Cardiorespiratory Endurance			B	ody Composition	n	Muscle Fitness				
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups		
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points	
≤ 9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥67	10.0	≥ 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		39.5	High Risk	0	49	8.3	42 *	6.0	
	Moderate Risk	44.9	40.0	High Risk	0	48	8.1	41	0	
	Moderate Risk		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	≥ 43.5	High Risk	0	41	7.0	34	0	
16:23 - 16:57	High Risk	0	245.5	ingiridak		40	6.8	33	0	
≥ 16:58	High Risk	0				39	6.5	32	0	
_ 10.50	Ingiliask					38	6.3	31	0	
NOTES:						37	6.0	30	0	
	tegory = low mo	derate or i	high risk fo	or current and fu	ture	36	5.8	≤ 29	0	
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						35	5.5	2.47		
cardiovasculai	disease, diabete	s, certain	cancers, a	ia ouler neatur p	Joblems	34	5.3			
Passing Paguir	omonto mombo	e manet - 1)	mootmini	mum voluo in co	ah af	33 *	5.0			
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						32	0			
the four compo	ments, ana 2) ao	cmeve a co	omposite p	omit totai ≥ 75 p	omits					
*) ()						31	0			
	mponent Values		0.01			30	0			
	6 mins:secs / At				• .	29	0			
Push-ups≥331	repetitions/one	minute / Si	it-ups≥42	repetitions/one	minute	28	0			
						27	0			
# Target Component Values Member should attain or surpass these to achieve ≥ 75.0 composite score						26	0			
Member should	d attain or surpa	ss these to	o achieve 2	275.0 composite	score	25	0			
	a					24	0			
a : a	Composite Score Categories					23	0			
•	Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						0			
•	pts / Satisfacto	Iy = 75.0 -								
•	pts / Satisfacto	ly = 75.0 -				21	0			
•	pts / Satisfacto	Iy = 75.0 -				20	0			
•	pts / Satisfacto	Iy = 15.0 -					-			

USAF Fitness Test Scoring /Males < 30 years of age

Cardiorespiratory Endurance			B	Body Composition			Muscle Fitness			
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups		
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points	
≤ 10:23	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 47	10.0	≥ 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		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		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	≥ 40.0	High Risk	0	21	6.0	30	0	
≥ 20:34	High Risk	0				20	5.8	29	0	
						19	5.5	28	0	
NOTES:						18 *	5.0	27	0	
Health Risk Ca	tegory = low, mo	derate or l	high risk fo	or current and fu	ture	17	0	26	0	
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems					16	0	25	0		
				1		15	0	24	0	
Passing Requir	rements - membe	r must : 1)	meet mini	mum value in ea	ch of	14	0	23	0	
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						13	0	≤22	0	
						12	0			
* Minimum Co	mponent Values					11	0			
* Minimum Component Values Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches						10	0			
Push-ups \geq 18 repetitions/one minute / Sit-ups \geq 38 repetitions/one minute						9	0			
1 doir-upo <u>-</u> 10	repetitions/one		up 5 <u>-</u> 56	repetitions, one		8	0			
# Target Component Values						≤7	0			
	d attain or surpa	ss these to	a achieve 3	> 75 0 composite	score	27				
internoer should	a attain or stupa	ss mese u	aciaeve :	composite						
Composite Sco	re Categories									
) pts / Satisfacto	$a_1 = 75.0$	80 0 / T Iman	atisfactors < 75	0					

USAF Fitness Test Scoring /Females < 30 years of age