

Standards for Health-Related Fitness Zones

BOYS

Age	15-Meter P.A.C.E.R.			Back-Saver Sit-and-Reach			90-Degree Push-Up			Curl-Up		
	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone
8	0-29	30-80	>80	0-7	8		0-4	5-13	>13	0-5	6-20	>20
9	0-29	30-80	>80	0-7	8		0-5	6-15	>15	0-8	9-24	>24
10	0-29	30-80	>80	0-7	8		0-6	7-20	>20	0-11	12-24	>24
11	0-29	30-94	>94	0-7	8		0-7	8-20	>20	0-14	15-28	>28
12	0-41	42-94	>94	0-7	8		0-9	10-20	>20	0-17	18-36	>36
	Laps			Inches			Repetitions			Repetitions		

GIRLS

Age	15-Meter P.A.C.E.R.			Back-Saver Sit-and-Reach			90-Degree Push-Up			Curl-Up		
	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone	Needs Improvement Zone	Health Fitness Zone	High Fitness Performance Zone
8	0-8	9-54	>54	0-8	9		0-4	5-13	>13	0-5	6-20	>20
9	0-8	9-54	>54	0-8	9		0-5	6-15	>15	0-8	9-22	>22
10	0-8	9-54	>54	0-8	9		0-6	7-15	>15	0-11	12-26	>26
11	0-18	19-54	>54	0-9	10		0-6	7-15	>15	0-14	15-29	>29
12	0-18	19-54	>54	0-9	10		0-6	7-15	>15	0-17	18-32	>32
	Laps			Inches			Repetitions			Repetitions		

Needs Improvement Zone (does not meet health-related standard)

Health Fitness Zone (meets health-related standard)

High Fitness Performance Zone (exceeds health-related standard)