

CALIFORNIA PHYSICAL FITNESS TEST

FITNESSGRAM

Healthy Fitness Zones

The FITNESSGRAM uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones, established by the Cooper Institute of Dallas, Texas, represent levels of fitness that offer protection against the diseases that may result from sedentary living. (Rev. 2007)

Males

Age	One Mile Run min:sec	Curl-up	Sit & Reach inches	Push-up	Trunk Lift inches	Body Mass Index	Pacer laps
11	8:30-11:00	15-28	8	8-20	9-12	21.0-14.3	23-72
12	8:00-10:30	18-36	8	10-20	9-12	22.0-14.6	32-72
13	7:30-10:00	21-40	8	12-25	9-12	23.0-15.1	41-83
14	7:00-9:30	24-45	8	14-30	9-12	24.5-15.6	41-83
15	7:00-9:00	24-47	8	16-35	9-12	25.0-16.2	51-94

Females

Age	One Mile Run	Curl-up	Sit & Reach inches	Push-up	Trunk Lift inches	Body Mass Index	Pacer laps
11	9:00-12:00	15-29	10	7-15	9-12	24.0-14.0	15-41
12	9:00-12:00	18-32	10	7-15	9-12	24.5-14.5	15-41
13	9:00-11:30	18-32	10	7-15	9-12	24.5-14.9	23-51
14	8:30-11:00	18-32	10	7-15	9-12	25.0-15.4	23-51
15	8:00-10:30	18-35	11	7-15	9-12	25.0-16.0	32-51