

**TABLE 9.1 FITNESSGRAM Standards for Healthy Fitness Zone**

GIRLS														
Age	VO <sub>2</sub> max (ml · kg <sup>-1</sup> · min <sup>-1</sup> )		PACER (no. of laps)		One-mile run (min:sec)		Walk test (VO <sub>2</sub> max)		Percent fat		Body mass index		Curl-up (no. completed)	
	5			Participa- tion in run. Lap count standards not recom- mended.		Comple- tion of dis- tance. Time standards not recom- mended.				32	17	21	16.2	2
6			32							17	21	16.2	2	10
7			32							17	22	16.2	4	14
8			32							17	22	16.2	6	20
9			32							17	23	16.2	9	22
10	40	48	15	41	12:30	9:30			32	17	23.5	16.6	12	26
11	39	47	15	41	12:00	9:00			32	17	24	16.9	15	29
12	38	46	23	41	12:00	9:00			32	17	24.5	16.9	18	32
13	37	45	23	51	11:30	9:00	37	45	32	17	24.5	17.5	18	32
14	36	44	23	51	11:00	8:30	36	44	32	17	25	17.5	18	32
15	35	43	23	51	10:30	8:00	35	43	32	17	25	17.5	18	35
16	35	43	32	61	10:00	8:00	35	43	32	17	25	17.5	18	35
17	35	43	41	61	10:00	8:00	35	43	32	17	26	17.5	18	35
17+	35	43	41	61	10:00	8:00	35	43	32	17	27.3	18.0	18	35

Age	Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
	5	6	12	3	8	2	7	1	2	2		
6	6	12	3	8	2	7	1	2	2	8	9	
7	6	12	4	10	3	9	1	2	3	8	9	
8	6	12	5	13	4	11	1	2	3	10	9	
9	6	12	6	15	4	11	1	2	4	10	9	
10	9	12	7	15	4	13	1	2	4	10	9	
11	9	12	7	15	4	13	1	2	6	12	10	
12	9	12	7	15	4	13	1	2	7	12	10	
13	9	12	7	15	4	13	1	2	8	12	10	
14	9	12	7	15	4	13	1	2	8	12	10	
15	9	12	7	15	4	13	1	2	8	12	12	
16	9	12	7	15	4	13	1	2	8	12	12	
17	9	12	7	15	4	13	1	2	8	12	12	
17+	9	12	7	15	4	13	1	2	8	12	12	

Number on left is lower end of HFZ; number on right is upper end of HFZ.

\*Test scored Pass/Fail; must reach this distance to pass.