



The President's Challenge Physical Fitness Program

National Physical Fitness Award Qualifying Standards

<u>Sex</u>	<u>Age</u>	<u>Curl-ups</u>	<u>Partial Curl-ups</u>	<u>Shuttle Run</u>	<u>V-Sit Reach</u>	<u>Sit and Reach</u>	<u>One-Mile Run</u>	<u>1/4-Mile Run</u>	<u>1/2-Mile Run</u>	<u>Pull-ups</u>	<u>Right Angle Push-ups</u>	<u>Flexed-Arm Hang</u>
F	6	23	10	13.8	2.5	27	13:12	2:26		1	6	5
F	7	25	13	13.2	2.0	27	12:56	2:21		1	8	6
F	8	29	17	12.9	2.0	28	12:30		4:56	1	9	8
F	9	30	20	12.5	2.0	28	11:52		4:50	1	12	8
F	10	30	24	12.1	3.0	28	11:22			1	13	8
F	11	32	27	11.5	3.0	29	11:17			1	11	7
F	12	35	30	11.3	3.5	30	11:05			1	10	7
F	13	37	40	11.1	3.5	31	10:23			1	11	8
F	14	37	30	11.2	4.5	33	10:06			1	10	9
F	15	36	26	11.0	5.0	36	9:58			1	15	7
F	16	35	26	10.9	5.5	34	10:31			1	12	7
F	17	34	40	11.0	4.5	35	10:22			1	16	7
M	6	22	10	13.3	1.0	26	12:36	2:21		1	7	6
M	7	28	13	12.8	1.0	25	11:40	2:10		1	8	8
M	8	31	17	12.2	0.5	25	11:05		4:22	1	9	10
M	9	32	20	11.9	1.0	25	10:30		4:14	2	12	10
M	10	35	24	11.5	1.0	25	9:48			2	14	12
M	11	37	26	11.1	1.0	25	9:20			2	15	11
M	12	40	32	10.6	1.0	26	8:40			2	18	12
M	13	42	39	10.2	0.5	26	8:06			3	24	14
M	14	45	40	9.9	1.0	28	7:44			5	24	20
M	15	45	45	9.7	2.0	30	7:30			6	30	30
M	16	45	37	9.4	3.0	30	7:10			7	30	28
M	17	44	42	9.4	3.0	34	7:04			8	37	30