**Fitnessgram Standards for Healthy Fitness Zones**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **BOYS** | | | | | |
| **Age** | **PACER**  (20 meter) | **One Mile Run** | **Curl-up** | **Push-up** | **Sit-N-Reach** |
| 11 | 23 | 11:00 | 15 | 8 | 8 |
| 12 | 32 | 10:30 | 18 | 10 | 8 |
| 13 | 41 | 10:00 | 21 | 12 | 8 |
| 14 | 41 | 9:30 | 24 | 14 | 8 |
| 15 | 51 | 9:00 | 24 | 16 | 8 |
| 16 | 61 | 8:30 | 24 | 18 | 8 |

**Fitnessgram Standards for Healthy Fitness Zones**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **GIRLS** | | | | | |
| **Age** | **PACER**  (20 meter) | **One Mile Run** | **Curl-up** | **Push-up** | **Sit-N-Reach** |
| 11 | 15 | 12:00 | 15 | 7 | 10 |
| 12 | 15 | 12:00 | 18 | 7 | 10 |
| 13 | 23 | 11:30 | 18 | 7 | 10 |
| 14 | 23 | 11:00 | 18 | 7 | 10 |
| 15 | 32 | 10:30 | 18 | 7 | 12 |
| 16 | 32 | 10:00 | 18 | 7 | 12 |