<table>
<thead>
<tr>
<th>Cardiorespiratory Endurance</th>
<th>Body Composition</th>
<th>Muscle Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Run Time (mins:secs)</td>
<td>Health Risk Category</td>
<td>Health Risk Category</td>
</tr>
<tr>
<td>≤ 11:00</td>
<td>Low-Risk</td>
<td>≤ 29.0 Low Risk</td>
</tr>
<tr>
<td>14:01 - 14:52</td>
<td>Low-Risk</td>
<td>29.5 Low Risk</td>
</tr>
<tr>
<td>14:53 - 15:20</td>
<td>Low-Risk</td>
<td>30.0 Low Risk</td>
</tr>
<tr>
<td>15:21 - 15:50</td>
<td>Low-Risk</td>
<td>30.5 Low Risk</td>
</tr>
<tr>
<td>15:51 - 16:22</td>
<td>Low-Risk</td>
<td>31.0 Low Risk</td>
</tr>
<tr>
<td>16:23 - 16:57</td>
<td>Low-Risk</td>
<td>31.5 Low Risk</td>
</tr>
<tr>
<td>16:58 - 17:34</td>
<td>Low-Risk</td>
<td>32.0 Moderate Risk</td>
</tr>
<tr>
<td>17:35 - 18:14</td>
<td>Low-Risk</td>
<td>32.5 Moderate Risk</td>
</tr>
<tr>
<td>18:15 - 18:56</td>
<td>Low-Risk</td>
<td>33.0 Moderate Risk</td>
</tr>
<tr>
<td>18:57 - 19:43</td>
<td>Low-Risk</td>
<td>33.5 Moderate Risk</td>
</tr>
<tr>
<td>19:44 - 20:33</td>
<td>Moderate Risk</td>
<td>34.0 Moderate Risk</td>
</tr>
<tr>
<td>20:34 - 21:28</td>
<td>Moderate Risk</td>
<td>34.5 Moderate Risk</td>
</tr>
<tr>
<td>21:29 - 22:28</td>
<td>Moderate Risk</td>
<td>35.0 Moderate Risk</td>
</tr>
<tr>
<td>22:29 - 23:34</td>
<td>High Risk</td>
<td>35.5 Moderate Risk</td>
</tr>
<tr>
<td>23:35 - 24:46</td>
<td>High Risk</td>
<td>36.0 High Risk</td>
</tr>
<tr>
<td>24:47 - 26:06</td>
<td>High Risk</td>
<td>36.5 High Risk</td>
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<tr>
<td>≥ 26:07</td>
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<tr>
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<td>38.0 High Risk</td>
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<tr>
<td></td>
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<td>38.5 High Risk</td>
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<tr>
<td></td>
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<tr>
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<td>39.5 High Risk</td>
</tr>
<tr>
<td></td>
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<td>≥ 40.0 High Risk</td>
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<td>2 0</td>
</tr>
</tbody>
</table>

**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) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points

* Minimum Component Values
- Run time ≤ 22:28 mins:secs / Abd Circ ≤ 35.5 inches
- Push-ups ≥ 7 repetitions/one minute / Sit-ups ≥ 11 repetitions/one minute

# Target Component Values
- Member should attain or surpass these to achieve ≥ 75.0 composite score

Composite Score Categories
- Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0