Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 10:37	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 46	10.0
10:38 - 11:06	Low-Risk	59.7	33.0	Low-Risk	20.0	39	9.5	43	9.5
11:07 - 11:22	Low-Risk	59.4	33.5	Low-Risk	20.0	38	9.4	42	9.4
11:23 - 11:38	Low-Risk	59.0	34.0	Low-Risk	20.0	37	9.4	41	9.2
11:39 - 11:56	Low-Risk	58.5	34.5	Low-Risk	20.0	36	9.3	40	9.1
11:57 - 12:14	Low-Risk	58.0	35.0	Low-Risk	20.0	35	9.3	39	9.0
12:15 - 12:33	Low-Risk	57.3	35.5	Moderate Risk	17.6	34	9.2	38	8.8
12:34 - 12:53	Low-Risk	56.5	36.0	Moderate Risk	17.0	33	9.2	37	8.7
12:54 - 13:14	Low-Risk	55.6	36.5	Moderate Risk	16.4	32	9.1	36	8.5
13:15 - 13:36	Low-Risk	54.5	37.0	Moderate Risk	15.8	31	9.1	35	8.0
13:37 - 14:00	Low-Risk	53.3	37.5 #	Moderate Risk	15.1	30	9.0	34	7.8
14:01 - 14:25	Low-Risk	51.8	38.0	Moderate Risk	14.4	29	8.8	33 #	7.5
14:26 - 14:52	Low-Risk	50.0	38.5	Moderate Risk		28	8.5	32	7.3
14:53 - 15:20	Moderate Risk	47.9	39.0 *	Moderate Risk		27	8.3	31	7.0
	Moderate Risk	45.4	39.5	High Risk	0	26	8.2	30	6.5
	Moderate Risk	42.4	40.0	High Risk	0	25	8.0	29	6.3
16:23 - 16:57	High Risk	0	40.5	High Risk	0	24 #	7.5	28 *	6.0
16:58 - 17:34	High Risk	0	41.0	High Risk	0	23	7.3	27	0
17:35 - 18:14	High Risk	0	41.5	High Risk	0	22	7.2	26	0
18:15 - 18:56	High Risk	0	42.0	High Risk	0	21	7.0	25	0
18:57 - 19:43	High Risk	0	42.5	High Risk	0	20	6.5	24	0
19:44 - 20:33	High Risk	0	43.0	High Risk	0	19	6.0	23	0
≥ 20:34	High Risk	0	≥ 43.5	High Risk	0	18	5.8	22	0
						17	5.5	21	0
NOTES:						16	5.3	20	0
	tegory = low, mo	derate or	high risk fo	or current and fu	ture	15 *	5.0	19	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						14	0	18	0
	,			/		13	0	17	0
Passing Requirements - member must: 1) meet minimum value in each of						12	0	16	0
the four components, and 2) achieve a composite point total \geq 75 points						11	0	15	0
						10	0	≤ 14	0
* Minimum Co	mponent Values					9	ů 0		
Run time ≤ 16:22 mins:secs / Abd Circ ≤ 39.0 inches						8	ů 0		
Push-ups \geq 15 repetitions/one minute / Sit-ups \geq 28 repetitions/one minute						7	0		
						6	ů ů		
# Target Comp	onent Values					≤ 5	ů 0		
		ss these t	o achieve 3	≥ 75.0 composite	score				
	a accant or scarpa			composite					
Composite Sco	re Categories								
-	-	$n_{\rm r} = 75.0$	80 0 / I Inc	atisfactory < 75.	0				

USAF Fitness Test Scoring /Males 50 – 59 years of age