## USAF Fitness Test Scoring /Females 30-39 years of age

| Cardiorespiratory Endurance |  |  | Body Composition |  |  | Muscle Fitness |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Run Time <br> (mins:secs) | Health Risk Category | Points | $\begin{gathered} \hline \mathrm{AC} \\ \text { (inches) } \end{gathered}$ | Health Risk Category | Points | Push-ups (reps/min) | Points | Sit-ups (reps/min) | Points |
| $\leq 10: 51$ | Low-Risk | 60.0 | $\leq 29.0$ | Low Risk | 20.0 | $\geq 46$ | 10.0 | $\geq 45$ | 10.0 |
| 10:52-11:22 | Low-Risk | 59.5 | 29.5 | Low Risk | 20.0 | 40 | 9.5 | 42 | 9.5 |
| 11:23-11:38 | Low-Risk | 59.0 | 30.0 | Low Risk | 20.0 | 39 | 9.4 | 41 | 9.4 |
| 11:39-11:56 | Low-Risk | 58.6 | 30.5 | Low Risk | 20.0 | 38 | 9.3 | 40 | 9.0 |
| 11:57-12:14 | Low-Risk | 58.1 | 31.0 | Low Risk | 20.0 | 37 | 9.3 | 39 | 8.8 |
| 12:15-12:33 | Low-Risk | 57.6 | 31.5 | Low Risk | 20.0 | 36 | 9.2 | 38 | 8.5 |
| 12:34-12:53 | Low-Risk | 57.0 | 32.0 | Moderate Risk | 17.6 | 35 | 9.1 | 37 | 8.3 |
| 12:54-13:14 | Low-Risk | 56.2 | 32.5 | Moderate Risk | 17.1 | 34 | 9.1 | 36 | 8.2 |
| 13:15-13:36 | Low-Risk | 55.3 | 33.0 | Moderate Risk | 16.5 | 33 | 9.0 | 35 | 8.0 |
| 13:37-14:00 | Low-Risk | 54.2 | 33.5 | Moderate Risk | 15.9 | 32 | 8.9 | 34 | 7.8 |
| 14:01-14:25 | Low-Risk | 52.8 | 34.0\# | Moderate Risk | 15.2 | 31 | 8.9 | 33.\# | 7.5 |
| 14:26-14:52 | Low-Risk | 51.2 | 34.5 | Moderate Risk | 14.5 | 30 | 8.8 | 32 | 7.0 |
| 14:53-15:20 | Low-Risk | 49.3 | 35.0 | Moderate Risk | 13.7 | 29 | 8.7 | 31 | 6.8 |
| 15:21-15:50\# | Moderate Risk | 46.9 | 35.5* | Moderate Risk | 12.8 | 28 | 8.6 | 30 | 6.5 |
| 15:51-16:22 | Moderate Risk | 44.1 | 36.0 | High Risk | 0 | 27 | 8.6 | 29 * | 6.0 |
| 16:23-16:57* | Moderate Risk | 40.8 | 36.5 | High Risk | 0 | 26 | 8.5 | 28 | 0 |
| 16:58-17:34 | High Risk | 0 | 37.0 | High Risk | 0 | 25 | 8.3 | 27 | 0 |
| 17:35-18:14 | High Risk | 0 | 37.5 | High Risk | 0 | 24 | 8.2 | 26 | 0 |
| 18:15-18:56 | High Risk | 0 | 38.0 | High Risk | 0 | 23 | 8.0 | 25 | 0 |
| 18:57-19:43 | High Risk | 0 | 38.5 | High Risk | 0 | 22 | 7.9 | 24 | 0 |
| 19:44-20:33 | High Risk | 0 | 39.0 | High Risk | 0 | 21 | 7.8 | 23 | 0 |
| $\geq 20: 34$ | High Risk | 0 | 39.5 | High Risk | 0 | 20 | 7.6 | 22 | 0 |
|  |  |  | $\geq 40.0$ | High Risk | 0 | 19 \# | 7.5 | 21 | 0 |
|  |  |  |  |  |  | 18 | 7.0 | 20 | 0 |
| NOTES: |  |  |  |  |  | 17 | 6.8 | 19 | 0 |
| Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems |  |  |  |  |  | 16 | 6.5 | 18 | 0 |
|  |  |  |  |  |  | 15 | 6.0 | 17 | 0 |
|  |  |  |  |  |  | 14* | 5.0 | 16 | 0 |
| Passing Requirements - member must: 1) meet minimum value in each of |  |  |  |  |  | 13 | 0 | 15 | 0 |
| the four components, and 2) achieve a composite point total $\geq 75$ points |  |  |  |  |  | 12 | 0 | $\leq 14$ | 0 |
|  |  |  |  |  |  | 11 | 0 |  |  |
| * Minimum Con | mponent Values |  |  |  |  | 10 | 0 |  |  |
| Run time $\leq 16: 5$ | mins:secs / Ab | d Circ | 5 inches |  |  | 9 | 0 |  |  |
| Push-ups $\geq 14$ repetitions/one minute/ Sit-ups $\geq 29$ repetitions/one minute |  |  |  |  |  | 8 | 0 |  |  |
|  |  |  |  |  |  | 7 | 0 |  |  |
| \# Target Comp | onent Values |  |  |  |  | 6 | 0 |  |  |
| Member should attain or surpass these to achieve $\geq 75.0$ composite score |  |  |  |  |  | $\leq 5$ | 0 |  |  |
|  |  |  |  |  |  |  |  |  |  |
| Composite Score Categories |  |  |  |  |  |  |  |  |  |
| Excellent $\geq 90.0$ pts $/$ Satisfactory $=75.0-89.9 /$ Unsatisfactory $<75.0$ |  |  |  |  |  |  |  |  |  |

