



# The President's Challenge Physical Fitness Program

## Presidential Physical Fitness Award Qualifying Standards

Sex	Age	Curl-ups	Partial Curl-ups	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	1/4-Mile Run	1/2-Mile Run	Pull-ups	Right Angle
F	4	32	22	12.400	5.500	32	11:20	2:00		2	9
F	5	32	22	12.400	5.500	32	11:20	2:00		2	9
F	6	32	22	12.400	5.500	32	11:20	2:00		2	9
F	7	34	24	12.100	5.000	32	10:36	1:55		2	14
F	8	38	30	11.800	4.500	33	10:02		3:58	2	17
F	9	39	37	11.100	5.500	33	9:30		3:53	2	18
F	10	40	33	10.800	6.000	33	9:19			3	20
F	11	42	43	10.500	6.500	34	9:02			3	19
F	12	45	50	10.400	7.000	36	8:23			2	20
F	13	46	59	10.200	7.000	38	8:13			2	21
F	14	47	48	10.100	8.000	40	7:59			2	20
F	15	48	38	10.000	8.000	43	8:08			2	20
F	16	45	49	10.100	9.000	42	8:23			1	24
F	17	44	58	10.000	8.000	42	8:15			1	25
F	18	44	58	10.000	8.000	42	8:15			1	25
F	19	44	58	10.000	8.000	42	8:15			1	25
M	4	33	22	12.100	3.500	31	10:15	1:55		2	9
M	5	33	22	12.100	3.500	31	10:15	1:55		2	9
M	6	33	22	12.100	3.500	31	10:15	1:55		2	9
M	7	36	24	11.500	3.500	30	9:22	1:48		4	14
M	8	40	30	11.100	3.000	31	8:48		3:30	5	17
M	9	41	37	10.900	3.000	31	8:31		3:30	5	18
M	10	45	35	10.300	4.000	30	7:57			6	22
M	11	47	43	10.000	4.000	31	7:32			6	27
M	12	50	64	9.800	4.000	31	7:11			7	31
M	13	53	59	9.500	3.500	33	6:50			7	39
M	14	56	62	9.100	4.500	36	6:26			10	40



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M	15	57	75	9.000	5.000	37	6:20			11	42
M	16	56	73	8.700	6.000	38	6:08			11	44
M	17	55	66	8.700	7.000	41	6:06			13	53
M	18	55	66	8.700	7.000	41	6:06			13	53
M	19	55	66	8.700	7.000	41	6:06			13	53



# The President's Challenge Physical Fitness Program

## National Physical Fitness Award Qualifying Standards

Sex	Age	Curl-ups	Partial Curl-ups	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	1/4-Mile Run	1/2-Mile Run	Pull-ups	Right Angle	Flexed-Ar m Hang
F	4	23	10	13.800	2.500	27	13:12	2:26		1	6	5
F	5	23	10	13.800	2.500	27	13:12	2:26		1	6	5
F	6	23	10	13.800	2.500	27	13:12	2:26		1	6	5
F	7	25	13	13.200	2.000	27	12:56	2:21		1	8	6
F	8	29	17	12.900	2.000	28	12:30		4:56	1	9	8
F	9	30	20	12.500	2.000	28	11:52		4:50	1	12	8
F	10	30	24	12.100	3.000	28	11:22			1	13	8
F	11	32	27	11.500	3.000	29	11:17			1	11	7
F	12	35	30	11.300	3.500	30	11:05			1	10	7
F	13	37	40	11.100	3.500	31	10:23			1	11	8
F	14	37	30	11.200	4.500	33	10:06			1	10	9
F	15	36	26	11.000	5.000	36	9:58			1	15	7
F	16	35	26	10.900	5.500	34	10:31			1	12	7
F	17	34	40	11.000	4.500	35	10:22			1	16	7
F	18	34	40	11.000	4.500	35	10:22			1	16	7
F	19	34	40	11.000	4.500	35	10:22			1	16	7
M	4	22	10	13.300	1.000	26	12:36	2:21		1	7	6
M	5	22	10	13.300	1.000	26	12:36	2:21		1	7	6
M	6	22	10	13.300	1.000	26	12:36	2:21		1	7	6
M	7	28	13	12.800	1.000	25	11:40	2:10		1	8	8
M	8	31	17	12.200	0.500	25	11:05		4:22	1	9	10
M	9	32	20	11.900	1.000	25	10:30		4:14	2	12	10
M	10	35	24	11.500	1.000	25	9:48			2	14	12
M	11	37	26	11.100	1.000	25	9:20			2	15	11
M	12	40	32	10.600	1.000	26	8:40			2	18	12
M	13	42	39	10.200	0.500	26	8:06			3	24	14
M	14	45	40	9.900	1.000	28	7:44			5	24	20



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## Presidential Physical Fitness Award Qualifying Standards

Sex	Age	Curl-ups	Partial Curl-ups	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	1/4-Mile Run	1/2-Mile Run	Pull-ups	Right Angle
M	15	45	45	9.700	2.000	30	7:30		6	30	30
M	16	45	37	9.400	3.000	30	7:10		7	30	28
M	17	44	42	9.400	3.000	34	7:04		8	37	30
M	18	44	42	9.400	3.000	34	7:04		8	37	30
M	19	44	42	9.400	3.000	34	7:04		8	37	30



# The President's Challenge Physical Fitness Program

## Health Fitness Award Qualifying Standards

Sex	Age	Partial	V-Sit Reach	Sit and Reach	One-Mile Run	1/4-Mile Run	1/2-Mile Run	Pull-ups	Right Angle	Body Mass Index
F	4	12	2.000	23	13:00	2:50		1	3	13.100 to 19.600
F	5	12	2.000	23	13:00	2:50		1	3	13.100 to 19.600
F	6	12	2.000	23	13:00	2:50		1	3	13.100 to 19.600
F	7	12	2.000	23	12:00	2:40		1	4	13.100 to 19.600
F	8	15	2.000	23	11:00		5:35	1	5	13.200 to 20.700
F	9	15	2.000	23	10:00		5:25	1	6	13.500 to 21.400
F	10	20	2.000	23	10:00			1	7	13.800 to 22.500
F	11	20	2.000	23	10:00			1	7	14.100 to 23.200
F	12	20	2.000	23	10:30			1	8	14.700 to 24.200
F	13	25	3.000	25	10:30			1	7	15.500 to 25.300
F	14	25	3.000	25	10:30			1	7	16.200 to 25.300
F	15	30	3.000	25	10:00			1	7	16.600 to 26.500
F	16	30	3.000	25	10:00			1	7	16.800 to 26.500
F	17	30	3.000	25	10:00			1	7	17.100 to 26.900
F	18	30	3.000	25	10:00			1	7	17.100 to 26.900
F	19	30	3.000	25	10:00			1	7	17.100 to 26.900
M	4	12	1.000	21	13:00	2:30		1	3	13.300 to 19.500
M	5	12	1.000	21	13:00	2:30		1	3	13.300 to 19.500
M	6	12	1.000	21	13:00	2:30		1	3	13.300 to 19.500
M	7	12	1.000	21	12:00	2:20		1	4	13.300 to 19.500
M	8	15	1.000	21	11:00		4:45	1	5	13.400 to 20.500
M	9	15	1.000	21	10:00		4:35	1	6	13.700 to 21.400
M	10	20	1.000	21	9:30			1	7	14.000 to 22.500
M	11	20	1.000	21	9:00			2	8	14.000 to 23.700
M	12	20	1.000	21	9:00			2	9	14.800 to 24.100
M	13	25	1.000	21	8:00			2	10	15.400 to 24.700
M	14	25	1.000	21	8:00			3	12	16.100 to 25.400



# The President's Challenge Physical Fitness Program

## Health Fitness Award Qualifying Standards

Sex	Age	Curl-ups	Partial Curl-ups	Shuttle Run	V-Sit Reach	Sit and Reach	One-Mile Run	1/4-Mile Run	1/2-Mile Run	Pull-ups	Right Angle	Flexed-Arm Hang
M	15	30		1.000	21	7:30				4	14	16.600 to 26.400
M	16	30		1.000	21	7:30				5	16	17.200 to 26.800
M	17	30		1.000	21	7:30				6	18	17.700 to 27.500
M	18	30		1.000	21	7:30				6	18	17.700 to 27.500
M	19	30		1.000	21	7:30				6	18	17.700 to 27.500