

## Healthy Fitness Zone Standards for Girls

### FEMALES

| AGE | One Mile min:sec | PACER # laps | Body Mass Index | Curl-up # completed | Trunk Lift inches | Modified Pull-up # completed | Push-up # completed | Flexed Arm Hang seconds | Pull-up # completed | Back Saver Sit & Reach inches | Shoulder Stretch   |
|-----|------------------|--------------|-----------------|---------------------|-------------------|------------------------------|---------------------|-------------------------|---------------------|-------------------------------|--|
| 10  | 12:30            | 15           | 23.5            | 12                  | 9                 | 4                            | 7                   | 4                       | 1                   | 9                             | Passing = Touching the fingertips together behind the back |
| 11  | 12:00            | 15           | 24              | 15                  | 9                 | 4                            | 7                   | 6                       | 1                   | 10                            |  |
| 12  | 12:00            | 23           | 24.5            | 18                  | 9                 | 4                            | 7                   | 7                       | 1                   | 10                            |  |
| 13  | 11:30            | 23           | 24.5            | 18                  | 9                 | 4                            | 7                   | 8                       | 1                   | 10                            |  |
| 14  | 11:00            | 23           | 25              | 18                  | 9                 | 4                            | 7                   | 8                       | 1                   | 10                            |  |
| 15  | 10:30            | 23           | 25              | 18                  | 9                 | 4                            | 7                   | 8                       | 1                   | 12                            |  |
| 16  | 10:00            | 32           | 25              | 18                  | 9                 | 4                            | 7                   | 8                       | 1                   | 12                            |  |

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|-----|------------------|--------------|-----------------|---------------------|-------------------|------------------------------|---------------------|-------------------------|---------------------|-------------------------------|--|
| 10  | 11:30            | 23           | 21              | 12                  | 9                 | 5                            | 7                   | 4                       | 1                   | 8                             | Passing = Touching the fingertips together behind the back |
| 11  | 11:00            | 23           | 21              | 15                  | 9                 | 6                            | 8                   | 6                       | 1                   | 8                             |  |
| 12  | 10:30            | 32           | 22              | 18                  | 9                 | 7                            | 10                  | 6                       | 1                   | 8                             |  |
| 13  | 10:00            | 41           | 23              | 21                  | 9                 | 8                            | 12                  | 12                      | 1                   | 8                             |  |
| 14  | 9:30             | 41           | 24.5            | 24                  | 9                 | 9                            | 14                  | 15                      | 2                   | 8                             |  |
| 15  | 9:00             | 51           | 25              | 24                  | 9                 | 10                           | 16                  | 15                      | 3                   | 8                             |  |
| 16  | 8:30             | 61           | 26.5            | 24                  | 9                 | 12                           | 18                  | 15                      | 5                   | 8                             |  |