.2		
13	10.5	3	8.4			17	10.0		
12	9.8	2	8.1			16	9.8		
11	9.0	1*	7.5			15	9.5		
10	8.3					14	9.3		
9	7.5					13	9.1		
8	5.3					12	8.9		
7	3.0					11	8.6		
6*	0.8					10	8.4		
						9	8.2		
						8	8.0		
* Minimum Component Values						7	7.7		
						6*	7.5		
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.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females 50-54 years of age									

USAF Fitness Assessment Scoring / Females 55-59 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 17:18	≥ 54	50.0		≤ 0.49	Low Risk	20
17:56	51-53	49.4		0.5	Moderate Risk	19
18:00	49-50	48.8		0.51	Moderate Risk	18
18:25	46-48	48.1		0.52	Moderate Risk	17
18:31	43-45	47.5		0.53	Moderate Risk	16
18:46	40-42	46.9		0.54	Moderate Risk	15
18:48	37-39	46.3		0.55	High Risk	12.5
18:56	34-36	45.6		0.56	High Risk	10
18:59	31-33	45.0		0.57	High Risk	7.5
19:29	28-30	43.9		0.58	High Risk	5
19:45	26-27	42.9		0.59	High Risk	2.5
20:02	23-25	41.8		≥ 0.6	High Risk	0
20:17	21-22	40.7				
20:31	18-20	39.6				
20:43	16-17	38.6				
20:44	14-15	37.5				
21:32	12-13	35.5				
21:59	10-11	34.0				
22:33	8-9	32.5				
23:22	6-7	31.0				
24:48*	5*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females 55-59 years of age						

USAF Fitness Assessment Scoring / Females 55-59 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 28	15.0	≥ 25	15.0	≥ 32	15.0	≥ 38	15.0	≥ 2:55	15.0
27	14.8	24	14.7	31	14.8	37	14.8	2:50	14.8
26	14.6	23	14.4	30	14.6	36	14.6	2:44	14.5
25	14.4	22	14.1	29	14.4	35	14.3	2:37	14.1
24	14.3	21	13.8	28	14.3	34	14.1	2:30	13.8
23	14.0	20	13.5	27	13.5	33	13.8	2:10	12.8
22	13.5	19	13.2	26	13.4	32	13.6	1:50	11.9
21	13.2	18	12.9	25	13.2	31	13.4	1:30	10.9
20	12.9	17	12.6	24	12.9	30	13.1	1:10	9.9
19	12.8	16	12.3	23	12.8	29	12.9	:50	8.9
18	12.6	15	12.0	22	12.0	28	12.7	:30	8.0
17	12.5	14	11.7	21	11.3	27	12.5	:25	7.7
16	12.3	13	11.4	20	11.0	26	12.2	:20*	7.5
15	12.2	12	11.1	19	10.5	25	11.9		
14	12.0	11	10.8	18	10.2	24	11.7		
13	11.3	10	10.5	17	9.8	23	11.5		
12	10.5	9	10.2	16	9.5	22	11.3		
11	9.8	8	9.9	15	9.0	21	11.0		
10	9.0	7	9.6	14	6.8	20	10.8		
9	8.3	6	9.3	13	4.5	19	10.6		
8	7.5	5	9.0	12*	2.3	18	10.4		
7	5.3	4	8.7			17	10.1		
6	3.0	3	8.4			16	9.8		
5*	0.8	2	8.1			15	9.6		
		1*	7.5			14	9.4		
						13	9.2		
						12	8.9		
						11	8.7		
						10	8.5		
						9	8.2		
						8	8.0		
						7	7.7		
* Minimum Component Values						6*	7.5		
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.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
USAF Fitness Assessment Scoring / Females 55-59 years of age									

USAF Fitness Assessment Scoring / Females over 60 years of age						
Cardiorespiratory Fitness						
2-Mile Run Time (mins:secs)	20 m HAMR Shuttles	Points		WHtR	Health Risk Category	Points
≤ 17:18	≥ 48	50.0		≤ 0.49	Low Risk	20
17:56	45-47	49.4		0.5	Moderate Risk	19
18:00	43-44	48.8		0.51	Moderate Risk	18
18:25	40-42	48.1		0.52	Moderate Risk	17
18:31	38-39	47.5		0.53	Moderate Risk	16
18:46	36-37	46.9		0.54	Moderate Risk	15
18:48	34-35	46.3		0.55	High Risk	12.5
18:56	32-33	45.6		0.56	High Risk	10
18:59	30-31	45.0		0.57	High Risk	7.5
19:29	28-29	43.9		0.58	High Risk	5
19:45	26-27	42.9		0.59	High Risk	2.5
20:02	23-25	41.8		≥ 0.6	High Risk	0
20:17	21-22	40.7				
20:31	18-20	39.6				
20:43	15-17	38.6				
20:44	12-14	37.5				
21:32	10-11	35.5				
22:02	8-9	34.0				
22:44	6-7	32.5				
23:22	4-5	31.0				
25:00*	2-3*	29.5				
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						
USAF Fitness Assessment Scoring / Females over 60 years of age						

USAF Fitness Assessment Scoring / Females over 60 years of age									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (sec)	Points
≥ 21	15.0	≥ 24	15.0	≥ 31	15.0	≥ 32	15.0	≥ 2:50	15.0
20	14.6	23	14.7	30	14.8	31	14.7	2:45	14.8
19	14.3	22	14.4	29	14.6	30	14.5	2:39	14.5
18	14.1	21	14.1	28	14.3	29	14.2	2:32	14.1
17	13.5	20	13.8	27	14.1	28	13.9	2:25	13.8
16	13.2	19	13.5	26	13.5	27	13.6	2:05	12.8
15	12.8	18	13.2	25	13.4	26	13.4	1:45	11.9
14	12.0	17	12.9	24	13.2	25	13.1	1:25	10.9
13	11.3	16	12.6	23	13.1	24	12.8	1:05	9.9
12	10.5	15	12.3	22	12.9	23	12.5	:30	8.3
11	9.8	14	12.0	21	12.8	22	12.2	:25	8.0
10	9.0	13	11.7	20	12.6	21	11.9	:20	7.7
9	8.6	12	11.4	19	12.5	20	11.7	:15*	7.5
8	8.0	11	11.1	18	12.3	19	11.4		
7	7.5	10	10.8	17	12.0	18	11.1		
6	5.3	9	10.5	16	11.7	17	10.8		
5	3.0	8	10.2	15	11.3	16	10.6		
4*	0.8	7	9.9	14	11.0	15	10.3		
		6	9.6	13	10.5	14	10.0		
		5	9.3	12	9.8	13	9.8		
		4	9.0	11	9.0	12	9.5		
		3	8.7	10	6.8	11	9.2		
		2	8.4	9	4.5	10	8.9		
		1*	7.5	8*	2.3	9	8.6		
						8	8.3		
						7	8.0		
						6	7.8		
						5*	7.5		
* Minimum Component Values									
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.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									

USAF Fitness Assessment Scoring / Females over 60 years of age