

Standards for Healthy Fitness Zone[®]

Version 10.x
BOYS

Aerobic Capacity			Percent Body Fat				Body Mass Index			
VO_{2max} (ml/kg/min)			Very Lean	HFZ	NI	NI-Health Risk	Very Lean	HFZ	NI	NI-Health Risk
NI-Health Risk	NI	HFZ								
5			≤8.8	8.9-18.8	18.9	≥27.0	≤13.8	13.9-16.8	16.9	≥18.1
6			≤8.4	8.5-18.8	18.9	≥27.0	≤13.7	13.8-17.1	17.2	≥18.8
7			≤8.2	8.3-18.8	18.9	≥27.0	≤13.7	13.8-17.6	17.7	≥19.6
8			≤8.3	8.4-18.8	18.9	≥27.0	≤13.9	14.0-18.2	18.3	≥20.6
9			≤8.6	8.7-20.6	20.7	≥30.1	≤14.1	14.2-18.9	19.0	≥21.6
10	≤37.3	37.4-40.1	≤8.8	8.9-22.4	22.5	≥33.2	≤14.4	14.5-19.7	19.8	≥22.7
11	≤37.3	37.4-40.1	≤8.7	8.8-23.6	23.7	≥35.4	≤14.8	14.9-20.5	20.6	≥23.7
12	≤37.6	37.7-40.2	≤8.3	8.4-23.6	23.7	≥35.9	≤15.2	15.3-21.3	21.4	≥24.7
13	≤38.6	38.7-41.0	≤7.7	7.8-22.8	22.9	≥35.0	≤15.7	15.8-22.2	22.3	≥25.6
14	≤39.6	39.7-42.4	≤7.0	7.1-21.3	21.4	≥33.2	≤16.3	16.4-23.0	23.1	≥26.5
15	≤40.6	40.7-43.5	≤6.5	6.6-20.1	20.2	≥31.5	≤16.8	16.9-23.7	23.8	≥27.2
16	≤41.0	41.1-44.0	≤6.4	6.5-20.1	20.2	≥31.6	≤17.4	17.5-24.5	24.6	≥27.9
17	≤41.2	41.3-44.1	≤6.6	6.7-20.9	21.0	≥33.0	≤18.0	18.1-24.9	25.0	≥28.6
>17	≤41.2	41.3-44.2	≤6.9	7.0-22.2	22.3	≥35.1	≤18.5	18.6-24.9	25.0	≥29.3

	Curl-up # completed	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Flexed Arm Arm Hang seconds	Back Saver Sit & Reach** inches	Shoulder Stretch
5	≥2	6 12	≥3	≥2	≥2	8	Healthy Fitness Zone = Touching fingertips together behind the back on both right and left sides
6	≥2	6 12	≥3	≥2	≥2	8	
7	≥4	6 12	≥4	≥3	≥3	8	
8	≥6	6 12	≥5	≥4	≥3	8	
9	≥9	6 12	≥6	≥5	≥4	8	
10	≥12	9 12	≥7	≥5	≥4	8	
11	≥15	9 12	≥8	≥6	≥6	8	
12	≥18	9 12	≥10	≥7	≥10	8	
13	≥21	9 12	≥12	≥8	≥12	8	
14	≥24	9 12	≥14	≥9	≥15	8	
15	≥24	9 12	≥16	≥10	≥15	8	
16	≥24	9 12	≥18	≥12	≥15	8	
17	≥24	9 12	≥18	≥14	≥15	8	
17+	≥24	9 12	≥18	≥14	≥15	8	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

FITNESSGRAM™

The Cooper Institute

Standards for Healthy Fitness Zone® Version 10.x GIRLS

<u>Aerobic Capacity</u> VO_{2max} (ml/kg/min)			<u>Percent Body Fat</u>				<u>Body Mass Index</u>				
<u>PACER. One Mile Run & Walk Test</u>			Very Lean	HFZ	NI	NI-Health Risk	Very Lean	HFZ	NI	NI-Health Risk	
NI-Health Risk	NI	HFZ									
5			≤9.7	9.8-20.8	20.9	≥28.4	≤13.5	13.6-16.8	16.9	≥18.5	
6			≤9.8	9.9-20.8	20.9	≥28.4	≤13.4	13.5-17.2	17.3	≥19.2	
7			≤10.0	10.1-20.8	20.9	≥28.4	≤13.5	13.6-17.9	18.0	≥20.2	
8			≤10.4	10.5-20.8	20.9	≥28.4	≤13.6	13.7-18.6	18.7	≥21.2	
9			≤10.9	11.0-22.6	22.7	≥30.8	≤13.9	14.0-19.4	19.5	≥22.4	
10	≤37.3	37.4-40.1	≥40.2	≤11.5	11.6-24.3	24.4	≥33.0	≤14.2	14.3-20.3	20.4	≥23.6
11	≤37.3	37.4-40.1	≥40.2	≤12.1	12.2-25.7	25.8	≥34.5	≤14.6	14.7-21.2	21.3	≥24.7
12	≤37.0	37.1-40.0	≥40.1	≤12.6	12.7-26.7	26.8	≥35.5	≤15.1	15.2-22.1	22.2	≥25.8
13	≤36.6	36.7-39.6	≥39.7	≤13.3	13.4-27.7	27.8	≥36.3	≤15.6	15.7-22.9	23.0	≥26.8
14	≤36.3	36.4-39.3	≥39.4	≤13.9	14.0-28.5	28.6	≥36.8	≤16.1	16.2-23.6	23.7	≥27.7
15	≤36.0	36.1-39.0	≥39.1	≤14.5	14.6-29.1	29.2	≥37.1	≤16.6	16.7-24.3	24.4	≥28.5
16	≤35.8	35.9-38.8	≥38.9	≤15.2	15.3-29.7	29.8	≥37.4	≤17.0	17.1-24.8	24.9	≥29.3
17	≤35.7	35.8-38.7	≥38.8	≤15.8	15.9-30.4	30.5	≥37.9	≤17.4	17.5-24.9	25.0	≥30.0
>17	≤35.3	35.4-38.5	≥38.6	≤16.4	16.5-31.3	31.4	≥38.6	≤17.7	17.8-24.9	25.0	≥30.0

	<u>Curl-up</u> # completed	<u>Trunk Lift</u> inches	<u>90° Push-up</u> # completed	<u>Modified Pull-up</u> # completed	<u>Flexed Arm Arm Hang</u> seconds	<u>Back Saver Sit & Reach**</u> inches	<u>Shoulder Stretch</u>
5	≥2	6 12	≥3	≥2	≥2	9	Healthy Fitness Zone = Touching fingertips together behind the back on both right and left sides
6	≥2	6 12	≥3	≥2	≥2	9	
7	≥4	6 12	≥4	≥3	≥3	9	
8	≥6	6 12	≥5	≥4	≥3	9	
9	≥9	6 12	≥6	≥4	≥4	9	
10	≥12	9 12	≥7	≥4	≥4	9	
11	≥15	9 12	≥7	≥4	≥6	10	
12	≥18	9 12	≥7	≥4	≥7	10	
13	≥18	9 12	≥7	≥4	≥8	10	
14	≥18	9 12	≥7	≥4	≥8	10	
15	≥18	9 12	≥7	≥4	≥8	12	
16	≥18	9 12	≥7	≥4	≥8	12	
17	≥18	9 12	≥7	≥4	≥8	12	
17+	≥18	9 12	≥7	≥4	≥8	12	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.