## USAF Fitness Test Scoring /Males < $\mathbf{3 0}$ years of age

| Cardiorespiratory Endurance |  |  | Body Composition |  |  | Muscle Fitness |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Run Time <br> (mins:secs) | Health Risk Category | Points | $\begin{gathered} \mathrm{AC} \\ \text { (inches) } \end{gathered}$ | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| $\leq 9: 12$ | Low-Risk | 60.0 | $\leq 32.5$ | Low-Risk | 20.0 | $\geq 67$ | 10.0 | $\geq 58$ | 10.0 |
| 9:13-9:34 | Low-Risk | 59.7 | 33.0 | Low-Risk | 20.0 | 62 | 9.5 | 55 | 9.5 |
| 9:35-9:45 | Low-Risk | 59.3 | 33.5 | Low-Risk | 20.0 | 61 | 9.4 | 54 | 9.4 |
| 9:46-9:58 | Low-Risk | 58.9 | 34.0 | Low-Risk | 20.0 | 60 | 9.3 | 53 | 9.2 |
| 9:59-10:10 | Low-Risk | 58.5 | 34.5 | Low-Risk | 20.0 | 59 | 9.2 | 52 | 9.0 |
| 10:11-10:23 | Low-Risk | 57.9 | 35.0 | Low-Risk | 20.0 | 58 | 9.1 | 51 | 8.8 |
| 10:24-10:37 | Low-Risk | 57.3 | 35.5 | Moderate Risk | 17.6 | 57 | 9.0 | 50 | 8.7 |
| 10:38-10:51 | Low-Risk | 56.6 | 36.0 | Moderate Risk | 17.0 | 56 | 8.9 | 49 | 8.5 |
| 10:52-11:06 | Low-Risk | 55.7 | 36.5 | Moderate Risk | 16.4 | 55 | 8.8 | 48 | 8.3 |
| 11:07-11:22 | Low-Risk | 54.8 | 37.0 | Moderate Risk | 15.8 | 54 | 8.8 | 47 | 8.0 |
| 11:23-11:38 | Low-Risk | 53.7 | 37.5\# | Moderate Risk | 15.1 | 53 | 8.7 | 46\# | 7.5 |
| 11:39-11:56 | Low-Risk | 52.4 | 38.0 | Moderate Risk | 14.4 | 52 | 8.6 | 45 | 7.0 |
| 11:57-12:14 | Low-Risk | 50.9 | 38.5 | Moderate Risk | 13.5 | 51 | 8.5 | 44 | 6.5 |
| 12:15-12:33 | Low-Risk | 49.2 | 39.0* | Moderate Risk | 12.6 | 50 | 8.4 | 43 | 6.3 |
| 12:34-12:53 | Moderate Risk | 47.2 | 39.5 | High Risk | 0 | 49 | 8.3 | 42* | 6.0 |
| 12:54-13:14 \# | Moderate Risk | 44.9 | 40.0 | High Risk | 0 | 48 | 8.1 | 41 | 0 |
| 13:15-13:36* | Moderate Risk | 42.3 | 40.5 | High Risk | 0 | 47 | 8.0 | 40 | 0 |
| 13:37-14:00 | High Risk | 0 | 41.0 | High Risk | 0 | 46 | 7.8 | 39 | 0 |
| 14:01-14:25 | High Risk | 0 | 41.5 | High Risk | 0 | 45 | 7.7 | 38 | 0 |
| 14:26-14:52 | High Risk | 0 | 42.0 | High Risk | 0 | 44.\# | 7.5 | 37 | 0 |
| 14:53-15:20 | High Risk | 0 | 42.5 | High Risk | 0 | 43 | 7.3 | 36 | 0 |
| 15:21-15:50 | High Risk | 0 | 43.0 | High Risk | 0 | 42 | 7.2 | 35 | 0 |
| 15:51-16:22 | High Risk | 0 | $\geq 43.5$ | High Risk | 0 | 41 | 7.0 | 34 | 0 |
| 16:23-16:57 | High Risk | 0 |  |  |  | 40 | 6.8 | 33 | 0 |
| $\geq 16: 58$ | High Risk | 0 |  |  |  | 39 | 6.5 | 32 | 0 |
|  |  |  |  |  |  | 38 | 6.3 | 31 | 0 |
| NOTES: |  |  |  |  |  | 37 | 6.0 | 30 | 0 |
| Health Risk Category = low, moderate or high risk for current and future |  |  |  |  |  | 36 | 5.8 | $\leq 29$ | 0 |
| cardiovascular disease, diabetes, certain cancers, and other health problems |  |  |  |  |  | 35 | 5.5 |  |  |
|  |  |  |  |  |  | 34 | 5.3 |  |  |
| Passing Requirements - member must: 1) meet minimum value in each of |  |  |  |  |  | 33* | 5.0 |  |  |
| the four components, and 2) achieve a composite point total $\geq 75$ points |  |  |  |  |  | 32 | 0 |  |  |
|  |  |  |  |  |  | 31 | 0 |  |  |
| * Minimum Component Values |  |  |  |  |  | 30 | 0 |  |  |
| Run time $\leq 13: 36$ mins:secs/ Abd Circ $\leq 39.0$ inches |  |  |  |  |  | 29 | 0 |  |  |
| Push-ups $\geq 33$ repetitions/one minute/ Sit-ups $\geq 42$ repetitions/one minute |  |  |  |  |  | 28 | 0 |  |  |
|  |  |  |  |  |  | 27 | 0 |  |  |
| \# Target Component Values |  |  |  |  |  | 26 | 0 |  |  |
| Member should attain or surpass these to achieve $\geq 75.0$ composite score |  |  |  |  |  | 25 | 0 |  |  |
|  |  |  |  |  |  | 24 | 0 |  |  |
| Composite Score Categories |  |  |  |  |  | 23 | 0 |  |  |
| Excellent $\geq 90.0$ pts / Satisfactory $=75.0-89.9 /$ Unsatisfactory $<75.0$ |  |  |  |  |  | 22 | 0 |  |  |
|  |  |  |  |  |  | 21 | 0 |  |  |
|  |  |  |  |  |  | 20 | 0 |  |  |
|  |  |  |  |  |  | 19 | 0 |  |  |
|  |  |  |  |  |  | 18 | 0 |  |  |
|  |  |  |  |  |  | $\leq 17$ | 0 |  |  |

## USAF Fitness Test Scoring /Females < $\mathbf{3 0}$ years of age

| Cardiorespiratory Endurance |  |  | Body Composition |  |  | Muscle Fitness |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Run Time <br> (mins:secs) | Health Risk Category | Points | $\begin{gathered} \hline \mathrm{AC} \\ \text { (inches) } \end{gathered}$ | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| $\leq 10: 23$ | Low-Risk | 60.0 | $\leq 29.0$ | Low Risk | 20.0 | $\geq 47$ | 10.0 | $\geq 54$ | 10.0 |
| 10:24-10:51 | Low-Risk | 59.9 | 29.5 | Low Risk | 20.0 | 42 | 9.5 | 51 | 9.5 |
| 10:52-11:06 | Low-Risk | 59.5 | 30.0 | Low Risk | 20.0 | 41 | 9.4 | 50 | 9.4 |
| 11:07-11:22 | Low-Risk | 59.2 | 30.5 | Low Risk | 20.0 | 40 | 9.3 | 49 | 9.0 |
| 11:23-11:38 | Low-Risk | 58.9 | 31.0 | Low Risk | 20.0 | 39 | 9.2 | 48 | 8.9 |
| 11:39-11:56 | Low-Risk | 58.6 | 31.5 | Low Risk | 20.0 | 38 | 9.1 | 47 | 8.8 |
| 11:57-12:14 | Low-Risk | 58.1 | 32.0 | Moderate Risk | 17.6 | 37 | 9.0 | 46 | 8.6 |
| 12:15-12:33 | Low-Risk | 57.6 | 32.5 | Moderate Risk | 17.1 | 36 | 8.9 | 45 | 8.5 |
| 12:34-12:53 | Low-Risk | 57.0 | 33.0 | Moderate Risk | 16.5 | 35 | 8.8 | 44 | 8.0 |
| 12:54-13:14 | Low-Risk | 56.2 | 33.5 | Moderate Risk | 15.9 | 34 | 8.6 | 43 | 7.8 |
| 13:15-13:36 | Low-Risk | 55.3 | 34.0\# | Moderate Risk | 15.2 | 33 | 8.5 | 42\# | 7.5 |
| 13:37-14:00 | Low-Risk | 54.2 | 34.5 | Moderate Risk | 14.5 | 32 | 8.4 | 41 | 7.0 |
| 14:01-14:25 | Low-Risk | 52.8 | 35.0 | Moderate Risk | 13.7 | 31 | 8.3 | 40 | 6.8 |
| 14:26-14:52 | Low-Risk | 51.2 | 35.5* | Moderate Risk | 12.8 | 30 | 8.2 | 39 | 6.5 |
| 14:53-15:20 | Moderate Risk | 49.3 | 36.0 | High Risk | 0 | 29 | 8.1 | 38* | 6.0 |
| 15:21-15:50\# | Moderate Risk | 46.9 | 36.5 | High Risk | 0 | 28 | 8.0 | 37 | 0 |
| 15:51-16:22* | Moderate Risk | 44.1 | 37.0 | High Risk | 0 | 27.\# | 7.5 | 36 | 0 |
| 16:23-16:57 | High Risk | 0 | 37.5 | High Risk | 0 | 26 | 7.3 | 35 | 0 |
| 16:58-17:34 | High Risk | 0 | 38.0 | High Risk | 0 | 25 | 7.2 | 34 | 0 |
| 17:35-18:14 | High Risk | 0 | 38.5 | High Risk | 0 | 24 | 7.0 | 33 | 0 |
| 18:15-18:56 | High Risk | 0 | 39.0 | High Risk | 0 | 23 | 6.5 | 32 | 0 |
| 18:57-19:43 | High Risk | 0 | 39.5 | High Risk | 0 | 22 | 6.3 | 31 | 0 |
| 19:44-20:33 | High Risk | 0 | $\geq 40.0$ | High Risk | 0 | 21 | 6.0 | 30 | 0 |
| $\geq 20: 34$ | High Risk | 0 |  |  |  | 20 | 5.8 | 29 | 0 |
|  |  |  |  |  |  | 19 | 5.5 | 28 | 0 |
| NOTES: |  |  |  |  |  | 18 * | 5.0 | 27 | 0 |
| Health Risk Category $=$ low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems |  |  |  |  |  | 17 | 0 | 26 | 0 |
|  |  |  |  |  |  | 16 | 0 | 25 | 0 |
|  |  |  |  |  |  | 15 | 0 | 24 | 0 |
| Passing Requirements - member must: 1) meet minimum value in each of |  |  |  |  |  | 14 | 0 | 23 | 0 |
| the four components, and 2) achieve a composite point total $\geq 75$ points |  |  |  |  |  | 13 | 0 | $\leq 22$ | 0 |
|  |  |  |  |  |  | 12 | 0 |  |  |
| * Minimum Co | mponent Values |  |  |  |  | 11 | 0 |  |  |
| Run time $\leq 16: 22$ mins:secs/ Abd Circ $\leq 35.5$ inches |  |  |  |  |  | 10 | 0 |  |  |
| Push-ups $\geq 18$ repetitions/one minute / Sit-ups $\geq 38$ repetitions/one minute |  |  |  |  |  | 9 | 0 |  |  |
|  |  |  |  |  |  | 8 | 0 |  |  |
| \# Target Comp | onent Values |  |  |  |  | $\leq 7$ | 0 |  |  |
| Member should attain or surpass these to achieve $\geq 75.0$ composite score |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Composite Score Categories |  |  |  |  |  |  |  |  |  |
| Excellent $\geq 90.0 \mathrm{pts} /$ Satisfactory $=75.0-89.9 /$ Unsatisfactory $<75.0$ |  |  |  |  |  |  |  |  |  |

