

TABLE 9.2

FITNESSGRAM Standards for Healthy Fitness Zone

GIRLS														
Age	VO ₂ max (ml · kg ⁻¹ · min ⁻¹)		20-meter PACER (Enter # laps in software)		15-meter PACER (Use conversion chart; enter in software)†		One-mile run (min:sec)		Walk test (VO ₂ max)		Percent fat		Body mass index	
5			Participation in run.				Completion of distance.				32	17	21	16.2
6			Lap count standards not recommended.				Time standards not recommended.				32	17	21	16.2
7									32	17	22	16.2		
8									32	17	22	16.2		
9									32	13	23	13.5		
10	39	47	7	41	9	54	12:30	9:30			32	13	23.5	13.7
11	38	46	15	41	19	54	12:00	9:00			32	13	24	14.0
12	37	45	15	41	19	54	12:00	9:00			32	13	24.5	14.5
13	36	44	23	51	30	67	11:30	9:00	36	44	32	13	24.5	14.9
14	35	43	23	51	30	67	11:00	8:30	35	43	32	13	25	15.4
15	35	43	32	51	42	67	10:30	8:00	35	43	32	13	25	16.0
16	35	43	32	61	42	80	10:00	8:00	35	43	32	13	25	16.4
17	35	43	41	61	54	80	10:00	8:00	35	43	32	13	26	16.8
17+	35	43	41	72	54	94	10:00	8:00	35	43	32	13	27.3	17.2

Age	Curl-up (no. completed)		Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
5	2	10	6	12	3	8	2	7	2	8	9	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.
6	2	10	6	12	3	8	2	7	2	8	9	
7	4	14	6	12	4	10	3	9	3	8	9	
8	6	20	6	12	5	13	4	11	3	10	9	
9	9	22	6	12	6	15	4	11	4	10	9	
10	12	26	9	12	7	15	4	13	4	10	9	
11	15	29	9	12	7	15	4	13	6	12	10	
12	18	32	9	12	7	15	4	13	7	12	10	
13	18	32	9	12	7	15	4	13	8	12	10	
14	18	32	9	12	7	15	4	13	8	12	10	
15	18	35	9	12	7	15	4	13	8	12	12	
16	18	35	9	12	7	15	4	13	8	12	12	
17	18	35	9	12	7	15	4	13	8	12	12	
17+	18	35	9	12	7	15	4	13	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.

†Conversion chart on page 94.