



The President's Challenge Physical Fitness Program

Presidential 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>
F	6	32	22	12.4	5.5	32	11:20	2:00		2	9
F	7	34	24	12.1	5.0	32	10:36	1:55		2	14
F	8	38	30	11.8	4.5	33	10:02		3:58	2	17
F	9	39	37	11.1	5.5	33	9:30		3:53	2	18
F	10	40	33	10.8	6.0	33	9:19			3	20
F	11	42	43	10.5	6.5	34	9:02			3	19
F	12	45	50	10.4	7.0	36	8:23			2	20
F	13	46	59	10.2	7.0	38	8:13			2	21
F	14	47	48	10.1	8.0	40	7:59			2	20
F	15	48	38	10.0	8.0	43	8:08			2	20
F	16	45	49	10.1	9.0	42	8:23			1	24
F	17	44	58	10.0	8.0	42	8:15			1	25
M	6	33	22	12.1	3.5	31	10:15	1:55		2	9
M	7	36	24	11.5	3.5	30	9:22	1:48		4	14
M	8	40	30	11.1	3.0	31	8:48		3:30	5	17
M	9	41	37	10.9	3.0	31	8:31		3:30	5	18
M	10	45	35	10.3	4.0	30	7:57			6	22
M	11	47	43	10.0	4.0	31	7:32			6	27
M	12	50	64	9.8	4.0	31	7:11			7	31
M	13	53	59	9.5	3.5	33	6:50			7	39
M	14	56	62	9.1	4.5	36	6:26			10	40
M	15	57	75	9.0	5.0	37	6:20			11	42
M	16	56	73	8.7	6.0	38	6:08			11	44
M	17	55	66	8.7	7.0	41	6:06			13	53