

USAF Fitness Assessment Scoring / Males < 25 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≥ 67	20.0	≥ 58	20.0
9:13 - 9:34	Low-Risk	59.5	66	19.8	57	19.7
9:35 - 9:45	Low-Risk	59.0	65	19.6	56	19.4
9:46 - 9:58	Low-Risk	58.5	64	19.4	55	19.0
9:59 - 10:10	Low-Risk	58.0	63	19.2	54	18.8
10:11 - 10:23	Low-Risk	57.5	62	19.0	53	18.4
10:24 - 10:37	Low-Risk	57.0	61	18.8	52	18.0
10:38 - 10:51	Low-Risk	56.5	60	18.6	51	17.6
10:52 - 11:06	Low-Risk	56.0	59	18.4	50	17.4
11:07 - 11:22	Low-Risk	55.5	58	18.2	49	17.0
11:23 - 11:38	Low-Risk	55.0	57	18.0	48	16.6
11:39 - 11:56	Low-Risk	54.5	56	17.8	47	16.0
11:57 - 12:14	Low-Risk	54.0	55	17.7	46	15.0
12:15 - 12:33	Low-Risk	53.5	54	17.6	45	14.0
12:34 - 12:53	Moderate Risk	52.0	53	17.4	44	13.0
12:54 - 13:14	Moderate Risk	50.5	52	17.2	43	12.6
13:15 - 13:36	Moderate Risk	49.0	51	17.0	42	12.0
13:37 - 14:00	High Risk	46.5	50	16.8	41	9.0
14:01 - 14:25	High Risk	44.0	49	16.6	40	6.0
14:26 - 14:52	High Risk	41.0	48	16.2	39*	3.0
14:53 - 15:20	High Risk	38.0	47	16.0		
15:21 - 15:50*	High Risk	35.0	46	15.6		
			45	15.4		
			44	15.0		
			43	14.6		
NOTES:			42	14.4		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			41	14.0		
			40	13.6		
			39	13.0		
			38	12.6		
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.			37	12.0		
			36	11.6		
			35	11.0		
			34	10.6		
* Minimum Component Values			33	10.0		
Run time < 15:50			32	7.0		
Push-ups > 30 repetitions/one minute			31	4.0		
Sit-ups > 39 repetitions/one minute			30*	1.0		
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 30-34 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 9:34	Low-Risk	60.0	> 57	20.0	> 54	20.0
9:35 - 9:58	Low-Risk	59.5	56	19.8	53	19.7
9:59 - 10:10	Low-Risk	59.0	55	19.6	52	19.4
10:11 - 10:23	Low-Risk	58.5	54	19.4	51	19.0
10:24 - 10:37	Low-Risk	58.0	53	19.2	50	18.8
10:38 - 10:51	Low-Risk	57.5	52	19.0	49	18.4
10:52 - 11:06	Low-Risk	57.0	51	18.8	48	18.0
11:07 - 11:22	Low-Risk	56.5	50	18.6	47	17.6
11:23 - 11:38	Low-Risk	56.0	49	18.5	46	17.4
11:39 - 11:56	Low-Risk	55.5	48	18.4	45	17.0
11:57 - 12:14	Low-Risk	55.0	47	18.2	44	16.6
12:15 - 12:33	Low-Risk	54.5	46	18.0	43	16.0
12:34 - 12:53	Low-Risk	54.0	45	17.8	42	15.0
12:54 - 13:14	Moderate Risk	53.5	44	17.6	41	14.0
13:15 - 13:36	Moderate Risk	52.0	43	17.4	40	13.0
13:37 - 14:00	Moderate Risk	50.5	42	17.2	39	12.0
14:01 - 14:25	High Risk	48.0	41	17.0	38	9.0
14:26 - 14:52	High Risk	45.5	40	16.6	37	6.0
14:53 - 15:20	High Risk	43.0	39	16.0	36*	3.0
15:21 - 15:50	High Risk	40.5	38	15.6		
15:51 - 16:22	High Risk	38.0	37	15.4		
16:23 - 16:57*	High Risk	35.0	36	15.0		
			35	14.6		
			34	14.0		
			33	13.6		
NOTES:			32	13.4		
Health Risk Category = low, moderate or high risk for			31	13.0		
current and future cardiovascular disease, diabetes,			30	12.0		
certain cancers, and other health problems.			29	11.0		
			28	10.6		
Passing Requirements - member <i>must</i> : 1) achieve			27	10.0		
a composite point total \geq 75 points <i>and</i> 2) meet minimum			26	7.0		
point values for all components.			25	4.0		
			24*	1.0		
* Minimum Component Values						
Run time < 16:57						
Push-ups > 24 repetitions/one minute						
Sit-ups > 36 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 35-39 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 9:45	Low-Risk	60.0	> 51	20.0	> 52	20.0
9:46 - 10:10	Low-Risk	59.5	50	19.5	51	19.7
10:11 - 10:23	Low-Risk	59.0	49	19.0	50	19.4
10:24 - 10:37	Low-Risk	58.5	48	18.8	49	19.0
10:38 - 10:51	Low-Risk	58.0	47	18.6	48	18.8
10:52 - 11:06	Low-Risk	57.5	46	18.5	47	18.4
11:07 - 11:22	Low-Risk	57.0	45	18.4	46	18.0
11:23 - 11:38	Low-Risk	56.5	44	18.2	45	17.6
11:39 - 11:56	Low-Risk	56.0	43	18.0	44	17.4
11:57 - 12:14	Low-Risk	55.5	42	17.8	43	17.0
12:15 - 12:33	Low-Risk	55.0	41	17.6	42	16.6
12:34 - 12:53	Low-Risk	54.5	40	17.4	41	16.0
12:54 - 13:14	Moderate Risk	54.0	39	17.2	40	15.0
13:15 - 13:36	Moderate Risk	53.5	38	17.0	39	14.0
13:37 - 14:00	Moderate Risk	52.0	37	16.6	38	13.0
14:01 - 14:25	High Risk	50.5	36	16.0	37	12.0
14:26 - 14:52	High Risk	48.0	35	15.6	36	9.0
14:53 - 15:20	High Risk	45.5	34	15.4	35	6.0
15:21 - 15:50	High Risk	43.0	33	15.0	34*	3.0
15:51 - 16:22	High Risk	40.5	32	14.6		
16:23 - 16:57	High Risk	38.0	31	14.0		
16:58 - 17:34*	High Risk	35.0	30	13.6		
			29	13.4		
			28	13.0		
			27	12.0		
			26	11.0		
NOTES:			25	10.6		
Health Risk Category = low, moderate or high risk for			24	10.0		
current and future cardiovascular disease, diabetes,			23	7.0		
certain cancers, and other health problems.			22	4.0		
Passing Requirements - member <i>must</i> : 1) achieve			21*	1.0		
a composite point total \geq 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 17:33						
Push-ups > 21 repetitions/one minute						
Sit-ups > 34 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 40-44 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 9:58	Low-Risk	60.0	> 44	20.0	> 50	20.0
9:59 - 10:23	Low-Risk	59.5	43	19.7	49	19.7
10:24 - 10:37	Low-Risk	59.0	42	19.4	48	19.4
10:38 - 10:51	Low-Risk	58.5	41	19.2	47	19.0
10:52 - 11:06	Low-Risk	58.0	40	19.0	46	18.8
11:07 - 11:22	Low-Risk	57.5	39	18.8	45	18.4
11:23 - 11:38	Low-Risk	57.0	38	18.4	44	18.2
11:39 - 11:56	Low-Risk	56.5	37	18.2	43	18.0
11:57 - 12:14	Low-Risk	56.0	36	18.0	42	17.6
12:15 - 12:33	Low-Risk	55.5	35	17.6	41	17.4
12:34 - 12:53	Low-Risk	55.0	34	17.0	40	17.0
12:54 - 13:14	Low-Risk	54.5	33	16.8	39	16.0
13:15 - 13:36	Low-Risk	54.0	32	16.6	38	15.6
13:37 - 14:00	Low-Risk	53.5	31	16.2	37	15.0
14:01 - 14:25	Moderate Risk	52.0	30	16.0	36	14.0
14:26 - 14:52	Moderate Risk	50.5	29	15.0	35	13.0
14:53 - 15:20	Moderate Risk	49.0	28	14.6	34	12.0
15:21 - 15:50	High Risk	46.5	27	14.4	33	9.0
15:51 - 16:22	High Risk	44.0	26	14.0	32	6.0
16:23 - 16:57	High Risk	41.0	25	13.0	31*	3.0
16:58 - 17:34	High Risk	38.0	24	12.0		
17:35 - 18:14*	High Risk	35.0	23	11.6		
			22	11.0		
			21	10.0		
			20	7.0		
			19	4.0		
NOTES:			18*	1.0		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time < 18:14						
Push-ups > 18 repetitions/one minute						
Sit-ups > 31 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 45-49 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:10	Low-Risk	60.0	> 44	20.0	> 48	20.0
10:11 - 10:37	Low-Risk	59.5	43	19.8	47	19.7
10:38 - 10:51	Low-Risk	59.0	42	19.6	46	19.4
10:52 - 11:06	Low-Risk	58.5	41	19.4	45	19.2
11:07 - 11:22	Low-Risk	58.0	40	19.2	44	19.0
11:23 - 11:38	Low-Risk	57.5	39	19.0	43	18.8
11:39 - 11:56	Low-Risk	57.0	38	18.8	42	18.4
11:57 - 12:14	Low-Risk	56.5	37	18.4	41	18.0
12:15 - 12:33	Low-Risk	56.0	36	18.2	40	17.6
12:34 - 12:53	Low-Risk	55.5	35	18.0	39	17.4
12:54 - 13:14	Low-Risk	55.0	34	17.6	38	17.0
13:15 - 13:36	Low-Risk	54.5	33	17.0	37	16.6
13:37 - 14:00	Low-Risk	54.0	32	16.8	36	16.0
14:01 - 14:25	Moderate Risk	53.5	31	16.6	35	15.6
14:26 - 14:52	Moderate Risk	52.0	30	16.2	34	15.0
14:53 - 15:20	Moderate Risk	50.5	29	16.0	33	14.0
15:21 - 15:50	High Risk	49.0	28	15.0	32	13.0
15:51 - 16:22	High Risk	46.5	27	14.6	31	12.0
16:23 - 16:57	High Risk	44.0	26	14.4	30	9.0
16:58 - 17:34	High Risk	41.0	25	14.0	29	6.0
17:35 - 18:14	High Risk	38.0	24	13.0	28*	3.0
18:15 - 18:56*	High Risk	35.0	23	12.6		
			22	12.0		
			21	11.6		
			20	11.0		
NOTES:			19	10.6		
Health Risk Category = low, moderate or high risk for			18	10.0		
current and future cardiovascular disease, diabetes,			17	7.0		
certain cancers, and other health problems.			16	4.0		
			15*	1.0		
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total \geq 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 18:56						
Push-ups > 15 repetitions/one minute						
Sit-ups > 28 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 50-54 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:37	Low-Risk	60.0	> 36	20.0	> 46	20.0
10:38 - 11:06	Low-Risk	59.5	35	19.7	45	19.7
11:07 - 11:22	Low-Risk	59.0	34	19.4	44	19.4
11:23 - 11:38	Low-Risk	58.5	33	19.0	43	19.0
11:39 - 11:56	Low-Risk	58.0	32	18.8	42	18.8
11:57 - 12:14	Low-Risk	57.5	31	18.4	41	18.4
12:15 - 12:33	Low-Risk	57.0	30	18.2	40	18.2
12:34 - 12:53	Low-Risk	56.5	29	18.0	39	18.0
12:54 - 13:14	Low-Risk	56.0	28	17.6	38	17.6
13:15 - 13:36	Low-Risk	55.5	27	17.4	37	17.4
13:37 - 14:00	Low-Risk	55.0	26	17.0	36	17.0
14:01 - 14:25	Low-Risk	54.5	25	16.6	35	16.0
14:26 - 14:52	Low-Risk	54.0	24	16.0	34	15.6
14:53 - 15:20	Moderate Risk	53.5	23	15.0	33	15.0
15:21 - 15:50	Moderate Risk	52.0	22	14.0	32	14.6
15:51 - 16:22	Moderate Risk	50.5	21	13.0	31	14.0
16:23 - 16:57	High Risk	48.0	20	12.6	30	13.0
16:58 - 17:34	High Risk	45.5	19	12.0	29	12.6
17:35 - 18:14	High Risk	43.0	18	11.6	28	12.0
18:15 - 18:56	High Risk	40.5	17	11.0	27	9.0
18:57 - 19:43	High Risk	38.0	16	10.6	26	6.0
19:44 - 20:33*	High Risk	35.0	15	10.0	25*	3.0
			14	7.0		
			13	4.0		
			12*	1.0		
NOTES:						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time < 20:33						
Push-ups > 12 repetitions/one minute						
Sit-ups > 25 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 55-59 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:51	Low-Risk	60.0	33	20.0	> 44	20.0
10:52 - 11:22	Low-Risk	59.5	32	19.8	43	19.7
11:23 - 11:38	Low-Risk	59.0	31	19.4	42	19.4
11:39 - 11:56	Low-Risk	58.5	30	19.0	41	19.0
11:57 - 12:14	Low-Risk	58.0	29	18.4	40	18.8
12:15 - 12:33	Low-Risk	57.5	28	18.0	39	18.4
12:34 - 12:53	Low-Risk	57.0	27	17.8	38	18.2
12:54 - 13:14	Low-Risk	56.5	26	17.4	37	18.0
13:15 - 13:36	Low-Risk	56.0	25	17.0	36	17.6
13:37 - 14:00	Low-Risk	55.5	24	16.8	35	17.4
14:01 - 14:25	Low-Risk	55.0	23	15.8	34	17.0
14:26 - 14:52	Moderate Risk	54.5	22	14.8	33	16.0
14:53 - 15:20	Moderate Risk	54.0	21	14.0	32	15.6
15:21 - 15:50	Moderate Risk	53.5	20	13.0	31	15.0
15:51 - 16:22	High Risk	52.0	19	12.4	30	14.6
16:23 - 16:57	High Risk	50.5	18	11.8	29	14.0
16:58 - 17:34	High Risk	48.0	17	11.4	28	13.6
17:35 - 18:14	High Risk	45.5	16	10.8	27	13.0
18:15 - 18:56	High Risk	43.0	15	10.0	26	12.6
18:57 - 19:43	High Risk	40.5	14	7.0	25	12.0
19:44 - 20:33	High Risk	38.0	13	4.0	24	9.0
20:34 - 21:28*	High Risk	35.0	12*	1.0	23	6.0
					22*	3.0
NOTES:						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total ≥ 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time < 21:28						
Push-ups > 12 repetitions/one minute						
Sit-ups > 22 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Males 60 and over years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:22	Low-Risk	60.0	> 30	20.0	≥ 42	20.0
11:23 - 11:56	Low-Risk	59.5	29	19.5	41	19.7
11:57 - 12:14	Low-Risk	59.0	28	19.0	40	19.4
12:15 - 12:33	Low-Risk	58.5	27	18.6	39	19.0
12:34 - 12:53	Low-Risk	58.0	26	18.0	38	18.8
12:54 - 13:14	Low-Risk	57.5	25	17.6	37	18.4
13:15 - 13:36	Low-Risk	57.0	24	17.0	36	18.2
13:37 - 14:00	Low-Risk	56.5	23	16.0	35	18.0
14:01 - 14:25	Low-Risk	56.0	22	15.0	34	17.8
14:26 - 14:52	Low-Risk	55.5	21	14.0	33	17.6
14:53 - 15:20	Low-Risk	55.0	20	13.0	32	17.2
15:21 - 15:50	Low-Risk	54.5	19	12.6	31	17.0
15:51 - 16:22	Low-Risk	54.0	18	12.0	30	16.0
16:23 - 16:57	Moderate Risk	52.5	17	11.6	29	15.6
16:58 - 17:34	Moderate Risk	51.0	16	11.0	28	15.0
17:35 - 18:14	Moderate Risk	49.5	15	10.6	27	14.6
18:15 - 18:56	High Risk	47.0	14	10.0	26	14.0
18:57 - 19:43	High Risk	44.5	13	7.0	25	13.6
19:44 - 20:33	High Risk	41.5	12	4.0	24	13.0
20:34 - 21:28	High Risk	38.5	11*	1.0	23	12.6
21:29 - 22:28*	High Risk	35.0			22	12.0
					21	9.0
					20	6.0
					19*	3.0
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 22:28						
Push-ups > 11 repetitions/one minute						
Sit-ups > 19 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females < 25 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:23	Low-Risk	60.0	> 47	20.0	> 54	20.0
10:24 - 10:51	Low-Risk	59.5	46	19.8	53	19.7
10:52 - 11:06	Low-Risk	59.0	45	19.6	52	19.4
11:07 - 11:22	Low-Risk	58.5	44	19.4	51	19.0
11:23 - 11:38	Low-Risk	58.0	43	19.2	50	18.8
11:39 - 11:56	Low-Risk	57.5	42	19.0	49	18.0
11:57 - 12:14	Low-Risk	57.0	41	18.8	48	17.8
12:15 - 12:33	Low-Risk	56.5	40	18.6	47	17.6
12:34 - 12:53	Low-Risk	56.0	39	18.4	46	17.2
12:54 - 13:14	Low-Risk	55.5	38	18.2	45	17.0
13:15 - 13:36	Low-Risk	55.0	37	18.0	44	16.0
13:37 - 14:00	Low-Risk	54.5	36	17.8	43	15.6
14:01 - 14:25	Low-Risk	54.0	35	17.6	42	15.0
14:26 - 14:52	Low-Risk	53.5	34	17.2	41	14.0
14:53 - 15:20	Moderate Risk	52.0	33	17.0	40	13.6
15:21 - 15:50	Moderate Risk	50.5	32	16.8	39	13.0
15:51 - 16:22	Moderate Risk	49.0	31	16.6	38	12.0
16:23 - 16:57	High Risk	46.0	30	16.4	37	9.0
16:58 - 17:34	High Risk	42.5	29	16.2	36	6.0
17:35 - 18:14	High Risk	39.0	28	16.0	35*	3.0
18:15 - 18:56*	High Risk	35.0	27	15.0		
			26	14.6		
			25	14.4		
			24	14.0		
			23	13.0		
NOTES:			22	12.6		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			21	12.0		
			20	11.6		
			19	11.0		
			18	10.0		
Passing Requirements - member <i>must</i> : 1) achieve a composite point total \geq 75 points <i>and</i> 2) meet minimum point values for all components.			17	7.0		
			16	4.0		
			15*	1.0		
* Minimum Component Values						
Run time < 18:56						
Push-ups > 15 repetitions/one minute						
Sit-ups > 35 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 25-29 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:37	Low-Risk	60.0	> 47	20.0	> 50	20.0
10:38 - 11:06	Low-Risk	59.5	46	19.8	49	19.5
11:07 - 11:22	Low-Risk	59.0	45	19.6	48	19.0
11:23 - 11:38	Low-Risk	58.5	44	19.4	47	18.8
11:39 - 11:56	Low-Risk	58.0	43	19.2	46	18.0
11:57 - 12:14	Low-Risk	57.5	42	19.0	45	17.8
12:15 - 12:33	Low-Risk	57.0	41	18.8	44	17.2
12:34 - 12:53	Low-Risk	56.5	40	18.6	43	17.0
12:54 - 13:14	Low-Risk	56.0	39	18.4	42	16.0
13:15 - 13:36	Low-Risk	55.5	38	18.2	41	15.6
13:37 - 14:00	Low-Risk	55.0	37	18.0	40	15.0
14:01 - 14:25	Low-Risk	54.5	36	17.8	39	14.6
14:26 - 14:52	Low-Risk	54.0	35	17.6	38	14.0
14:53 - 15:20	Moderate Risk	53.5	34	17.2	37	13.6
15:21 - 15:50	Moderate Risk	52.0	33	17.0	36	13.0
15:51 - 16:22	Moderate Risk	50.5	32	16.8	35	12.6
16:23 - 16:57	High Risk	49.0	31	16.6	34	12.0
16:58 - 17:34	High Risk	45.5	30	16.4	33	9.0
17:35 - 18:14	High Risk	42.0	29	16.2	32	6.0
18:15 - 18:56	High Risk	38.5	28	16.0	31*	3.0
18:57 - 19:43*	High Risk	35.0	27	15.0		
			26	14.6		
			25	14.4		
			24	14.0		
			23	13.0		
			22	12.6		
NOTES:			21	12.0		
Health Risk Category = low, moderate or high risk for			20	11.6		
current and future cardiovascular disease, diabetes,			19	11.0		
certain cancers, and other health problems.			18	10.6		
Passing Requirements - member <i>must</i> : 1) achieve			17	10.0		
a composite point total \geq 75 points <i>and</i> 2) meet minimum			16	7.0		
point values for all components.			15	4.0		
			14*	1.0		
* Minimum Component Values						
Run time < 19:43						
Push-ups > 14 repetitions/one minute						
Sit-ups > 31 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 30-34 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:51	Low-Risk	60.0	≥ 46	20.0	> 45	20.0
10:52 - 11:22	Low-Risk	59.5	45	19.9	44	19.7
11:23 - 11:38	Low-Risk	59.0	44	19.8	43	19.4
11:39 - 11:56	Low-Risk	58.5	43	19.6	42	19.0
11:57 - 12:14	Low-Risk	58.0	42	19.4	41	18.8
12:15 - 12:33	Low-Risk	57.5	41	19.2	40	18.0
12:34 - 12:53	Low-Risk	57.0	40	19.0	39	17.6
12:54 - 13:14	Low-Risk	56.5	39	18.8	38	17.0
13:15 - 13:36	Low-Risk	56.0	38	18.7	37	16.6
13:37 - 14:00	Low-Risk	55.5	37	18.6	36	16.4
14:01 - 14:25	Low-Risk	55.0	36	18.4	35	16.0
14:26 - 14:52	Low-Risk	54.5	35	18.3	34	15.6
14:53 - 15:20	Low-Risk	54.0	34	18.2	33	15.0
15:21 - 15:50	Moderate Risk	52.5	33	18.0	32	14.0
15:51 - 16:22	Moderate Risk	51.0	32	17.9	31	13.6
16:23 - 16:57	Moderate Risk	49.5	31	17.8	30	13.0
16:58 - 17:34	High Risk	47.0	30	17.6	29	12.0
17:35 - 18:14	High Risk	44.5	29	17.4	28	9.0
18:15 - 18:56	High Risk	42.0	28	17.3	27	6.0
18:57 - 19:43	High Risk	38.5	27	17.2	26*	3.0
19:44 - 20:33*	High Risk	35.0	26	17.0		
			25	16.6		
			24	16.4		
			23	16.0		
			22	15.8		
			21	15.6		
NOTES:			20	15.2		
Health Risk Category = low, moderate or high risk for			19	15.0		
current and future cardiovascular disease, diabetes,			18	14.0		
certain cancers, and other health problems.			17	13.6		
Passing Requirements - member <i>must</i> : 1) achieve			16	13.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum			15	12.0		
point values for all components.			14	10.0		
* Minimum Component Values			13	7.0		
Run time < 20:33			12	4.0		
Push-ups > 11 repetitions/one minute			11*	1.0		
Sit-ups > 26 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 35-39 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:06	Low-Risk	60.0	> 42	20.0	> 43	20.0
11:07 - 11:38	Low-Risk	59.5	41	19.7	42	19.7
11:39 - 11:56	Low-Risk	59.0	40	19.4	41	19.4
11:57 - 12:14	Low-Risk	58.5	39	19.0	40	19.0
12:15 - 12:33	Low-Risk	58.0	38	18.8	39	18.8
12:34 - 12:53	Low-Risk	57.5	37	18.7	38	18.0
12:54 - 13:14	Low-Risk	57.0	36	18.6	37	17.6
13:15 - 13:36	Low-Risk	56.5	35	18.4	36	17.0
13:37 - 14:00	Low-Risk	56.0	34	18.3	35	16.6
14:01 - 14:25	Low-Risk	55.5	33	18.1	34	16.4
14:26 - 14:52	Low-Risk	55.0	32	18.0	33	16.0
14:53 - 15:20	Low-Risk	54.5	31	17.9	32	15.6
15:21 - 15:50	Moderate Risk	54.0	30	17.8	31	15.0
15:51 - 16:22	Moderate Risk	52.5	29	17.6	30	14.0
16:23 - 16:57	Moderate Risk	51.0	28	17.4	29	13.6
16:58 - 17:34	High Risk	49.5	27	17.3	28	13.0
17:35 - 18:14	High Risk	47.0	26	17.2	27	12.0
18:15 - 18:56	High Risk	44.0	25	17.0	26	9.0
18:57 - 19:43	High Risk	41.0	24	16.6	25	6.0
19:44 - 20:33	High Risk	38.0	23	16.4	24*	3.0
20:34 - 21:28*	High Risk	35.0	22	16.0		
			21	15.8		
			20	15.6		
			19	15.2		
			18	15.0		
NOTES:			17	14.0		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			16	13.6		
			15	13.0		
			14	12.0		
			13	10.0		
Passing Requirements - member <i>must</i> : 1) achieve a composite point total \geq 75 points <i>and</i> 2) meet minimum point values for all components.			12	7.0		
			11	4.0		
			10*	1.0		
* Minimum Component Values						
Run time < 21:28						
Push-ups > 10 repetitions/one minute						
Sit-ups \geq 24 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 40-44 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:22	Low-Risk	60.0	> 38	20.0	> 41	20.0
11:23 - 11:56	Low-Risk	59.5	37	19.8	40	19.7
11:57 - 12:14	Low-Risk	59.0	36	19.6	39	19.4
12:15 - 12:33	Low-Risk	58.5	35	19.4	38	19.0
12:34 - 12:53	Low-Risk	58.0	34	19.2	37	18.8
12:54 - 13:14	Low-Risk	57.5	33	19.0	36	18.4
13:15 - 13:36	Low-Risk	57.0	32	18.8	35	18.2
13:37 - 14:00	Low-Risk	56.5	31	18.4	34	18.0
14:01 - 14:25	Low-Risk	56.0	30	18.2	33	17.6
14:26 - 14:52	Low-Risk	55.5	29	18.0	32	17.0
14:53 - 15:20	Low-Risk	55.0	28	17.8	31	16.6
15:21 - 15:50	Low-Risk	54.5	27	17.6	30	16.4
15:51 - 16:22	Low-Risk	54.0	26	17.4	29	16.0
16:23 - 16:57	Moderate Risk	53.5	25	17.3	28	15.0
16:58 - 17:34	Moderate Risk	52.0	24	17.2	27	14.0
17:35 - 18:14	Moderate Risk	50.5	23	17.0	26	13.6
18:15 - 18:56	High Risk	48.0	22	16.8	25	12.8
18:57 - 19:43	High Risk	45.5	21	16.6	24	12.0
19:44 - 20:33	High Risk	42.0	20	16.4	23	9.0
20:34 - 21:28	High Risk	38.5	19	16.2	22	6.0
21:29 - 22:28*	High Risk	35.0	18	16.0	21*	3.0
			17	15.6		
			16	15.0		
			15	14.0		
			14	13.0		
			13	12.0		
NOTES:			12	11.0		
Health Risk Category = low, moderate or high risk for			11	10.0		
current and future cardiovascular disease, diabetes,			10	7.0		
certain cancers, and other health problems.			9	4.0		
Passing Requirements - member <i>must</i> : 1) achieve			8*	1.0		
a composite point total \geq 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 22:28						
Push-ups > 8 repetitions/one minute						
Sit-ups > 21 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 45-49 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 11:38	Low-Risk	60.0	≥ 37	20.0	> 35	20.0
11:39 - 12:14	Low-Risk	59.5	36	19.8	34	19.7
12:15 - 12:33	Low-Risk	59.0	35	19.6	33	19.4
12:34 - 12:53	Low-Risk	58.5	34	19.4	32	19.0
12:54 - 13:14	Low-Risk	58.0	33	19.2	31	18.8
13:15 - 13:36	Low-Risk	57.5	32	19.0	30	18.0
13:37 - 14:00	Low-Risk	57.0	31	18.8	29	17.6
14:01 - 14:25	Low-Risk	56.5	30	18.6	28	17.0
14:26 - 14:52	Low-Risk	56.0	29	18.4	27	16.6
14:53 - 15:20	Low-Risk	55.5	28	18.2	26	16.0
15:21 - 15:50	Low-Risk	55.0	27	18.0	25	15.0
15:51 - 16:22	Low-Risk	54.5	26	17.8	24	14.0
16:23 - 16:57	Moderate Risk	54.0	25	17.6	23	13.0
16:58 - 17:34	Moderate Risk	53.5	24	17.4	22	12.0
17:35 - 18:14	Moderate Risk	52.0	23	17.2	21	9.0
18:15 - 18:56	High Risk	50.5	22	17.0	20	6.0
18:57 - 19:43	High Risk	48.0	21	16.8	19*	3.0
19:44 - 20:33	High Risk	45.0	20	16.6		
20:34 - 21:28	High Risk	42.0	19	16.4		
21:29 - 22:28	High Risk	38.5	18	16.2		
22:29 - 23:34*	High Risk	35.0	17	16.0		
			16	15.6		
			15	15.0		
			14	14.0		
			13	13.0		
			12	12.0		
NOTES:			11	11.0		
Health Risk Category = low, moderate or high risk for			10	10.0		
current and future cardiovascular disease, diabetes,			9	7.0		
certain cancers, and other health problems.			8	4.0		
Passing Requirements - member <i>must</i> : 1) achieve			7*	1.0		
a composite point total ≥ 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 23:34						
Push-ups > 7 repetitions/one minute						
Sit-ups > 19 repetitions/one minute						
Composite Score Categories						
Excellent ≥ 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 50-54 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 12:53	Low-Risk	60.0	> 35	20.0	> 32	20.0
12:54 - 13:36	Low-Risk	59.5	34	19.8	31	19.5
13:37 - 14:00	Low-Risk	59.0	33	19.6	30	19.0
14:01 - 14:25	Low-Risk	58.5	32	19.4	29	18.0
14:26 - 14:52	Low-Risk	58.0	31	19.2	28	17.8
14:53 - 15:20	Low-Risk	57.5	30	19.0	27	17.6
15:21 - 15:50	Low-Risk	57.0	29	18.8	26	17.2
15:51 - 16:22	Low-Risk	56.5	28	18.6	25	17.0
16:23 - 16:57	Low-Risk	56.0	27	18.4	24	16.0
16:58 - 17:34	Low-Risk	55.5	26	18.2	23	15.0
17:35 - 18:14	Low-Risk	55.0	25	18.0	22	14.0
18:15 - 18:56	Moderate Risk	53.5	24	17.6	21	13.0
18:57 - 19:43	Moderate Risk	52.0	23	17.4	20	12.0
19:44 - 20:33	High Risk	49.5	22	17.3	19	9.0
20:34 - 21:28	High Risk	46.0	21	17.2	18	6.0
21:29 - 22:28	High Risk	42.5	20	17.0	17*	3.0
22:29 - 23:34	High Risk	39.0	19	16.8		
23:35 - 24:46*	High Risk	35.0	18	16.6		
			17	16.4		
			16	16.2		
			15	16.0		
			14	15.0		
			13	14.0		
			12	13.0		
			11	12.0		
			10	11.0		
NOTES:			9	10.0		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			8	7.0		
			7	4.0		
			6*	1.0		
Passing Requirements - member <i>must</i> : 1) achieve a composite point total \geq 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time < 24:46						
Push-ups > 6 repetitions/one minute						
Sit-ups > 17 repetitions/one minute						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 55-59 years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 13:14	Low-Risk	60.0	> 28	20.0	> 32	20.0
13:15 - 14:00	Low-Risk	59.5	27	19.7	31	19.7
14:01 - 14:25	Low-Risk	59.0	26	19.4	30	19.4
14:26 - 14:52	Low-Risk	58.5	25	19.2	29	19.2
14:53 - 15:20	Low-Risk	58.0	24	19.0	28	19.0
15:21 - 15:50	Low-Risk	57.5	23	18.6	27	18.0
15:51 - 16:22	Low-Risk	57.0	22	18.0	26	17.8
16:23 - 16:57	Low-Risk	56.5	21	17.6	25	17.6
16:58 - 17:34	Low-Risk	56.0	20	17.2	24	17.2
17:35 - 18:14	Low-Risk	55.5	19	17.0	23	17.0
18:15 - 18:56	Moderate Risk	55.0	18	16.8	22	16.0
18:57 - 19:43	Moderate Risk	53.5	17	16.6	21	15.0
19:44 - 20:33	High Risk	52.0	16	16.4	20	14.6
20:34 - 21:28	High Risk	49.0	15	16.2	19	14.0
21:29 - 22:28	High Risk	46.0	14	16.0	18	13.6
22:29 - 23:34	High Risk	43.0	13	15.0	17	13.0
23:35 - 24:46	High Risk	39.0	12	14.0	16	12.6
24:47 - 26:06*	High Risk	35.0	11	13.0	15	12.0
			10	12.0	14	9.0
			9	11.0	13	6.0
			8	10.0	12*	3.0
			7	7.0		
			6	4.0		
			5*	1.0		
NOTES:						
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve a composite point total \geq 75 points <i>and</i> 2) meet minimum point values for all components.						
* Minimum Component Values						
Run time < 26:06						
Push-ups > 5 repetitions/one minute						
Sit-ups > 12 repetitions/one minute						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version

USAF Fitness Assessment Scoring / Females 60 and over years of age

Final Version

Cardiorespiratory Endurance			Muscular Fitness			
Run Time (mins:secs)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 14:00	Low-Risk	60.0	> 21	20.0	> 31	20.0
14:01 - 14:52	Low-Risk	59.5	20	19.5	30	19.7
14:53 - 15:20	Low-Risk	59.0	19	19.0	29	19.4
15:21 - 15:50	Low-Risk	58.5	18	18.8	28	19.0
15:51 - 16:22	Low-Risk	58.0	17	18.0	27	18.8
16:23 - 16:57	Low-Risk	57.5	16	17.6	26	18.0
16:58 - 17:34	Low-Risk	57.0	15	17.0	25	17.8
17:35 - 18:14	Low-Risk	56.5	14	16.0	24	17.6
18:15- 18:56	Low-Risk	56.0	13	15.0	23	17.4
18:57 - 19:43	Low-Risk	55.5	12	14.0	22	17.2
19:44 - 20:33	Moderate Risk	54.0	11	13.0	21	17.0
20:34 - 21:28	Moderate Risk	52.5	10	12.0	20	16.8
21:29 - 22:28	Moderate Risk	51.0	9	11.4	19	16.6
22:29 - 23:34	High Risk	47.0	8	10.6	18	16.4
23:35 - 24:46	High Risk	43.0	7	10.0	17	16.0
24:47 - 26:06	High Risk	39.0	6	7.0	16	15.6
26:07 - 27:27*	High Risk	35.0	5	4.0	15	15.0
			4*	1.0	14	14.6
					13	14.0
					12	13.0
					11	12.0
					10	9.0
					9	6.0
					8*	3.0
NOTES:						
Health Risk Category = low, moderate or high risk for						
current and future cardiovascular disease, diabetes,						
certain cancers, and other health problems.						
Passing Requirements - member <i>must</i> : 1) achieve						
a composite point total \geq 75 points <i>and</i> 2) meet minimum						
point values for all components.						
* Minimum Component Values						
Run time < 27:27						
Push-ups > 4 repetitions/one minute						
Sit-ups > 8 repetitions/one minute						
Composite Score Categories						
Excellent \geq 90.0 pts						
Satisfactory = 75.0 - 89.9						
Unsatisfactory < 75.0						

Final Version