USAF Fitness Assessment Scoring / Males < 25 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:12	≥ 100	Low Risk	60.0
9:13 - 9:34	94 - 99	Low Risk	59.5
9:35 - 9:45	92 - 93	Low Risk	59.0
9:46 - 9:58	88 - 91	Low Risk	58.5
9:59 - 10:10	86 - 87	Low Risk	58.0
10:11 - 10:23	83 - 85	Low Risk	57.5
10:24 - 10:37	80 - 82	Low Risk	57.0
10:38 - 10:51	77 - 79	Low Risk	56.5
10:52 - 11:06	74 - 76	Low Risk	56.0
11:07 - 11:22	71 - 73	Low Risk	55.5
11:23 - 11:38	68 - 70	Low Risk	55.0
11:39 - 11:56	65 - 67	Low Risk	54.5
11:57 - 12:14	62 - 64	Low Risk	54.0
12:15 - 12:33	59 - 61	Low Risk	53.5
12:34 - 12:53	56 - 58	Moderate Risk	52.0
12:54 - 13:14	54 - 55	Moderate Risk	50.5
13:15 - 13:36	51 - 53	Moderate Risk	49.0
13:37 - 14:00	48 - 50	High Risk	46.5
14:01 - 14:25	45 - 47	High Risk	44.0
14:26 - 14:52	42 - 44	High Risk	41.0
14:53 - 15:20	39 - 41	High Risk	38.0
15:21 - 15:50*	36*- 38	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 15:50			
20 m HAMR Shuttles ≥ 36 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males < 25 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 67	20.0	≥ 40	20.0	≥ 58	20.0	≥ 49	20.0	≥ 3:35	20.0
66	19.8	39	19.6	57	19.7	48	19.6	3:30	19.7
65	19.6	38	19.2	56	19.4	47	19.3	3:25	19.3
64	19.4	37	18.8	55	19.0	46	18.9	3:18	18.9
63	19.2	36	18.4	54	18.8	45	18.6	3:12	18.5
62	19.0	35	18.0	53	18.4	44	18.2	3:05	18.0
61	18.8	34	17.6	52	18.0	43	17.9	2:45	16.7
60	18.6	33	17.2	51	17.6	42	17.5	2:25	15.3
59	18.4	32	16.8	50	17.4	41	17.1	2:05	14.0
58	18.2	31	16.4	49	17.0	40	16.8	1:55	13.3
57	18.0	30	16.0	48	16.6	39	16.4	1:25	11.3
56	17.8	29	15.6	47	16.0	38	16.1	1:05*	10.0
55	17.7	28	15.2	46	15.0	37	15.7		
54	17.6	27	14.8	45	14.0	36	15.4		
53	17.4	26	14.4	44	13.0	35	15.0		
52	17.2	25	14.0	43	12.6	34	14.6		
51	17.0	24	13.6	42	12.0	33	14.3		
50	16.8	23	13.2	41	9.0	32	13.9		
49	16.6	22	12.8	40	6.0	31	13.6		
48	16.2	21	12.4	39*	3.0	30	13.2		
47	16.0	20	12.0			29	12.9		
46	15.6	19	11.6			28	12.5		
45	15.4	18	11.2			27	12.1		
44	15.0	17	10.8			26	11.8		
43	14.6	16	10.4			25	11.4		
42	14.4	15*	10.0			24	11.1		
41	14.0					23	10.7		
40	13.6					22	10.4		
39	13.0					21*	10.0		
38	12.6								
37	12.0								
36	11.6								
35	11.0								
34	10.6								
33	10.0								
32	7.0								
31	4.0			* Minimum Component Values					
30*	1.0								
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 25-29 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:22	≥ 97	Low Risk	60.0
9:23 - 9:45	92 - 96	Low Risk	59.5
9:46 - 9:58	88 - 91	Low Risk	59.0
9:59 - 10:10	86 - 87	Low Risk	58.5
10:11 - 10:23	83 - 85	Low Risk	58.0
10:24 - 10:37	80 - 82	Low Risk	57.5
10:38 - 10:51	77 - 79	Low Risk	57.0
10:52 - 11:06	74 - 76	Low Risk	56.5
11:07 - 11:22	71 - 73	Low Risk	56.0
11:23 - 11:38	68 - 70	Low Risk	55.5
11:39 - 11:56	65 - 67	Low Risk	55.0
11:57 - 12:14	62 - 64	Low Risk	54.5
12:15 - 12:33	59 - 61	Low Risk	54.0
12:34 - 12:53	56 - 58	Moderate Risk	53.5
12:54 - 13:14	54 - 55	Moderate Risk	52.0
13:15 - 13:36	51 - 53	Moderate Risk	50.5
13:37 - 14:00	48 - 50	High Risk	49.0
14:01 - 14:25	45 - 47	High Risk	46.5
14:26 - 14:52	42 - 44	High Risk	44.0
14:53 - 15:20	39 - 41	High Risk	41.0
15:21 - 15:50	36 - 38	High Risk	38.0
15:51 - 16:22*	33* - 35	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 16:22			
20 m HAMR Shuttles ≥ 33 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 25-29 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 62	20.0	≥ 40	20.0	≥ 56	20.0	≥ 48	20.0	≥ 3:30	20.0
61	19.7	39	19.6	55	19.5	47	19.6	3:25	19.7
60	19.4	38	19.2	54	19.0	46	19.3	3:20	19.3
59	19.0	37	18.8	53	18.8	45	18.9	3:14	18.9
58	18.8	36	18.4	52	18.4	44	18.6	3:03	18.2
57	18.6	35	18.0	51	18.0	43	18.2	3:00	18.0
56	18.4	34	17.6	50	17.6	42	17.9	2:40	16.7
55	18.2	33	17.2	49	17.4	41	17.5	2:20	15.3
54	18.0	32	16.8	48	17.0	40	17.1	2:00	14.0
53	17.8	31	16.4	47	16.6	39	16.8	1:40	12.7
52	17.6	30	16.0	46	16.0	38	16.4	1:20	11.3
51	17.5	29	15.6	45	15.0	37	16.1	1:00*	10.0
50	17.4	28	15.2	44	14.0	36	15.7		
49	17.2	27	14.8	43	13.0	35	15.4		
48	17.0	26	14.4	42	12.6	34	15.0		
47	16.8	25	14.0	41	12.0	33	14.6		
46	16.6	24	13.6	40	9.0	32	14.3		
45	16.2	23	13.2	39	6.0	31	13.9		
44	16.0	22	12.8	38*	3.0	30	13.6		
43	15.6	21	12.4			29	13.2		
42	15.4	20	12.0			28	12.9		
41	15.0	19	11.6			27	12.5		
40	14.6	18	11.2			26	12.1		
39	14.4	17	10.8			25	11.8		
38	14.0	16	10.4			24	11.4		
37	13.6	15*	10.0			23	11.1		
36	13.0					22	10.7		
35	12.6					21	10.4		
34	12.0					20*	10.0		
33	11.6								
32	11.0								
31	10.6								
30	10.0								
29	7.0								
28	4.0								
27*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 30-34 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:34	≥ 94	Low Risk	60.0
9:35 - 9:58	88 - 93	Low Risk	59.5
9:59 - 10:10	86 - 87	Low Risk	59.0
10:11 - 10:23	83 - 85	Low Risk	58.5
10:24 - 10:37	80 - 82	Low Risk	58.0
10:38 - 10:51	77 - 79	Low Risk	57.5
10:52 - 11:06	74 - 76	Low Risk	57.0
11:07 - 11:22	71 - 73	Low Risk	56.5
11:23 - 11:38	68 - 70	Low Risk	56.0
11:39 - 11:56	65 - 67	Low Risk	55.5
11:57 - 12:14	62 - 64	Low Risk	55.0
12:15 - 12:33	59 - 61	Low Risk	54.5
12:34 - 12:53	56 - 58	Low Risk	54.0
12:54 - 13:14	54 - 55	Moderate Risk	53.5
13:15 - 13:36	51 - 53	Moderate Risk	52.0
13:37 - 14:00	48 - 50	Moderate Risk	50.5
14:01 - 14:25	45 - 47	High Risk	48.0
14:26 - 14:52	42 - 44	High Risk	45.5
14:53 - 15:20	39 - 41	High Risk	43.0
15:21 - 15:50	36 - 38	High Risk	40.5
15:51 - 16:22	33 - 35	High Risk	38.0
16:23 - 16:57*	30*- 32	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 16:57			
20 m HAMR Shuttles > 30 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 30-34 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 57	20.0	≥ 40	20.0	≥ 54	20.0	≥ 47	20.0	≥ 3:25	20.0
56	19.8	39	19.6	53	19.7	46	19.6	3:20	19.7
55	19.6	38	19.2	52	19.4	45	19.3	3:15	19.3
54	19.4	37	18.8	51	19.0	44	18.9	3:09	18.9
53	19.2	36	18.4	50	18.8	43	18.6	3:02	18.5
52	19.0	35	18.0	49	18.4	42	18.2	2:55	18.0
51	18.8	34	17.6	48	18.0	41	17.9	2:35	16.7
50	18.6	33	17.2	47	17.6	40	17.5	2:15	15.3
49	18.5	32	16.8	46	17.4	39	17.1	1:55	14.0
48	18.4	31	16.4	45	17.0	38	16.8	1:35	12.7
47	18.2	30	16.0	44	16.6	37	16.4	1:15	11.3
46	18.0	29	15.6	43	16.0	36	16.1	:55*	10.0
45	17.8	28	15.2	42	15.0	35	15.7		
44	17.6	27	14.8	41	14.0	34	15.4		
43	17.4	26	14.4	40	13.0	33	15.0		
42	17.2	25	14.0	39	12.0	32	14.6		
41	17.0	24	13.6	38	9.0	31	14.3		
40	16.6	23	13.2	37	6.0	30	13.9		
39	16.0	22	12.8	36*	3.0	29	13.6		
38	15.6	21	12.4			28	13.2		
37	15.4	20	12.0			27	12.9		
36	15.0	19	11.6			26	12.5		
35	14.6	18	11.2			25	12.1		
34	14.0	17	10.8			24	11.8		
33	13.6	16	10.4			23	11.4		
32	13.4	15*	10.0			22	11.1		
31	13.0					21	10.7		
30	12.0					20	10.4		
29	11.0					19*	10.0		
28	10.6								
27	10.0								
26	7.0								
25	4.0								
24*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 35-39 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:45	≥ 92	Low Risk	60.0
9:46 - 10:10	87 - 91	Low Risk	59.5
10:11 - 10:23	83 - 85	Low Risk	59.0
10:24 - 10:37	80 - 82	Low Risk	58.5
10:38 - 10:51	77 - 79	Low Risk	58.0
10:52 - 11:06	74 - 76	Low Risk	57.5
11:07 - 11:22	71 - 73	Low Risk	57.0
11:23 - 11:38	68 - 70	Low Risk	56.5
11:39 - 11:56	65 - 67	Low Risk	56.0
11:57 - 12:14	62 - 64	Low Risk	55.5
12:15 - 12:33	59 - 61	Low Risk	55.0
12:34 - 12:53	56 - 58	Low Risk	54.5
12:54 - 13:14	54 - 55	Moderate Risk	54.0
13:15 - 13:36	51 - 53	Moderate Risk	53.5
13:37 - 14:00	48 - 50	Moderate Risk	52.0
14:01 - 14:25	45 - 47	High Risk	50.5
14:26 - 14:52	42 - 44	High Risk	48.0
14:53 - 15:20	39 - 41	High Risk	45.5
15:21 - 15:50	36 - 38	High Risk	43.0
15:51 - 16:22	33 - 35	High Risk	40.5
16:23 - 16:57	30 - 32	High Risk	38.0
16:58 - 17:34*	27* - 29	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 17:34			
20 m HAMR Shuttles ≥ 27 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 35-39 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 51	20.0	≥ 40	20.0	≥ 52	20.0	≥ 46	20.0	≥ 3:20	20.0
50	19.5	39	19.6	51	19.7	45	19.6	3:15	19.7
49	19.0	38	19.2	50	19.4	44	19.3	3:10	19.3
48	18.8	37	18.8	49	19.0	43	18.9	3:04	18.9
47	18.6	36	18.4	48	18.8	42	18.6	2:57	18.5
46	18.5	35	18.0	47	18.4	41	18.2	2:50	18.0
45	18.4	34	17.6	46	18.0	40	17.9	2:30	16.7
44	18.2	33	17.2	45	17.6	39	17.5	2:10	15.3
43	18.0	32	16.8	44	17.4	38	17.1	1:50	14.0
42	17.8	31	16.4	43	17.0	37	16.8	1:30	12.7
41	17.6	30	16.0	42	16.6	36	16.4	1:10	11.3
40	17.4	29	15.6	41	16.0	35	16.1	:50*	10.0
39	17.2	28	15.2	40	15.0	34	15.7		
38	17.0	27	14.8	39	14.0	33	15.4		
37	16.6	26	14.4	38	13.0	32	15.0		
36	16.0	25	14.0	37	12.0	31	14.6		
35	15.6	24	13.6	36	9.0	30	14.3		
34	15.4	23	13.2	35	6.0	29	13.9		
33	15.0	22	12.8	34*	3.0	28	13.6		
32	14.6	21	12.4			27	13.2		
31	14.0	20	12.0			26	12.9		
30	13.6	19	11.6			25	12.5		
29	13.4	18	11.2			24	12.1		
28	13.0	17	10.8			23	11.8		
27	12.0	16	10.4			22	11.4		
26	11.0	15*	10.0			21	11.1		
25	10.6					20	10.7		
24	10.0					19	10.4		
23	7.0					18*	10.0		
22	4.0								
21*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 40-44 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:58	≥ 88	Low Risk	60.0
9:59 - 10:23	83 - 87	Low Risk	59.5
10:24 - 10:37	80 - 82	Low Risk	59.0
10:38 - 10:51	77 - 79	Low Risk	58.5
10:52 - 11:06	74 - 76	Low Risk	58.0
11:07 - 11:22	71 - 73	Low Risk	57.5
11:23 - 11:38	68 - 70	Low Risk	57.0
11:39 - 11:56	65 - 67	Low Risk	56.5
11:57 - 12:14	62 - 64	Low Risk	56.0
12:15 - 12:33	59 - 61	Low Risk	55.5
12:34 - 12:53	56 - 58	Low Risk	55.0
12:54 - 13:14	54 - 55	Low Risk	54.5
13:15 - 13:36	51 - 53	Low Risk	54.0
13:37 - 14:00	48 - 50	Low Risk	53.5
14:01 - 14:25	45 - 47	Moderate Risk	52.0
14:26 - 14:52	42 - 44	Moderate Risk	50.5
14:53 - 15:20	39 - 41	Moderate Risk	49.0
15:21 - 15:50	36 - 38	High Risk	46.5
15:51 - 16:22	33 - 35	High Risk	44.0
16:23 - 16:57	30 - 32	High Risk	41.0
16:58 - 17:34	27 - 29	High Risk	38.0
17:35 - 18:14*	24* - 26	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:14			
20 m HAMR Shuttles ≥ 24 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 40-44 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 44	20.0	≥ 38	20.0	≥ 50	20.0	≥ 44	20.0	≥ 3:15	20.0
43	19.7	37	19.6	49	19.7	43	19.6	3:10	19.7
42	19.4	36	19.2	48	19.4	42	19.3	3:05	19.3
41	19.2	35	18.8	47	19.0	41	18.9	2:59	18.9
40	19.0	34	18.4	46	18.8	40	18.6	2:52	18.5
39	18.8	33	18.0	45	18.4	39	18.2	2:45	18.0
38	18.4	32	17.6	44	18.2	38	17.9	2:25	16.7
37	18.2	31	17.2	43	18.0	37	17.5	2:05	15.3
36	18.0	30	16.8	42	17.6	36	17.1	2:05	15.3
35	17.6	29	16.4	41	17.4	35	16.8	1:45	14.0
34	17.0	28	16.0	40	17.0	34	16.4	1:25	12.7
33	16.8	27	15.6	39	16.0	33	16.1	1:05	11.3
32	16.6	26	15.2	38	15.6	32	15.7	:45*	10.0
31	16.2	25	14.8	37	15.0	31	15.4		
30	16.0	24	14.4	36	14.0	30	15.0		
29	15.0	23	14.0	35	13.0	29	14.6		
28	14.6	22	13.6	34	12.0	28	14.3		
27	14.4	21	13.2	33	9.0	27	13.9		
26	14.0	20	12.8	32	6.0	26	13.6		
25	13.0	19	12.4	31*	3.0	25	13.2		
24	12.0	18	12.0			24	12.9		
23	11.6	17	11.6			23	12.5		
22	11.0	16	11.2			22	12.1		
21	10.0	15	10.8			21	11.8		
20	7.0	14	10.4			20	11.4		
19	4.0	13*	10.0			19	11.1		
18*	1.0					18	10.7		
						17	10.4		
						16*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 45-49 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:10	≥ 86	Low Risk	60.0
10:11 - 10:37	80 - 85	Low Risk	59.5
10:38 - 10:51	77 - 79	Low Risk	59.0
10:52 - 11:06	74 - 76	Low Risk	58.5
11:07 - 11:22	71 - 73	Low Risk	58.0
11:23 - 11:38	68 - 70	Low Risk	57.5
11:39 - 11:56	65 - 67	Low Risk	57.0
11:57 - 12:14	62 - 64	Low Risk	56.5
12:15 - 12:33	59 - 61	Low Risk	56.0
12:34 - 12:53	56 - 58	Low Risk	55.5
12:54 - 13:14	54 - 55	Low Risk	55.0
13:15 - 13:36	51 - 53	Low Risk	54.5
13:37 - 14:00	48 - 50	Low Risk	54.0
14:01 - 14:25	45 - 47	Moderate Risk	53.5
14:26 - 14:52	42 - 44	Moderate Risk	52.0
14:53 - 15:20	39 - 41	Moderate Risk	50.5
15:21 - 15:50	36 - 38	High Risk	49.0
15:51 - 16:22	33 - 35	High Risk	46.5
16:23 - 16:57	30 - 32	High Risk	44.0
16:58 - 17:34	27 - 29	High Risk	41.0
17:35 - 18:14	24 - 26	High Risk	38.0
18:15 - 18:56*	22* - 23	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:56			
20 m HAMR Shuttles ≥ 22 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 45-49 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 44	20.0	≥ 38	20.0	≥ 48	20.0	43	20.0	≥ 3:10	20.0
43	19.8	37	19.6	47	19.7	42	19.7	3:05	19.7
42	19.6	36	19.2	46	19.4	41	19.4	3:00	19.3
41	19.4	35	18.8	45	19.2	40	19.1	2:54	18.9
40	19.2	34	18.4	44	19.0	39	18.8	2:47	18.5
39	19.0	33	18.0	43	18.8	38	18.4	2:40	18.0
38	18.8	32	17.6	42	18.4	37	18.1	2:20	16.7
37	18.4	31	17.2	41	18.0	36	17.8	2:00	15.3
36	18.2	30	16.8	40	17.6	35	17.5	1:40	14.0
35	18.0	29	16.4	39	17.4	34	17.2	1:20	12.7
34	17.6	28	16.0	38	17.0	33	16.9	1:00	11.3
33	17.0	27	15.6	37	16.6	32	16.6	:40*	10.0
32	16.8	26	15.2	36	16.0	31	16.3		
31	16.6	25	14.8	35	15.6	30	15.9		
30	16.2	24	14.4	34	15.0	29	15.6		
29	16.0	23	14.0	33	14.0	28	15.3		
28	15.0	22	13.6	32	13.0	27	15.0		
27	14.6	21	13.2	31	12.0	26	14.7		
26	14.4	20	12.8	30	9.0	25	14.4		
25	14.0	19	12.4	29	6.0	24	14.1		
24	13.0	18	12.0	28*	3.0	23	13.8		
23	12.6	17	11.6			22	13.4		
22	12.0	16	11.2			21	13.1		
21	11.6	15	10.8			20	12.8		
20	11.0	14	10.4			19	12.5		
19	10.6	13*	10.0			18	12.2		
18	10.0					17	11.9		
17	7.0					16	11.6		
16	4.0					15	11.3		
15*	1.0					14	10.9		
						13	10.6		
						12	10.3		
						11*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 50-54 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:37	≥ 80	Low Risk	60.0
10:38 - 11:06	74 - 79	Low Risk	59.5
11:07 - 11:22	71 - 73	Low Risk	59.0
11:23 - 11:38	68 - 70	Low Risk	58.5
11:39 - 11:56	65 - 67	Low Risk	58.0
11:57 - 12:14	62 - 64	Low Risk	57.5
12:15 - 12:33	59 - 61	Low Risk	57.0
12:34 - 12:53	56 - 58	Low Risk	56.5
12:54 - 13:14	54 - 55	Low Risk	56.0
13:15 - 13:36	51 - 53	Low Risk	55.5
13:37 - 14:00	48 - 50	Low Risk	55.0
14:01 - 14:25	45 - 47	Low Risk	54.5
14:26 - 14:52	42 - 44	Low Risk	54.0
14:53 - 15:20	39 - 41	Moderate Risk	53.5
15:21 - 15:50	36 - 38	Moderate Risk	52.0
15:51 - 16:22	33 - 35	Moderate Risk	50.5
16:23 - 16:57	30 - 32	High Risk	48.0
16:58 - 17:34	27 - 29	High Risk	45.5
17:35 - 18:14	24 - 26	High Risk	43.0
18:15 - 18:56	22 - 23	High Risk	40.5
18:57 - 19:43	19 - 21	High Risk	38.0
19:44 - 20:33*	16* - 18	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 20:33			
20 m HAMR Shuttles ≥ 16 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 50-54 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 36	20.0	≥ 35	20.0	≥ 46	20.0	≥ 42	20.0	≥ 3:05	20.0
35	19.7	34	19.6	45	19.7	41	19.7	3:00	19.7
34	19.4	33	19.2	44	19.4	40	19.4	2:55	19.3
33	19.0	32	18.8	43	19.0	39	19.1	2:49	18.9
32	18.8	31	18.3	42	18.8	38	18.8	2:42	18.5
31	18.4	30	17.9	41	18.4	37	18.5	2:35	18.0
30	18.2	29	17.5	40	18.2	36	18.2	2:15	16.7
29	18.0	28	17.1	39	18.0	35	17.9	1:55	15.3
28	17.6	27	16.7	38	17.6	34	17.6	1:35	14.0
27	17.4	26	16.3	37	17.4	33	17.3	1:15	12.7
26	17.0	25	15.8	36	17.0	32	17.0	:55	11.3
25	16.6	24	15.4	35	16.0	31	16.7	:35*	10.0
24	16.0	23	15.0	34	15.6	30	16.4		
23	15.0	22	14.6	33	15.0	29	16.1		
22	14.0	21	14.2	32	14.6	28	15.8		
21	13.0	20	13.8	31	14.0	27	15.5		
20	12.6	19	13.3	30	13.0	26	15.2		
19	12.0	18	12.9	29	12.6	25	14.8		
18	11.6	17	12.5	28	12.0	24	14.5		
17	11.0	16	12.1	27	9.0	23	14.2		
16	10.6	15	11.7	26	6.0	22	13.9		
15	10.0	14	11.3	25*	3.0	21	13.6		
14	7.0	13	10.8			20	13.3		
13	4.0	12	10.4			19	13.0		
12*	1.0	11*	10.0			18	12.7		
						17	12.4		
						16	12.1		
						15	11.8		
						14	11.5		
						13	11.2		
						12	10.9		
						11	10.6		
						10	10.3		
						9*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males 55-59 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:51	≥ 77	Low Risk	60.0
10:52 - 11:22	71 - 76	Low Risk	59.5
11:23 - 11:38	68 - 70	Low Risk	59.0
11:39 - 11:56	65 - 67	Low Risk	58.5
11:57 - 12:14	62 - 64	Low Risk	58.0
12:15 - 12:33	59 - 61	Low Risk	57.5
12:34 - 12:53	56 - 58	Low Risk	57.0
12:54 - 13:14	54 - 55	Low Risk	56.5
13:15 - 13:36	51 - 53	Low Risk	56.0
13:37 - 14:00	48 - 50	Low Risk	55.5
14:01 - 14:25	45 - 47	Low Risk	55.0
14:26 - 14:52	42 - 44	Low Risk	54.5
14:53 - 15:20	39 - 41	Moderate Risk	54.0
15:21 - 15:50	36 - 38	Moderate Risk	53.5
15:51 - 16:22	33 - 35	Moderate Risk	52.0
16:23 - 16:57	30 - 32	High Risk	50.5
16:58 - 17:34	27 - 29	High Risk	48.0
17:35 - 18:14	24 - 26	High Risk	45.5
18:15 - 18:56	22 - 23	High Risk	43.0
18:57 - 19:43	19 - 21	High Risk	40.5
19:44 - 20:33	16 - 18	High Risk	38.0
20:34 - 21:28*	13* - 15	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 21:28			
20 m HAMR Shuttles ≥ 13 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 55-59 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 33	20.0	≥ 33	20.0	≥ 44	20.0	≥ 41	20.0	≥ 3:00	20.0
32	19.8	32	19.6	43	19.7	40	19.7	2:55	19.7
31	19.4	31	19.1	42	19.4	39	19.4	2:50	19.3
30	19.0	30	18.7	41	19.0	38	19.1	2:44	18.9
29	18.4	29	18.3	40	18.8	37	18.8	2:37	18.5
28	18.0	28	17.8	39	18.4	36	18.5	2:30	18.0
27	17.8	27	17.4	38	18.2	35	18.2	2:10	16.7
26	17.4	26	17.0	37	18.0	34	17.9	1:50	15.3
25	17.0	25	16.5	36	17.6	33	17.6	1:30	14.0
24	16.8	24	16.1	35	17.4	32	17.3	1:10	12.7
23	15.8	23	15.7	34	17.0	31	17.0	:50	11.3
22	14.8	22	15.2	33	16.0	30	16.7	:30*	10.0
21	14.0	21	14.8	32	15.6	29	16.4		
20	13.0	20	14.3	31	15.0	28	16.1		
19	12.4	19	13.9	30	14.6	27	15.8		
18	11.8	18	13.5	29	14.0	26	15.5		
17	11.4	17	13.0	28	13.6	25	15.2		
16	10.8	16	12.6	27	13.0	24	14.8		
15	10.0	15	12.2	26	12.6	23	14.5		
14	7.0	14	11.7	25	12.0	22	14.2		
13	4.0	13	11.3	24	9.0	21	13.9		
12*	1.0	12	10.9	23	6.0	20	13.6		
		11	10.4	22*	3.0	19	13.3		
		10*	10.0			18	13.0		
						17	12.7		
						16	12.4		
						15	12.1		
						14	11.8		
						13	11.5		
						12	11.2		
						11	10.9		
						10	10.6		
						9	10.3		
						8*	10.0		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Males over 60 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 11:22	≥ 71	Low Risk	60.0
11:23 - 11:56	65 - 70	Low Risk	59.5
11:57 - 12:14	62 - 64	Low Risk	59.0
12:15 - 12:33	59 - 61	Low Risk	58.5
12:34 - 12:53	56 - 58	Low Risk	58.0
12:54 - 13:14	54 - 55	Low Risk	57.5
13:15 - 13:36	51 - 53	Low Risk	57.0
13:37 - 14:00	48 - 50	Low Risk	56.5
14:01 - 14:25	45 - 47	Low Risk	56.0
14:26 - 14:52	42 - 44	Low Risk	55.5
14:53 - 15:20	39 - 41	Low Risk	55.0
15:21 - 15:50	36 - 38	Low Risk	54.5
15:51 - 16:22	33 - 35	Low Risk	54.0
16:23 - 16:57	30 - 32	Moderate Risk	52.5
16:58 - 17:34	27 - 29	Moderate Risk	51.0
17:35 - 18:14	24 - 26	Moderate Risk	49.5
18:15 - 18:56	22 - 23	High Risk	47.0
18:57 - 19:43	19 - 21	High Risk	44.5
19:44 - 20:33	16 - 18	High Risk	41.5
20:34 - 21:28	13 - 15	High Risk	38.5
21:29 - 22:28*	10*- 12	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member *must* :			
1) achieve a composite point total ≥ 75 points *and*			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 22:28			
20 m HAMR Shuttles ≥ 10 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males over 60 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 30	20.0	≥ 30	20.0	≥ 42	20.0	≥ 35	20.0	≥ 2:55	20.0
29	19.5	29	19.5	41	19.7	34	19.6	2:50	19.7
28	19.0	28	19.0	40	19.4	33	19.3	2:45	19.3
27	18.6	27	18.5	39	19.0	32	18.9	2:39	18.9
26	18.0	26	18.0	38	18.8	31	18.6	2:32	18.5
25	17.6	25	17.5	37	18.4	30	18.2	2:25	18.0
24	17.0	24	17.0	36	18.2	29	17.9	2:05	16.7
23	16.0	23	16.5	35	18.0	28	17.5	1:55	16.0
22	15.0	22	16.0	34	17.8	27	17.1	1:25	14.0
21	14.0	21	15.5	33	17.6	26	16.8	1:05	12.7
20	13.0	20	15.0	32	17.2	25	16.4	:45	11.3
19	12.6	19	14.5	31	17.0	24	16.1	:25*	10.0
18	12.0	18	14.0	30	16.0	23	15.7		
17	11.6	17	13.5	29	15.6	22	15.4		
16	11.0	16	13.0	28	15.0	21	15.0		
15	10.6	15	12.5	27	14.6	20	14.6		
14	10.0	14	12.0	26	14.0	19	14.3		
13	7.0	13	11.5	25	13.6	18	13.9		
12	4.0	12	11.0	24	13.0	17	13.6		
11*	1.0	11	10.5	23	12.6	16	13.2		
		10*	10.0	22	12.0	15	12.9		
				21	9.0	14	12.5		
				20	6.0	13	12.1		
				19*	3.0	12	11.8		
						11	11.4		
						10	11.1		
						9	10.7		
						8	10.4		
						7*	10		
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									