USAF Fitness Assessment Scoring / Males < 25 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:12	≥ 100	Low Risk	60.0
9:13 - 9:34	94 - 99	Low Risk	59.5
9:35 - 9:45	92 - 93	Low Risk	59.0
9:46 - 9:58	88 - 91	Low Risk	58.5
9:59 - 10:10	86 - 87	Low Risk	58.0
10:11 - 10:23	83 - 85	Low Risk	57.5
10:24 - 10:37	80 - 82	Low Risk	57.0
10:38 - 10:51	77 - 79	Low Risk	56.5
10:52 - 11:06	74 - 76	Low Risk	56.0
11:07 - 11:22	71 - 73	Low Risk	55.5
11:23 - 11:38	68 - 70	Low Risk	55.0
11:39 - 11:56	65 - 67	Low Risk	54.5
11:57 - 12:14	62 - 64	Low Risk	54.0
12:15 - 12:33	59 - 61	Low Risk	53.5
12:34 - 12:53	56 - 58	Moderate Risk	52.0
12:54 - 13:14	54 - 55	Moderate Risk	50.5
13:15 - 13:36	51 - 53	Moderate Risk	49.0
13:37 - 14:00	48 - 50	High Risk	46.5
14:01 - 14:25	45 - 47	High Risk	44.0
14:26 - 14:52	42 - 44	High Risk	41.0
14:53 - 15:20	39 - 41	High Risk	38.0
15:21 - 15:50*	36*- 38	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 15:50			
20 m HAMR Shuttles ≥ 36 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males < 25 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 67	20.0	≥ 40	20.0	≥ 58	20.0	≥ 49	20.0	≥ 3:35	20.0
66	19.8	39	19.6	57	19.7	48	19.6	3:30	19.7
65	19.6	38	19.2	56	19.4	47	19.3	3:25	19.3
64	19.4	37	18.8	55	19.0	46	18.9	3:18	18.9
63	19.2	36	18.4	54	18.8	45	18.6	3:12	18.5
62	19.0	35	18.0	53	18.4	44	18.2	3:05	18.0
61	18.8	34	17.6	52	18.0	43	17.9	2:45	16.7
60	18.6	33	17.2	51	17.6	42	17.5	2:25	15.3
59	18.4	32	16.8	50	17.4	41	17.1	2:05	14.0
58	18.2	31	16.4	49	17.0	40	16.8	1:55	13.3
57	18.0	30	16.0	48	16.6	39	16.4	1:25	11.3
56	17.8	29	15.6	47	16.0	38	16.1	1:05*	10.0
55	17.7	28	15.2	46	15.0	37	15.7		
54	17.6	27	14.8	45	14.0	36	15.4		
53	17.4	26	14.4	44	13.0	35	15.0		
52	17.2	25	14.0	43	12.6	34	14.6		
51	17.0	24	13.6	42	12.0	33	14.3		
50	16.8	23	13.2	41	9.0	32	13.9		
49	16.6	22	12.8	40	6.0	31	13.6		
48	16.2	21	12.4	39*	3.0	30	13.2		
47	16.0	20	12.0			29	12.9		
46	15.6	19	11.6			28	12.5		
45	15.4	18	11.2			27	12.1		
44	15.0	17	10.8			26	11.8		
43	14.6	16	10.4			25	11.4		
42	14.4	15*	10.0			24	11.1		
41	14.0					23	10.7		
40	13.6					22	10.4		
39	13.0					21*	10.0		
38	12.6								
37	12.0								
36	11.6								
35	11.0								
34	10.6								
33	10.0								
32	7.0								
31	4.0			* Minimum Component Values					
30*	1.0								
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 25-29 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:22	≥ 97	Low Risk	60.0
9:23 - 9:45	92 - 96	Low Risk	59.5
9:46 - 9:58	88 - 91	Low Risk	59.0
9:59 - 10:10	86 - 87	Low Risk	58.5
10:11 - 10:23	83 - 85	Low Risk	58.0
10:24 - 10:37	80 - 82	Low Risk	57.5
10:38 - 10:51	77 - 79	Low Risk	57.0
10:52 - 11:06	74 - 76	Low Risk	56.5
11:07 - 11:22	71 - 73	Low Risk	56.0
11:23 - 11:38	68 - 70	Low Risk	55.5
11:39 - 11:56	65 - 67	Low Risk	55.0
11:57 - 12:14	62 - 64	Low Risk	54.5
12:15 - 12:33	59 - 61	Low Risk	54.0
12:34 - 12:53	56 - 58	Moderate Risk	53.5
12:54 - 13:14	54 - 55	Moderate Risk	52.0
13:15 - 13:36	51 - 53	Moderate Risk	50.5
13:37 - 14:00	48 - 50	High Risk	49.0
14:01 - 14:25	45 - 47	High Risk	46.5
14:26 - 14:52	42 - 44	High Risk	44.0
14:53 - 15:20	39 - 41	High Risk	41.0
15:21 - 15:50	36 - 38	High Risk	38.0
15:51 - 16:22*	33* - 35	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 16:22			
20 m HAMR Shuttles ≥ 33 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 25-29 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 62	20.0	≥ 40	20.0	≥ 56	20.0	≥ 48	20.0	≥ 3:30	20.0
61	19.7	39	19.6	55	19.5	47	19.6	3:25	19.7
60	19.4	38	19.2	54	19.0	46	19.3	3:20	19.3
59	19.0	37	18.8	53	18.8	45	18.9	3:14	18.9
58	18.8	36	18.4	52	18.4	44	18.6	3:03	18.2
57	18.6	35	18.0	51	18.0	43	18.2	3:00	18.0
56	18.4	34	17.6	50	17.6	42	17.9	2:40	16.7
55	18.2	33	17.2	49	17.4	41	17.5	2:20	15.3
54	18.0	32	16.8	48	17.0	40	17.1	2:00	14.0
53	17.8	31	16.4	47	16.6	39	16.8	1:40	12.7
52	17.6	30	16.0	46	16.0	38	16.4	1:20	11.3
51	17.5	29	15.6	45	15.0	37	16.1	1:00*	10.0
50	17.4	28	15.2	44	14.0	36	15.7		
49	17.2	27	14.8	43	13.0	35	15.4		
48	17.0	26	14.4	42	12.6	34	15.0		
47	16.8	25	14.0	41	12.0	33	14.6		
46	16.6	24	13.6	40	9.0	32	14.3		
45	16.2	23	13.2	39	6.0	31	13.9		
44	16.0	22	12.8	38*	3.0	30	13.6		
43	15.6	21	12.4			29	13.2		
42	15.4	20	12.0			28	12.9		
41	15.0	19	11.6			27	12.5		
40	14.6	18	11.2			26	12.1		
39	14.4	17	10.8			25	11.8		
38	14.0	16	10.4			24	11.4		
37	13.6	15*	10.0			23	11.1		
36	13.0					22	10.7		
35	12.6					21	10.4		
34	12.0					20*	10.0		
33	11.6								
32	11.0								
31	10.6								
30	10.0								
29	7.0								
28	4.0								
27*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:34	≥ 94	Low Risk	60.0
9:35 - 9:58	88 - 93	Low Risk	59.5
9:59 - 10:10	86 - 87	Low Risk	59.0
10:11 - 10:23	83 - 85	Low Risk	58.5
10:24 - 10:37	80 - 82	Low Risk	58.0
10:38 - 10:51	77 - 79	Low Risk	57.5
10:52 - 11:06	74 - 76	Low Risk	57.0
11:07 - 11:22	71 - 73	Low Risk	56.5
11:23 - 11:38	68 - 70	Low Risk	56.0
11:39 - 11:56	65 - 67	Low Risk	55.5
11:57 - 12:14	62 - 64	Low Risk	55.0
12:15 - 12:33	59 - 61	Low Risk	54.5
12:34 - 12:53	56 - 58	Low Risk	54.0
12:54 - 13:14	54 - 55	Moderate Risk	53.5
13:15 - 13:36	51 - 53	Moderate Risk	52.0
13:37 - 14:00	48 - 50	Moderate Risk	50.5
14:01 - 14:25	45 - 47	High Risk	48.0
14:26 - 14:52	42 - 44	High Risk	45.5
14:53 - 15:20	39 - 41	High Risk	43.0
15:21 - 15:50	36 - 38	High Risk	40.5
15:51 - 16:22	33 - 35	High Risk	38.0
16:23 - 16:57*	30*- 32	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 16:57			
20 m HAMR Shuttles > 30 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 57	20.0	≥ 40	20.0	≥ 54	20.0	≥ 47	20.0	≥ 3:25	20.0
56	19.8	39	19.6	53	19.7	46	19.6	3:20	19.7
55	19.6	38	19.2	52	19.4	45	19.3	3:15	19.3
54	19.4	37	18.8	51	19.0	44	18.9	3:09	18.9
53	19.2	36	18.4	50	18.8	43	18.6	3:02	18.5
52	19.0	35	18.0	49	18.4	42	18.2	2:55	18.0
51	18.8	34	17.6	48	18.0	41	17.9	2:35	16.7
50	18.6	33	17.2	47	17.6	40	17.5	2:15	15.3
49	18.5	32	16.8	46	17.4	39	17.1	1:55	14.0
48	18.4	31	16.4	45	17.0	38	16.8	1:35	12.7
47	18.2	30	16.0	44	16.6	37	16.4	1:15	11.3
46	18.0	29	15.6	43	16.0	36	16.1	:55*	10.0
45	17.8	28	15.2	42	15.0	35	15.7		
44	17.6	27	14.8	41	14.0	34	15.4		
43	17.4	26	14.4	40	13.0	33	15.0		
42	17.2	25	14.0	39	12.0	32	14.6		
41	17.0	24	13.6	38	9.0	31	14.3		
40	16.6	23	13.2	37	6.0	30	13.9		
39	16.0	22	12.8	36*	3.0	29	13.6		
38	15.6	21	12.4			28	13.2		
37	15.4	20	12.0			27	12.9		
36	15.0	19	11.6			26	12.5		
35	14.6	18	11.2			25	12.1		
34	14.0	17	10.8			24	11.8		
33	13.6	16	10.4			23	11.4		
32	13.4	15*	10.0			22	11.1		
31	13.0					21	10.7		
30	12.0					20	10.4		
29	11.0					19*	10.0		
28	10.6								
27	10.0								
26	7.0								
25	4.0								
24*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:45	≥ 92	Low Risk	60.0
9:46 - 10:10	87 - 91	Low Risk	59.5
10:11 - 10:23	83 - 85	Low Risk	59.0
10:24 - 10:37	80 - 82	Low Risk	58.5
10:38 - 10:51	77 - 79	Low Risk	58.0
10:52 - 11:06	74 - 76	Low Risk	57.5
11:07 - 11:22	71 - 73	Low Risk	57.0
11:23 - 11:38	68 - 70	Low Risk	56.5
11:39 - 11:56	65 - 67	Low Risk	56.0
11:57 - 12:14	62 - 64	Low Risk	55.5
12:15 - 12:33	59 - 61	Low Risk	55.0
12:34 - 12:53	56 - 58	Low Risk	54.5
12:54 - 13:14	54 - 55	Moderate Risk	54.0
13:15 - 13:36	51 - 53	Moderate Risk	53.5
13:37 - 14:00	48 - 50	Moderate Risk	52.0
14:01 - 14:25	45 - 47	High Risk	50.5
14:26 - 14:52	42 - 44	High Risk	48.0
14:53 - 15:20	39 - 41	High Risk	45.5
15:21 - 15:50	36 - 38	High Risk	43.0
15:51 - 16:22	33 - 35	High Risk	40.5
16:23 - 16:57	30 - 32	High Risk	38.0
16:58 - 17:34*	27* - 29	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 17:34			
20 m HAMR Shuttles ≥ 27 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 51	20.0	≥ 40	20.0	≥ 52	20.0	≥ 46	20.0	≥ 3:20	20.0
50	19.5	39	19.6	51	19.7	45	19.6	3:15	19.7
49	19.0	38	19.2	50	19.4	44	19.3	3:10	19.3
48	18.8	37	18.8	49	19.0	43	18.9	3:04	18.9
47	18.6	36	18.4	48	18.8	42	18.6	2:57	18.5
46	18.5	35	18.0	47	18.4	41	18.2	2:50	18.0
45	18.4	34	17.6	46	18.0	40	17.9	2:30	16.7
44	18.2	33	17.2	45	17.6	39	17.5	2:10	15.3
43	18.0	32	16.8	44	17.4	38	17.1	1:50	14.0
42	17.8	31	16.4	43	17.0	37	16.8	1:30	12.7
41	17.6	30	16.0	42	16.6	36	16.4	1:10	11.3
40	17.4	29	15.6	41	16.0	35	16.1	:50*	10.0
39	17.2	28	15.2	40	15.0	34	15.7		
38	17.0	27	14.8	39	14.0	33	15.4		
37	16.6	26	14.4	38	13.0	32	15.0		
36	16.0	25	14.0	37	12.0	31	14.6		
35	15.6	24	13.6	36	9.0	30	14.3		
34	15.4	23	13.2	35	6.0	29	13.9		
33	15.0	22	12.8	34*	3.0	28	13.6		
32	14.6	21	12.4			27	13.2		
31	14.0	20	12.0			26	12.9		
30	13.6	19	11.6			25	12.5		
29	13.4	18	11.2			24	12.1		
28	13.0	17	10.8			23	11.8		
27	12.0	16	10.4			22	11.4		
26	11.0	15*	10.0			21	11.1		
25	10.6					20	10.7		
24	10.0					19	10.4		
23	7.0					18*	10.0		
22	4.0								
21*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:58	≥ 88	Low Risk	60.0
9:59 - 10:23	83 - 87	Low Risk	59.5
10:24 - 10:37	80 - 82	Low Risk	59.0
10:38 - 10:51	77 - 79	Low Risk	58.5
10:52 - 11:06	74 - 76	Low Risk	58.0
11:07 - 11:22	71 - 73	Low Risk	57.5
11:23 - 11:38	68 - 70	Low Risk	57.0
11:39 - 11:56	65 - 67	Low Risk	56.5
11:57 - 12:14	62 - 64	Low Risk	56.0
12:15 - 12:33	59 - 61	Low Risk	55.5
12:34 - 12:53	56 - 58	Low Risk	55.0
12:54 - 13:14	54 - 55	Low Risk	54.5
13:15 - 13:36	51 - 53	Low Risk	54.0
13:37 - 14:00	48 - 50	Low Risk	53.5
14:01 - 14:25	45 - 47	Moderate Risk	52.0
14:26 - 14:52	42 - 44	Moderate Risk	50.5
14:53 - 15:20	39 - 41	Moderate Risk	49.0
15:21 - 15:50	36 - 38	High Risk	46.5
15:51 - 16:22	33 - 35	High Risk	44.0
16:23 - 16:57	30 - 32	High Risk	41.0
16:58 - 17:34	27 - 29	High Risk	38.0
17:35 - 18:14*	24* - 26	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:14			
20 m HAMR Shuttles ≥ 24 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 44	20.0	≥ 38	20.0	≥ 50	20.0	≥ 44	20.0	≥ 3:15	20.0
43	19.7	37	19.6	49	19.7	43	19.6	3:10	19.7
42	19.4	36	19.2	48	19.4	42	19.3	3:05	19.3
41	19.2	35	18.8	47	19.0	41	18.9	2:59	18.9
40	19.0	34	18.4	46	18.8	40	18.6	2:52	18.5
39	18.8	33	18.0	45	18.4	39	18.2	2:45	18.0
38	18.4	32	17.6	44	18.2	38	17.9	2:25	16.7
37	18.2	31	17.2	43	18.0	37	17.5	2:05	15.3
36	18.0	30	16.8	42	17.6	36	17.1	2:05	15.3
35	17.6	29	16.4	41	17.4	35	16.8	1:45	14.0
34	17.0	28	16.0	40	17.0	34	16.4	1:25	12.7
33	16.8	27	15.6	39	16.0	33	16.1	1:05	11.3
32	16.6	26	15.2	38	15.6	32	15.7	:45*	10.0
31	16.2	25	14.8	37	15.0	31	15.4		
30	16.0	24	14.4	36	14.0	30	15.0		
29	15.0	23	14.0	35	13.0	29	14.6		
28	14.6	22	13.6	34	12.0	28	14.3		
27	14.4	21	13.2	33	9.0	27	13.9		
26	14.0	20	12.8	32	6.0	26	13.6		
25	13.0	19	12.4	31*	3.0	25	13.2		
24	12.0	18	12.0			24	12.9		
23	11.6	17	11.6			23	12.5		
22	11.0	16	11.2			22	12.1		
21	10.0	15	10.8			21	11.8		
20	7.0	14	10.4			20	11.4		
19	4.0	13*	10.0			19	11.1		
18*	1.0					18	10.7		
						17	10.4		
						16*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:10	≥ 86	Low Risk	60.0
10:11 - 10:37	80 - 85	Low Risk	59.5
10:38 - 10:51	77 - 79	Low Risk	59.0
10:52 - 11:06	74 - 76	Low Risk	58.5
11:07 - 11:22	71 - 73	Low Risk	58.0
11:23 - 11:38	68 - 70	Low Risk	57.5
11:39 - 11:56	65 - 67	Low Risk	57.0
11:57 - 12:14	62 - 64	Low Risk	56.5
12:15 - 12:33	59 - 61	Low Risk	56.0
12:34 - 12:53	56 - 58	Low Risk	55.5
12:54 - 13:14	54 - 55	Low Risk	55.0
13:15 - 13:36	51 - 53	Low Risk	54.5
13:37 - 14:00	48 - 50	Low Risk	54.0
14:01 - 14:25	45 - 47	Moderate Risk	53.5
14:26 - 14:52	42 - 44	Moderate Risk	52.0
14:53 - 15:20	39 - 41	Moderate Risk	50.5
15:21 - 15:50	36 - 38	High Risk	49.0
15:51 - 16:22	33 - 35	High Risk	46.5
16:23 - 16:57	30 - 32	High Risk	44.0
16:58 - 17:34	27 - 29	High Risk	41.0
17:35 - 18:14	24 - 26	High Risk	38.0
18:15 - 18:56*	22* - 23	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:56			
20 m HAMR Shuttles ≥ 22 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 44	20.0	≥ 38	20.0	≥ 48	20.0	43	20.0	≥ 3:10	20.0
43	19.8	37	19.6	47	19.7	42	19.7	3:05	19.7
42	19.6	36	19.2	46	19.4	41	19.4	3:00	19.3
41	19.4	35	18.8	45	19.2	40	19.1	2:54	18.9
40	19.2	34	18.4	44	19.0	39	18.8	2:47	18.5
39	19.0	33	18.0	43	18.8	38	18.4	2:40	18.0
38	18.8	32	17.6	42	18.4	37	18.1	2:20	16.7
37	18.4	31	17.2	41	18.0	36	17.8	2:00	15.3
36	18.2	30	16.8	40	17.6	35	17.5	1:40	14.0
35	18.0	29	16.4	39	17.4	34	17.2	1:20	12.7
34	17.6	28	16.0	38	17.0	33	16.9	1:00	11.3
33	17.0	27	15.6	37	16.6	32	16.6	:40*	10.0
32	16.8	26	15.2	36	16.0	31	16.3		
31	16.6	25	14.8	35	15.6	30	15.9		
30	16.2	24	14.4	34	15.0	29	15.6		
29	16.0	23	14.0	33	14.0	28	15.3		
28	15.0	22	13.6	32	13.0	27	15.0		
27	14.6	21	13.2	31	12.0	26	14.7		
26	14.4	20	12.8	30	9.0	25	14.4		
25	14.0	19	12.4	29	6.0	24	14.1		
24	13.0	18	12.0	28*	3.0	23	13.8		
23	12.6	17	11.6			22	13.4		
22	12.0	16	11.2			21	13.1		
21	11.6	15	10.8			20	12.8		
20	11.0	14	10.4			19	12.5		
19	10.6	13*	10.0			18	12.2		
18	10.0					17	11.9		
17	7.0					16	11.6		
16	4.0					15	11.3		
15*	1.0					14	10.9		
						13	10.6		
						12	10.3		
						11*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:37	≥ 80	Low Risk	60.0
10:38 - 11:06	74 - 79	Low Risk	59.5
11:07 - 11:22	71 - 73	Low Risk	59.0
11:23 - 11:38	68 - 70	Low Risk	58.5
11:39 - 11:56	65 - 67	Low Risk	58.0
11:57 - 12:14	62 - 64	Low Risk	57.5
12:15 - 12:33	59 - 61	Low Risk	57.0
12:34 - 12:53	56 - 58	Low Risk	56.5
12:54 - 13:14	54 - 55	Low Risk	56.0
13:15 - 13:36	51 - 53	Low Risk	55.5
13:37 - 14:00	48 - 50	Low Risk	55.0
14:01 - 14:25	45 - 47	Low Risk	54.5
14:26 - 14:52	42 - 44	Low Risk	54.0
14:53 - 15:20	39 - 41	Moderate Risk	53.5
15:21 - 15:50	36 - 38	Moderate Risk	52.0
15:51 - 16:22	33 - 35	Moderate Risk	50.5
16:23 - 16:57	30 - 32	High Risk	48.0
16:58 - 17:34	27 - 29	High Risk	45.5
17:35 - 18:14	24 - 26	High Risk	43.0
18:15 - 18:56	22 - 23	High Risk	40.5
18:57 - 19:43	19 - 21	High Risk	38.0
19:44 - 20:33*	16* - 18	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 20:33			
20 m HAMR Shuttles ≥ 16 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 36	20.0	≥ 35	20.0	≥ 46	20.0	≥ 42	20.0	≥ 3:05	20.0
35	19.7	34	19.6	45	19.7	41	19.7	3:00	19.7
34	19.4	33	19.2	44	19.4	40	19.4	2:55	19.3
33	19.0	32	18.8	43	19.0	39	19.1	2:49	18.9
32	18.8	31	18.3	42	18.8	38	18.8	2:42	18.5
31	18.4	30	17.9	41	18.4	37	18.5	2:35	18.0
30	18.2	29	17.5	40	18.2	36	18.2	2:15	16.7
29	18.0	28	17.1	39	18.0	35	17.9	1:55	15.3
28	17.6	27	16.7	38	17.6	34	17.6	1:35	14.0
27	17.4	26	16.3	37	17.4	33	17.3	1:15	12.7
26	17.0	25	15.8	36	17.0	32	17.0	:55	11.3
25	16.6	24	15.4	35	16.0	31	16.7	:35*	10.0
24	16.0	23	15.0	34	15.6	30	16.4		
23	15.0	22	14.6	33	15.0	29	16.1		
22	14.0	21	14.2	32	14.6	28	15.8		
21	13.0	20	13.8	31	14.0	27	15.5		
20	12.6	19	13.3	30	13.0	26	15.2		
19	12.0	18	12.9	29	12.6	25	14.8		
18	11.6	17	12.5	28	12.0	24	14.5		
17	11.0	16	12.1	27	9.0	23	14.2		
16	10.6	15	11.7	26	6.0	22	13.9		
15	10.0	14	11.3	25*	3.0	21	13.6		
14	7.0	13	10.8			20	13.3		
13	4.0	12	10.4			19	13.0		
12*	1.0	11*	10.0			18	12.7		
						17	12.4		
						16	12.1		
						15	11.8		
						14	11.5		
						13	11.2		
						12	10.9		
						11	10.6		
						10	10.3		
						9*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:51	≥ 77	Low Risk	60.0
10:52 - 11:22	71 - 76	Low Risk	59.5
11:23 - 11:38	68 - 70	Low Risk	59.0
11:39 - 11:56	65 - 67	Low Risk	58.5
11:57 - 12:14	62 - 64	Low Risk	58.0
12:15 - 12:33	59 - 61	Low Risk	57.5
12:34 - 12:53	56 - 58	Low Risk	57.0
12:54 - 13:14	54 - 55	Low Risk	56.5
13:15 - 13:36	51 - 53	Low Risk	56.0
13:37 - 14:00	48 - 50	Low Risk	55.5
14:01 - 14:25	45 - 47	Low Risk	55.0
14:26 - 14:52	42 - 44	Low Risk	54.5
14:53 - 15:20	39 - 41	Moderate Risk	54.0
15:21 - 15:50	36 - 38	Moderate Risk	53.5
15:51 - 16:22	33 - 35	Moderate Risk	52.0
16:23 - 16:57	30 - 32	High Risk	50.5
16:58 - 17:34	27 - 29	High Risk	48.0
17:35 - 18:14	24 - 26	High Risk	45.5
18:15 - 18:56	22 - 23	High Risk	43.0
18:57 - 19:43	19 - 21	High Risk	40.5
19:44 - 20:33	16 - 18	High Risk	38.0
20:34 - 21:28*	13* - 15	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 21:28			
20 m HAMR Shuttles ≥ 13 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 33	20.0	≥ 33	20.0	≥ 44	20.0	≥ 41	20.0	≥ 3:00	20.0
32	19.8	32	19.6	43	19.7	40	19.7	2:55	19.7
31	19.4	31	19.1	42	19.4	39	19.4	2:50	19.3
30	19.0	30	18.7	41	19.0	38	19.1	2:44	18.9
29	18.4	29	18.3	40	18.8	37	18.8	2:37	18.5
28	18.0	28	17.8	39	18.4	36	18.5	2:30	18.0
27	17.8	27	17.4	38	18.2	35	18.2	2:10	16.7
26	17.4	26	17.0	37	18.0	34	17.9	1:50	15.3
25	17.0	25	16.5	36	17.6	33	17.6	1:30	14.0
24	16.8	24	16.1	35	17.4	32	17.3	1:10	12.7
23	15.8	23	15.7	34	17.0	31	17.0	:50	11.3
22	14.8	22	15.2	33	16.0	30	16.7	:30*	10.0
21	14.0	21	14.8	32	15.6	29	16.4		
20	13.0	20	14.3	31	15.0	28	16.1		
19	12.4	19	13.9	30	14.6	27	15.8		
18	11.8	18	13.5	29	14.0	26	15.5		
17	11.4	17	13.0	28	13.6	25	15.2		
16	10.8	16	12.6	27	13.0	24	14.8		
15	10.0	15	12.2	26	12.6	23	14.5		
14	7.0	14	11.7	25	12.0	22	14.2		
13	4.0	13	11.3	24	9.0	21	13.9		
12*	1.0	12	10.9	23	6.0	20	13.6		
		11	10.4	22*	3.0	19	13.3		
		10*	10.0			18	13.0		
						17	12.7		
						16	12.4		
						15	12.1		
						14	11.8		
						13	11.5		
						12	11.2		
						11	10.9		
						10	10.6		
						9	10.3		
						8*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males over 60 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 11:22	≥ 71	Low Risk	60.0
11:23 - 11:56	65 - 70	Low Risk	59.5
11:57 - 12:14	62 - 64	Low Risk	59.0
12:15 - 12:33	59 - 61	Low Risk	58.5
12:34 - 12:53	56 - 58	Low Risk	58.0
12:54 - 13:14	54 - 55	Low Risk	57.5
13:15 - 13:36	51 - 53	Low Risk	57.0
13:37 - 14:00	48 - 50	Low Risk	56.5
14:01 - 14:25	45 - 47	Low Risk	56.0
14:26 - 14:52	42 - 44	Low Risk	55.5
14:53 - 15:20	39 - 41	Low Risk	55.0
15:21 - 15:50	36 - 38	Low Risk	54.5
15:51 - 16:22	33 - 35	Low Risk	54.0
16:23 - 16:57	30 - 32	Moderate Risk	52.5
16:58 - 17:34	27 - 29	Moderate Risk	51.0
17:35 - 18:14	24 - 26	Moderate Risk	49.5
18:15 - 18:56	22 - 23	High Risk	47.0
18:57 - 19:43	19 - 21	High Risk	44.5
19:44 - 20:33	16 - 18	High Risk	41.5
20:34 - 21:28	13 - 15	High Risk	38.5
21:29 - 22:28*	10*- 12	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 22:28			
20 m HAMR Shuttles ≥ 10 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males over 60 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 30	20.0	≥ 30	20.0	≥ 42	20.0	≥ 35	20.0	≥ 2:55	20.0
29	19.5	29	19.5	41	19.7	34	19.6	2:50	19.7
28	19.0	28	19.0	40	19.4	33	19.3	2:45	19.3
27	18.6	27	18.5	39	19.0	32	18.9	2:39	18.9
26	18.0	26	18.0	38	18.8	31	18.6	2:32	18.5
25	17.6	25	17.5	37	18.4	30	18.2	2:25	18.0
24	17.0	24	17.0	36	18.2	29	17.9	2:05	16.7
23	16.0	23	16.5	35	18.0	28	17.5	1:55	16.0
22	15.0	22	16.0	34	17.8	27	17.1	1:25	14.0
21	14.0	21	15.5	33	17.6	26	16.8	1:05	12.7
20	13.0	20	15.0	32	17.2	25	16.4	:45	11.3
19	12.6	19	14.5	31	17.0	24	16.1	:25*	10.0
18	12.0	18	14.0	30	16.0	23	15.7		
17	11.6	17	13.5	29	15.6	22	15.4		
16	11.0	16	13.0	28	15.0	21	15.0		
15	10.6	15	12.5	27	14.6	20	14.6		
14	10.0	14	12.0	26	14.0	19	14.3		
13	7.0	13	11.5	25	13.6	18	13.9		
12	4.0	12	11.0	24	13.0	17	13.6		
11*	1.0	11	10.5	23	12.6	16	13.2		
		10*	10.0	22	12.0	15	12.9		
				21	9.0	14	12.5		
				20	6.0	13	12.1		
				19*	3.0	12	11.8		
						11	11.4		
						10	11.1		
						9	10.7		
						8	10.4		
						7*	10		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:23	≥ 83	Low Risk	60.0
10:24 - 10:51	77 - 82	Low Risk	59.5
10:52 - 11:06	74 - 76	Low Risk	59.0
11:07 - 11:22	71 - 73	Low Risk	58.5
11:23 - 11:38	68 - 70	Low Risk	58.0
11:39 - 11:56	65 - 67	Low Risk	57.5
11:57 - 12:14	62 - 64	Low Risk	57.0
12:15 - 12:33	59 - 61	Low Risk	56.5
12:34 - 12:53	56 - 58	Low Risk	56.0
12:54 - 13:14	54 - 55	Low Risk	55.5
13:15 - 13:36	51 - 53	Low Risk	55.0
13:37 - 14:00	48 - 50	Low Risk	54.5
14:01 - 14:25	45 - 47	Low Risk	54.0
14:26 - 14:52	42 - 44	Low Risk	53.5
14:53 - 15:20	39 - 41	Moderate Risk	52.0
15:21 - 15:50	36 - 38	Moderate Risk	50.5
15:51 - 16:22	33 - 35	Moderate Risk	49.0
16:23 - 16:57	30 - 32	High Risk	46.0
16:58 - 17:34	27 - 29	High Risk	42.5
17:35 - 18:14	24 - 26	High Risk	39.0
18:15 - 18:56*	22* - 23	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:56			
20 m HAMR Shuttles ≥ 22 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 47	20.0	≥ 31	20.0	≥ 54	20.0	≥ 47	20.0	≥ 3:30	20.0
46	19.8	30	19.6	53	19.7	46	19.7	3:25	19.0
45	19.6	29	19.2	52	19.4	45	19.4	3:18	18.7
44	19.4	28	18.8	51	19.0	44	19.2	3:12	18.5
43	19.2	27	18.4	50	18.8	43	18.9	3:05	18.3
42	19.0	26	18.0	49	18.0	42	18.6	2:45	15.9
41	18.8	25	17.6	48	17.8	41	18.3	2:25	15.2
40	18.6	24	17.2	47	17.6	40	18.1	2:05	14.4
39	18.4	23	16.8	46	17.2	39	17.8	1:45	12.1
38	18.2	22	16.4	45	17.0	38	17.5	1:25	11.3
37	18.0	21	16.0	44	16.0	37	17.2	1:05	10.5
36	17.8	20	15.6	43	15.6	36	16.9	1:00	10.3
35	17.6	19	15.2	42	15.0	35	16.7	:55*	10.0
34	17.2	18	14.8	41	14.0	34	16.4		
33	17.0	17	14.4	40	13.6	33	16.1		
32	16.8	16	14.0	39	13.0	32	15.8		
31	16.6	15	13.6	38	12.0	31	15.6		
30	16.4	14	13.2	37	9.0	30	15.3		
29	16.2	13	12.8	36	6.0	29	15.0		
28	16.0	12	12.4	35*	3.0	28	14.7		
27	15.0	11	12.0			27	14.4		
26	14.6	10	11.6			26	14.2		
25	14.4	9	11.2			25	13.9		
24	14.0	8	10.8			24	13.6		
23	13.0	7	10.4			23	13.3		
22	12.6	6*	10.0			22	13.1		
21	12.0					21	12.8		
20	11.6					20	12.5		
19	11.0					19	12.2		
18	10.0					18	11.9		
17	7.0					17	11.7		
16	4.0					16	11.4		
15*	1.0					15	11.1		
						14	10.8		
						13	10.6		
						12	10.3		
* Minimum Component Values						11*	10.0		
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:37	≥ 80	Low Risk	60.0
10:38 - 11:06	74 - 79	Low Risk	59.5
11:07 - 11:22	71 - 73	Low Risk	59.0
11:23 - 11:38	68 - 70	Low Risk	58.5
11:39 - 11:56	65 - 67	Low Risk	58.0
11:57 - 12:14	62 - 64	Low Risk	57.5
12:15 - 12:33	59 - 61	Low Risk	57.0
12:34 - 12:53	56 - 58	Low Risk	56.5
12:54 - 13:14	54 - 55	Low Risk	56.0
13:15 - 13:36	51 - 53	Low Risk	55.5
13:37 - 14:00	48 - 50	Low Risk	55.0
14:01 - 14:25	45 - 47	Low Risk	54.5
14:26 - 14:52	42 - 44	Low Risk	54.0
14:53 - 15:20	39 - 41	Moderate Risk	53.5
15:21 - 15:50	36 - 38	Moderate Risk	52.0
15:51 - 16:22	33 - 35	Moderate Risk	50.5
16:23 - 16:57	30 - 32	High Risk	49.0
16:58 - 17:34	27 - 29	High Risk	45.5
17:35 - 18:14	24 - 26	High Risk	42.0
18:15 - 18:56	22 - 23	High Risk	38.5
18:57 - 19:43*	19* - 21	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 19:43			
20 m HAMR Shuttles ≥ 19 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 47	20.0	≥ 31	20.0	≥ 50	20.0	≥ 45	20.0	≥ 3:25	20.0
46	19.8	30	19.6	49	19.5	44	19.7	3:20	19.8
45	19.6	29	19.2	48	19.0	43	19.4	3:14	19.6
44	19.4	28	18.8	47	18.8	42	19.2	3:07	19.3
43	19.2	27	18.4	46	18.0	41	18.9	3:00	19.1
42	19.0	26	18.0	45	17.8	40	18.6	2:40	16.9
41	18.8	25	17.6	44	17.2	39	18.3	2:20	16.2
40	18.6	24	17.2	43	17.0	38	18.1	2:00	15.5
39	18.4	23	16.8	42	16.0	37	17.8	1:40	13.3
38	18.2	22	16.4	41	15.6	36	17.5	1:20	12.5
37	18.0	21	16.0	40	15.0	35	17.2	1:00	11.8
36	17.8	20	15.6	39	14.6	34	16.9	:55	10.2
35	17.6	19	15.2	38	14.0	33	16.7	:50*	10.0
34	17.2	18	14.8	37	13.6	32	16.4		
33	17.0	17	14.4	36	13.0	31	16.1		
32	16.8	16	14.0	35	12.6	30	15.8		
31	16.6	15	13.6	34	12.0	29	15.6		
30	16.4	14	13.2	33	9.0	28	15.3		
29	16.2	13	12.8	32	6.0	27	15.0		
28	16.0	12	12.4	31*	3.0	26	14.7		
27	15.0	11	12.0			25	14.4		
26	14.6	10	11.6			24	14.2		
25	14.4	9	11.2			23	13.9		
24	14.0	8	10.8			22	13.6		
23	13.0	7	10.4			21	13.3		
22	12.6	6*	10.0			20	13.1		
21	12.0					19	12.8		
20	11.6					18	12.5		
19	11.0					17	12.2		
18	10.6					16	11.9		
17	10.0					15	11.7		
16	7.0					14	11.4		
15	4.0					13	11.1		
14*	1.0					12	10.8		
						11	10.6		
* Minimum Component Values						10	10.3		
						9*	10.0		
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:51	≥ 77	Low Risk	60.0
10:52- 11:22	71 - 76	Low Risk	59.5
11:23 - 11:38	68 - 70	Low Risk	59.0
11:39 - 11:56	65 - 67	Low Risk	58.5
11:57 - 12:14	62 - 64	Low Risk	58.0
12:15 - 12:33	59 - 61	Low Risk	57.5
12:34 - 12:53	56 - 58	Low Risk	57.0
12:54 - 13:14	54 - 55	Low Risk	56.5
13:15 - 13:36	51 - 53	Low Risk	56.0
13:37 - 14:00	48 - 50	Low Risk	55.5
14:01 - 14:25	45 - 47	Low Risk	55.0
14:26 - 14:52	42 - 44	Low Risk	54.5
14:53 - 15:20	39 - 41	Low Risk	54.0
15:21 - 15:50	36 - 38	Moderate Risk	52.5
15:51 - 16:22	33 - 35	Moderate Risk	51.0
16:23 - 16:57	30 - 32	Moderate Risk	49.5
16:58 - 17:34	27 - 29	High Risk	47.0
17:35 - 18:14	24 - 26	High Risk	44.5
18:15 - 18:56	22 - 23	High Risk	42.0
18:57 - 19:43	19 - 21	High Risk	38.5
19:44 - 20:33*	16* - 18	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 20:33			
20 m HAMR Shuttles ≥ 16 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 46	20.0	≥ 31	20.0	≥ 45	20.0	≥ 44	20.0	≥ 3:20	20.0
45	19.9	30	19.6	44	19.7	43	19.7	3:15	19.7
44	19.8	29	19.2	43	19.4	42	19.4	3:09	19.3
43	19.6	28	18.8	42	19.0	41	19.1	3:02	18.8
42	19.4	27	18.4	41	18.8	40	18.9	2:55	18.4
41	19.2	26	18.0	40	18.0	39	18.6	2:35	17.1
40	19.0	25	17.6	39	17.6	38	18.3	2:15	15.8
39	18.8	24	17.2	38	17.0	37	18.0	1:55	14.5
38	18.7	23	16.8	37	16.6	36	17.7	1:35	13.2
37	18.6	22	16.4	36	16.4	35	17.4	1:15	11.9
36	18.4	21	16.0	35	16.0	34	17.1	:55	10.6
35	18.3	20	15.6	34	15.6	33	16.9	:50	10.3
34	18.2	19	15.2	33	15.0	32	16.6	:45*	10.0
33	18.0	18	14.8	32	14.0	31	16.3		
32	17.9	17	14.4	31	13.6	30	16.0		
31	17.8	16	14.0	30	13.0	29	15.7		
30	17.6	15	13.6	29	12.0	28	15.4		
29	17.4	14	13.2	28	9.0	27	15.1		
28	17.3	13	12.8	27	6.0	26	14.9		
27	17.2	12	12.4	26*	3.0	25	14.6		
26	17.0	11	12.0			24	14.3		
25	16.6	10	11.6			23	14.0		
24	16.4	9	11.2			22	13.7		
23	16.0	8	10.8			21	13.4		
22	15.8	7	10.4			20	13.1		
21	15.6	6*	10.0			19	12.9		
20	15.2					18	12.6		
19	15.0					17	12.3		
18	14.0					16	12.0		
17	13.6					15	11.7		
16	13.0					14	11.4		
15	12.0					13	11.1		
14	10.0					12	10.9		
13	7.0					11	10.6		
12	4.0					10	10.3		
11*	1.0					9*	10.0		
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 11:06	≥ 74	Low Risk	60.0
11:07 - 11:38	68 - 73	Low Risk	59.5
11:39 - 11:56	65 - 67	Low Risk	59.0
11:57 - 12:14	62 - 64	Low Risk	58.5
12:15 - 12:33	59 - 61	Low Risk	58.0
12:34 - 12:53	56 - 58	Low Risk	57.5
12:54 - 13:14	54 - 55	Low Risk	57.0
13:15 - 13:36	51 - 53	Low Risk	56.5
13:37 - 14:00	48 - 50	Low Risk	56.0
14:01 - 14:25	45 - 47	Low Risk	55.5
14:26 - 14:52	42 - 44	Low Risk	55.0
14:53 - 15:20	39 - 41	Low Risk	54.5
15:21 - 15:50	36 - 38	Moderate Risk	54.0
15:51 - 16:22	33 - 35	Moderate Risk	52.5
16:23 - 16:57	30 - 32	Moderate Risk	51.0
16:58 - 17:34	27 - 29	High Risk	49.5
17:35 - 18:14	24 - 26	High Risk	47.0
18:15 - 18:56	22 - 23	High Risk	44.0
18:57 - 19:43	19 - 21	High Risk	41.0
19:44 - 20:33	16 - 18	High Risk	38.0
20:34 - 21:28*	13*- 15	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 21:28			
20 m HAMR Shuttles ≥ 13 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 42	20.0	≥ 31	20.0	≥ 43	20.0	≥ 43	20.0	≥ 3:15	20.0
41	19.7	30	19.6	42	19.7	42	19.7	3:10	19.7
40	19.4	29	19.2	41	19.4	41	19.4	3:04	19.3
39	19.0	28	18.8	40	19.0	40	19.2	2:57	18.8
38	18.8	27	18.4	39	18.8	39	18.9	2:50	18.4
37	18.7	26	18.0	38	18.0	38	18.6	2:30	17.1
36	18.6	25	17.6	37	17.6	37	18.3	2:10	15.8
35	18.4	24	17.2	36	17.0	36	18.1	1:50	14.5
34	18.3	23	16.8	35	16.6	35	17.8	1:30	13.2
33	18.1	22	16.4	34	16.4	34	17.5	1:10	11.9
32	18.0	21	16.0	33	16.0	33	17.2	:50	10.6
31	17.9	20	15.6	32	15.6	32	16.9	:45	10.3
30	17.8	19	15.2	31	15.0	31	16.7		10.0
29	17.6	18	14.8	30	14.0	30	16.4		
28	17.4	17	14.4	29	13.6	29	16.1		
27	17.3	16	14.0	28	13.0	28	15.8		
26	17.2	15	13.6	27	12.0	27	15.6		
25	17.0	14	13.2	26	9.0	26	15.3		
24	16.6	13	12.8	25	6.0	25	15.0		
23	16.4	12	12.4	24*	3.0	24	14.7		
22	16.0	11	12.0			23	14.4		
21	15.8	10	11.6			22	14.2		
20	15.6	9	11.2			21	13.9		
19	15.2	8	10.8			20	13.6		
18	15.0	7	10.4			19	13.3		
17	14.0	6*	10.0			18	13.1		
16	13.6					17	12.8		
15	13.0					16	12.5		
14	12.0					15	12.2		
13	10.0					14	11.9		
12	7.0					13	11.7		
11	4.0					12	11.4		
10*	1.0					11	11.1		
						10	10.8		
						9	10.6		
						8	10.3		
* Minimum Component Values						7*	10		
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 11:22	≥ 71	Low Risk	60.0
11:23 - 11:56	65 - 70	Low Risk	59.5
11:57 - 12:14	62 - 64	Low Risk	59.0
12:15 - 12:33	59 - 61	Low Risk	58.5
12:34 - 12:53	56 - 58	Low Risk	58.0
12:54 - 13:14	54 - 55	Low Risk	57.5
13:15 - 13:36	51 - 53	Low Risk	57.0
13:37 - 14:00	48 - 50	Low Risk	56.5
14:01 - 14:25	45 - 47	Low Risk	56.0
14:26 - 14:52	42 - 44	Low Risk	55.5
14:53 - 15:20	39 - 41	Low Risk	55.0
15:21 - 15:50	36 - 38	Low Risk	54.5
15:51 - 16:22	33 - 35	Low Risk	54.0
16:23 - 16:57	30 - 32	Moderate Risk	53.5
16:58 - 17:34	27 - 29	Moderate Risk	52.0
17:35 - 18:14	24 - 26	Moderate Risk	50.5
18:15 - 18:56	22 - 23	High Risk	48.0
18:57 - 19:43	19 - 21	High Risk	45.5
19:44 - 20:33	16 - 18	High Risk	42.0
20:34 - 21:28	13 - 15	High Risk	38.5
21:29 - 22:28*	10*- 12	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 22:28			
20 m HAMR Shuttles ≥ 10 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 38	20.0	≥ 28	20.0	≥ 41	20.0	≥ 42	20.0	≥ 3:10	20.0
37	19.8	27	19.6	40	19.7	41	19.7	3:05	19.7
36	19.6	26	19.2	39	19.4	40	19.4	2:59	19.3
35	19.4	25	18.8	38	19.0	39	19.2	2:52	18.8
34	19.2	24	18.4	37	18.8	38	18.9	2:45	18.4
33	19.0	23	18.0	36	18.4	37	18.6	2:25	17.1
32	18.8	22	17.6	35	18.2	36	18.3	2:05	15.8
31	18.4	21	17.2	34	18.0	35	18.1	1:45	14.5
30	18.2	20	16.8	33	17.6	34	17.8	1:25	13.2
29	18.0	19	16.4	32	17.0	33	17.5	1:05	11.9
28	17.8	18	16.0	31	16.6	32	17.2	:45	10.6
27	17.6	17	15.6	30	16.4	31	16.9	:40	10.3
26	17.4	16	15.2	29	16.0	30	16.7	:35*	10.0
25	17.3	15	14.8	28	15.0	29	16.4		
24	17.2	14	14.4	27	14.0	28	16.1		
23	17.0	13	14.0	26	13.6	27	15.8		
22	16.8	12	13.6	25	12.8	26	15.6		
21	16.6	11	13.2	24	12.0	25	15.3		
20	16.4	10	12.8	23	9.0	24	15.0		
19	16.2	9	12.4	22	6.0	23	14.7		
18	16.0	8	12.0	21*	3.0	22	14.4		
17	15.6	7	11.6			21	14.2		
16	15.0	6	11.2			20	13.9		
15	14.0	5	10.8			19	13.6		
14	13.0	4*	10.0			18	13.3		
13	12.0					17	13.1		
12	11.0					16	12.8		
11	10.0					15	12.5		
10	7.0					14	12.2		
9	4.0					13	11.9		
8*	1.0					12	11.7		
						11	11.4		
						10	11.1		
						9	10.8		
						8	10.6		
						7	10.3		
* Minimum Component Values						6*	10.0		
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 11:38	≥ 68	Low Risk	60.0
11:39 - 12:14	62 - 67	Low Risk	59.5
12:15 - 12:33	59 - 61	Low Risk	59.0
12:34 - 12:53	56 - 58	Low Risk	58.5
12:54 - 13:14	54 - 55	Low Risk	58.0
13:15 - 13:36	51 - 53	Low Risk	57.5
13:37 - 14:00	48 - 50	Low Risk	57.0
14:01 - 14:25	45 - 47	Low Risk	56.5
14:26 - 14:52	42 - 44	Low Risk	56.0
14:53 - 15:20	39 - 41	Low Risk	55.5
15:21 - 15:50	36 - 38	Low Risk	55.0
15:51 - 16:22	33 - 35	Low Risk	54.5
16:23 - 16:57	30 - 32	Moderate Risk	54.0
16:58 - 17:34	27 - 29	Moderate Risk	53.5
17:35 - 18:14	24 - 26	Moderate Risk	52.0
18:15 - 18:56	22 - 23	High Risk	50.5
18:57 - 19:43	19 - 21	High Risk	48.0
19:44 - 20:33	16 - 18	High Risk	45.0
20:34 - 21:28	13 - 15	High Risk	42.0
21:29 - 22:28	10 - 12	High Risk	38.5
22:29 - 23:34*	7* - 9	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 23:34			
20 m HAMR Shuttles ≥ 7 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 37	20.0	≥ 28	20.0	≥ 35	20.0	≥ 40	20.0	≥ 3:05	20.0
36	19.8	27	19.6	34	19.7	39	19.7	3:00	19.7
35	19.6	26	19.2	33	19.4	38	19.4	2:54	19.3
34	19.4	25	18.8	32	19.0	37	19.1	2:47	18.8
33	19.2	24	18.4	31	18.8	36	18.8	2:40	18.4
32	19.0	23	18.0	30	18.0	35	18.5	2:20	17.1
31	18.8	22	17.6	29	17.6	34	18.2	2:00	15.8
30	18.6	21	17.2	28	17.0	33	17.9	1:40	14.5
29	18.4	20	16.8	27	16.6	32	17.6	1:20	13.2
28	18.2	19	16.4	26	16.0	31	17.4	1:00	11.9
27	18.0	18	16.0	25	15.0	30	17.1	:40	10.6
26	17.8	17	15.6	24	14.0	29	16.8	:35	10.3
25	17.6	16	15.2	23	13.0	28	16.5	:30*	10.0
24	17.4	15	14.8	22	12.0	27	16.2		
23	17.2	14	14.4	21	9.0	26	15.9		
22	17.0	13	14.0	20	6.0	25	15.6		
21	16.8	12	13.6	19*	3.0	24	15.3		
20	16.6	11	13.2			23	15.0		
19	16.4	10	12.8			22	14.7		
18	16.2	9	12.4			21	14.4		
17	16.0	8	12.0			20	14.1		
16	15.6	7	11.6			19	13.8		
15	15.0	6	11.2			18	13.5		
14	14.0	5	10.8			17	13.2		
13	13.0	4*	10.0			16	12.9		
12	12.0					15	12.6		
11	11.0					14	12.4		
10	10.0					13	12.1		
9	7.0					12	11.8		
8	4.0					11	11.5		
7*	1.0					10	11.2		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 12:53	≥ 56	Low Risk	60.0
12:54 - 13:36	51 - 55	Low Risk	59.5
13:37 - 14:00	48 - 50	Low Risk	59.0
14:01 - 14:25	45 - 47	Low Risk	58.5
14:26 - 14:52	42 - 44	Low Risk	58.0
14:53 - 15:20	39 - 41	Low Risk	57.5
15:21 - 15:50	36 - 38	Low Risk	57.0
15:51 - 16:22	33 - 35	Low Risk	56.5
16:23 - 16:57	30 - 32	Low Risk	56.0
16:58 - 17:34	27 - 29	Low Risk	55.5
17:35 - 18:14	24 - 26	Low Risk	55.0
18:15 - 18:56	22 - 23	Moderate Risk	53.5
18:57 - 19:43	19 - 21	Moderate Risk	52.0
19:44 - 20:33	16 - 18	High Risk	49.5
20:34 - 21:28	13 - 15	High Risk	46.0
21:29 - 22:28	10 - 12	High Risk	42.5
22:29 - 23:34	7 - 9	High Risk	39.0
23:35 - 24:46*	5* - 6	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 24:46			
20 m HAMR Shuttles ≥ 5 Shuttles			
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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 35	20.0	≥ 25	20.0	≥ 32	20.0	≥ 39	20.0	≥ 3:00	20.0
34	19.8	24	19.6	31	19.5	38	19.7	2:55	19.7
33	19.6	23	19.2	30	19.0	37	19.4	2:49	19.3
32	19.4	22	18.8	29	18.0	36	19.1	2:42	18.8
31	19.2	21	18.4	28	17.8	35	18.8	2:35	18.4
30	19.0	20	18.0	27	17.6	34	18.5	2:15	17.1
29	18.8	19	17.6	26	17.2	33	18.2	1:55	15.8
28	18.6	18	17.2	25	17.0	32	17.9	1:35	14.5
27	18.4	17	16.8	24	16.0	31	17.6	1:15	13.2
26	18.2	16	16.4	23	15.0	30	17.3	:55	11.9
25	18.0	15	16.0	22	14.0	29	17.0	:35	10.6
24	17.6	14	15.6	21	13.0	28	16.7	:30	10.3
23	17.4	13	15.2	20	12.0	27	16.4	:25*	10.0
22	17.3	12	14.8	19	9.0	26	16.1		
21	17.2	11	14.4	18	6.0	25	15.8		
20	17.0	10	14.0	17*	3.0	24	15.5		
19	16.8	9	13.6			23	15.2		
18	16.6	8	13.2			22	14.8		
17	16.4	7	12.8			21	14.5		
16	16.2	6	12.4			20	14.2		
15	16.0	5	12.0			19	13.9		
14	15.0	4	11.6			18	13.6		
13	14.0	3	11.2			17	13.3		
12	13.0	2	10.8			16	13.0		
11	12.0	1*	10.0			15	12.7		
10	11.0					14	12.4		
9	10.0					13	12.1		
8	7.0					12	11.8		
7	4.0					11	11.5		
6*	1.0					10	11.2		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 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 Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 13:14	≥ 54	Low Risk	60.0
13:15 - 14:00	48 - 53	Low Risk	59.5
14:01 - 14:25	45 - 47	Low Risk	59.0
14:26 - 14:52	42 - 44	Low Risk	58.5
14:53 - 15:20	39 - 41	Low Risk	58.0
15:21 - 15:50	36 - 38	Low Risk	57.5
15:51 - 16:22	33 - 35	Low Risk	57.0
16:23 - 16:57	30 - 32	Low Risk	56.5
16:58 - 17:34	27 - 29	Low Risk	56.0
17:35 - 18:14	24 - 26	Low Risk	55.5
18:15 - 18:56	22 - 23	Moderate Risk	55.0
18:57 - 19:43	19 - 21	Moderate Risk	53.5
19:44 - 20:33	16 - 18	High Risk	52.0
20:34 - 21:28	13 - 15	High Risk	49.0
21:29 - 22:28	10 - 12	High Risk	46.0
22:29 - 23:34	7 - 9	High Risk	43.0
23:35 - 24:46	5 - 6	High Risk	39.0
24:47 - 26:06*	2* - 4	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 26:06			
20 m HAMR Shuttles ≥ 2 Shuttles			
Composite Score Categories			
Excellent ≥ 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									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 28	20.0	≥ 25	20.0	≥ 32	20.0	≥ 38	20.0	≥ 2:55	20.0
27	19.7	24	19.6	31	19.7	37	19.7	2:50	19.7
26	19.4	23	19.2	30	19.4	36	19.4	2:44	19.3
25	19.2	22	18.8	29	19.2	35	19.1	2:37	18.8
24	19.0	21	18.4	28	19.0	34	18.8	2:30	18.4
23	18.6	20	18.0	27	18.0	33	18.4	2:10	17.1
22	18.0	19	17.6	26	17.8	32	18.1	1:50	15.8
21	17.6	18	17.2	25	17.6	31	17.8	1:30	14.5
20	17.2	17	16.8	24	17.2	30	17.5	1:10	13.2
19	17.0	16	16.4	23	17.0	29	17.2	:50	11.9
18	16.8	15	16.0	22	16.0	28	16.9	:30	10.6
17	16.6	14	15.6	21	15.0	27	16.6	:25	10.3
16	16.4	13	15.2	20	14.6	26	16.3	:20*	10.0
15	16.2	12	14.8	19	14.0	25	15.9		
14	16.0	11	14.4	18	13.6	24	15.6		
13	15.0	10	14.0	17	13.0	23	15.3		
12	14.0	9	13.6	16	12.6	22	15.0		
11	13.0	8	13.2	15	12.0	21	14.7		
10	12.0	7	12.8	14	9.0	20	14.4		
9	11.0	6	12.4	13	6.0	19	14.1		
8	10.0	5	12.0	12*	3.0	18	13.8		
7	7.0	4	11.6			17	13.4		
6	4.0	3	11.2			16	13.1		
5*	1.0	2	10.8			15	12.8		
		1*	10.0			14	12.5		
						13	12.2		
						12	11.9		
						11	11.6		
						10	11.3		
						9	10.9		
						8	10.6		
						7	10.3		
						6*	10.0		
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
Final Version									

USAF Fitness Assessment Scoring / Females over 60 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 14:00	≥ 48	Low Risk	60.0
14:01 - 14:52	42 - 47	Low Risk	59.5
14:53 - 15:20	39 - 41	Low Risk	59.0
15:21 - 15:50	36 - 38	Low Risk	58.5
15:51 - 16:22	33 - 35	Low Risk	58.0
16:23 - 16:57	30 - 32	Low Risk	57.5
16:58 - 17:34	27 - 29	Low Risk	57.0
17:35 - 18:14	24 - 26	Low Risk	56.5
18:15 - 18:56	22 - 23	Low Risk	56.0
18:57 - 19:43	19 - 21	Low Risk	55.5
19:44 - 20:33	16 - 18	Moderate Risk	54.0
20:34 - 21:28	13 - 15	Moderate Risk	52.5
21:29 - 22:28	10 - 12	Moderate Risk	51.0
22:29 - 23:34	7 - 9	High Risk	47.0
23:35 - 24:46	5 - 6	High Risk	43.0
24:47 - 26:06	2 - 4	High Risk	39.0
26:07 - 27:27*	1*	High Risk	35.0
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 *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 27:27			
20 m HAMR Shuttles ≥ 1 Shuttle			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females over 60 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 21	20.0	≥ 24	20.0	≥ 31	20.0	≥ 32	20.0	≥ 2:50	20.0
20	19.5	23	19.6	30	19.7	31	19.6	2:45	19.7
19	19.0	22	19.2	29	19.4	30	19.3	2:39	19.3
18	18.8	21	18.8	28	19.0	29	18.9	2:32	18.8
17	18.0	20	18.4	27	18.8	28	18.5	2:25	18.4
16	17.6	19	18.0	26	18.0	27	18.1	2:05	17.1
15	17.0	18	17.6	25	17.8	26	17.8	1:45	15.8
14	16.0	17	17.2	24	17.6	25	17.4	1:25	14.5
13	15.0	16	16.8	23	17.4	24	17.0	1:05	13.2
12	14.0	15	16.4	22	17.2	23	16.7	:30	11.0
11	13.0	14	16.0	21	17.0	22	16.3	:25	10.6
10	12.0	13	15.6	20	16.8	21	15.9	:20	10.3
9	11.4	12	15.2	19	16.6	20	15.6	:15*	10.0
8	10.6	11	14.8	18	16.4	19	15.2		
7	10.0	10	14.4	17	16.0	18	14.8		
6	7.0	9	14.0	16	15.6	17	14.4		
5	4.0	8	13.6	15	15.0	16	14.1		
4*	1.0	7	13.2	14	14.6	15	13.7		
		6	12.8	13	14.0	14	13.3		
		5	12.4	12	13.0	13	13.0		
		4	12.0	11	12.0	12	12.6		
		3	11.6	10	9.0	11	12.2		
		2	11.2	9	6.0	10	11.9		
		1*	10.0	8*	3.0	9	11.5		
						8	11.1		
						7	10.7		
						6	10.4		
						5*	10.0		
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
Final Version									