Cardioresp	iratory Endura	nce	B	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥67	10.0	≥ 58	10.0
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4
9:46 - 9:58	Low-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2
9:59 - 10:10	Low-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0
10:11 - 10:23	Low-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8
10:24 - 10:37	Low-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7
10:38 - 10:51	Low-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5
10:52 - 11:06	Low-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3
11:07 - 11:22	Low-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0
11:23 - 11:38	Low-Risk	53.7	37.5 #	Moderate Risk	15.1	53	8.7	46 #	7.5
11:39 - 11:56	Low-Risk	52.4	38.0	Moderate Risk	**********	52	8.6	45	7.0
11:57 - 12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk		50	8.4	43	6.3
	Moderate Risk	47.2	39.5	High Risk	0	49	8.3	42 *	6.0
	Moderate Risk	44.9	40.0	High Risk	0	48	8.1	41	0
	Moderate Risk	42.3	40.5	High Risk	0	47	8.0	40	0
13:37 - 14:00	High Risk	0	41.0	High Risk	0	46	7.8	39	0
14:01 - 14:25	High Risk	0	41.5	High Risk	0	45	7.7	38	0
14:26 - 14:52	High Risk	ŏ	42.0	High Risk	0	44 #	7.5	37	0
14:53 - 15:20	High Risk	ŏ	42.5	High Risk	0	43	7.3	36	0
15:21 - 15:50	High Risk	0	43.0	High Risk	0	43	7.2	35	0
15:51 - 16:22	High Risk	0	≥ 43.5	High Risk	0	41	7.0	34	0
16:23 - 16:57	High Risk	0	243.5	Ingiliask	•	40	6.8	33	0
≥ 16:58	-	0				39	6.5	32	0
≥ 10.58	High Risk	0				39	6.3	31	0
NOTES:						37	6.0	30	0
		4	triate sinte 6			36	5.8		0
			-	or current and fu				≤ 29	0
cardiovascular	disease, diabete	s, certain	cancers, a	nd other health p	problems	35	5.5		
D . D .				•	1.0	34	5.3		
				mum value in ea		33 *	5.0		
the four compo	nents, and 2) ac	chieve a c	omposite p	oint total ≥ 75 p	oints	32	0		
						31	0		
	nponent Values					30	0		
Run time $\leq 13:3$						29	0		
Push-ups≥33 r	repetitions/one	minute / S	it-ups≥42	repetitions/one	minute	28	0		
						27	0		
# Target Compo						26	0		
Member should	l attain or surpa	ss these t	o achieve 2	≥ 75.0 composite	score	25	0		
						24	0		
Composite Scor						23	0		
Excellent \geq 90.0	pts / Satisfactor	ry = 75.0 -	89.9 / Uns	atisfactory < 75.	0	22	0		
						21	0		
						20	0		
						19	0		
						18	0		
						≤17	0		

USAF Fitness Test Scoring /Males < 30 years of age

Cardioresp	iratory Endura	nce	B	ody Composition	n	Muscle Fitness				
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups		
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points	
≤ 9:34	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 57	10.0	≥ 54	10.0	
9:35 - 9:58	Low-Risk	59.3	33.0	Low-Risk	20.0	52	9.5	51	9.5	
9:59 - 10:10	Low-Risk	58.6	33.5	Low-Risk	20.0	51	9.4	50	9.4	
10:11 - 10:23	Low-Risk	57.9	34.0	Low-Risk	20.0	50	9.3	49	9.2	
10:24 - 10:37	Low-Risk	57.3	34.5	Low-Risk	20.0	49	9.2	48	9.0	
10:38 - 10:51	Low-Risk	56.6	35.0	Low-Risk	20.0	48	9.2	47	8.8	
10:52 - 11:06	Low-Risk	55.7	35.5	Moderate Risk	17.6	47	9.1	46	8.7	
11:07 - 11:22	Low-Risk	54.8	36.0	Moderate Risk	17.0	46	9.0	45	8.5	
11:23 - 11:38	Low-Risk	53.7	36.5	Moderate Risk	16.4	45	8.9	44	8.3	
11:39 - 11:56	Low-Risk	52.4	37.0	Moderate Risk	15.8	44	8.8	43	8.0	
11:57 - 12:14	Low-Risk	50.9	37.5 #	Moderate Risk	15.1	43	8.7	42 #	7.5	
12:15 - 12:33	Low-Risk	49.2	38.0	Moderate Risk	14.4	42	8.6	41	7.0	
12:34 - 12:53	Low-Risk	47.2	38.5	Moderate Risk	13.5	41	8.5	40	6.5	
12:54 - 13:14 #	Moderate Risk	44.9	39.0 *	Moderate Risk	12.6	40	8.3	39 *	6.0	
13:15 - 13:36	Moderate Risk	42.3	39.5	High Risk	0	39	8.0	38	0	
13:37 - 14:00 *	Moderate Risk	39.3	40.0	High Risk	0	38	7.8	37	0	
14:01 - 14:25	High Risk	0	40.5	High Risk	0	37	7.7	36	0	
14:26 - 14:52	High Risk	0	41.0	High Risk	0	36 #	7.5	35	0	
14:53 - 15:20	High Risk	0	41.5	High Risk	0	35	7.3	34	0	
15:21 - 15:50	High Risk	0	42.0	High Risk	0	34	7.0	33	0	
15:51 - 16:22	High Risk	0	42.5	High Risk	0	33	6.8	32	0	
16:23 - 16:57	High Risk	0	43.0	High Risk	0	32	6.7	31	0	
≥ 16:58	High Risk	0	≥ 43.5	High Risk	0	31	6.5	30	0	
	- U					30	6.0	29	0	
NOTES:						29	5.5	28	0	
	egory = low, mo	derate or l	high risk fo	or current and fu	ture	28	5.3	27	0	
			-	nd other health p		27 *	5.0	26	0	
			1			26	0	≤ 25	0	
Passing Requir	ements - membe	r must: 1)	meet mini	mum value in ea	ch of	25	0			
· ·				oint total≥75 p		24	0			
•			· ·			23	0			
* Minimum Cor	nponent Values					22	0			
	0 mins:secs / At		9.0 inches			21	0			
				repetitions/one	minute	20	0			
	1			- F		19	0			
# Target Comp	onent Values					18	0			
*********		ss these to	achieve >	≥ 75.0 composite	score	17	ů ů			
				composite		16	ů ů			
Composite Sco	re Categories					15	0			
-	-	rv = 750	899/Uns	atisfactory < 75.	0	14	0			
	Provi battoracto.			and a construction of the second s	-		-			
						13	0			

USAF Fitness Test Scoring /Males 30 – 39 years of age

Cardiores	piratory Endura	nce	B	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 9:45	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 50	10.0
9:46 - 10:10	Low-Risk	59.8	33.0	Low-Risk	20.0	40	9.5	47	9.5
10:11 - 10:23	Low-Risk	59.5	33.5	Low-Risk	20.0	39	9.4	46	9.4
10:24 - 10:37	Low-Risk	59.1	34.0	Low-Risk	20.0	38	9.2	45	9.2
10:38 - 10:51	Low-Risk	58.7	34.5	Low-Risk	20.0	37	9.1	44	9.1
10:52 - 11:06	Low-Risk	58.3	35.0	Low-Risk	20.0	36	9.0	43	9.0
11:07 - 11:22	Low-Risk	57.7	35.5	Moderate Risk	17.6	35	8.8	42	8.8
11:23 - 11:38	Low-Risk	57.1	36.0	Moderate Risk	17.0	34	8.5	41	8.7
11:39 - 11:56	Low-Risk	56.3	36.5	Moderate Risk	16.4	33	8.4	40	8.5
11:57 - 12:14	Low-Risk	55.4	37.0	Moderate Risk	15.8	32	8.3	39	8.0
12:15 - 12:33	Low-Risk	54.3	37.5 #	Moderate Risk	15.1	31	8.1	38	7.8
12:34 - 12:53	Low-Risk	53.1	38.0	Moderate Risk	14.4	30	8.0	37 #	7.5
12:54 - 13:14	Low-Risk	51.5	38.5	Moderate Risk	13.5	29 #	7.5	36	7.0
13:15 - 13:36	Low-Risk	49.8	39.0 *	Moderate Risk		28	7.3	35	6.5
13:37 - 14:00	Moderate Risk	47.7	39.5	High Risk	0	27	7.2	34 *	6.0
14:01 - 14:25 #	Moderate Risk	45.2	40.0	High Risk	0	26	7.0	33	0
	Moderate Risk		40.5	High Risk	0	25	6.5	32	0
14:53 - 15:20	High Risk	0	41.0	High Risk	0	24	6.0	31	0
15:21 - 15:50	High Risk	0	41.5	High Risk	0	23	5.8	30	0
15:51 - 16:22	High Risk	0	42.0	High Risk	0	22	5.5	29	0
16:23 - 16:57	High Risk	0	42.5	High Risk	0	21 *	5.0	28	0
16:58 - 17:34	High Risk	0	43.0	High Risk	0	20	0	27	0
17:35 - 18:14	High Risk	0	≥ 43.5	High Risk	0	19	0	26	0
≥ 18:15	High Risk	0			-	18	0	25	0
_						17	0	24	0
NOTES:						16	0	23	0
	tegory = low, mo	derate or	high risk fa	or current and fu	ture	15	0	22	0
	disease, diabete		-			14	0	≤ 21	0
		.,	,			13	0		-
Passing Requi	rements - membe	r must : 1) meet mini	mum value in ea	ch of	12	0		
	onents, and 2) a					11	0		
				P		10	0		
* Minimum Co	mponent Values					9	0		
	52 mins:secs / Al		9.0 inches			≤ 8	0		
	repetitions/one				minute	20			
- asir aps <u>-</u> 21									
# Target Comp	onent Values								
	d attain or surpa	ss these t	o achieve 3	> 75 0 composite	score				
interneter strout	a attain or stupa		e aciaeve :						
Composite Sco	re Categories								
-) pts / Satisfacto		80.0 / The -	nticfactory < 75	0				

USAF Fitness Test Scoring /Males 40 – 49 years of age

Cardiores	piratory Endura	nce	B	ody Composition	n		Muscle	$\begin{array}{c cccc} 10.0 & \geq 46 \\ \hline 9.5 & 43 \\ \hline 9.4 & 42 \\ \hline 9.4 & 41 \\ \hline 9.3 & 40 \\ \hline 9.3 & 39 \\ \hline 9.2 & 38 \\ \hline 9.2 & 37 \\ \end{array}$	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤10:37	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0		10.0
10:38 - 11:06	Low-Risk	59.7	33.0	Low-Risk	20.0	39	9.5	43	9.5
11:07 - 11:22	Low-Risk	59.4	33.5	Low-Risk	20.0	38	9.4	42	9.4
11:23 - 11:38	Low-Risk	59.0	34.0	Low-Risk	20.0	37	9.4	41	9.2
11:39 - 11:56	Low-Risk	58.5	34.5	Low-Risk	20.0	36	9.3	40	9.1
11:57 - 12:14	Low-Risk	58.0	35.0	Low-Risk	20.0	35	9.3	39	9.0
12:15 - 12:33	Low-Risk	57.3	35.5	Moderate Risk	17.6	34	9.2	38	8.8
12:34 - 12:53	Low-Risk	56.5	36.0	Moderate Risk	17.0	33	9.2	37	8.7
12:54 - 13:14	Low-Risk	55.6	36.5	Moderate Risk	16.4	32	9.1	36	8.5
13:15 - 13:36	Low-Risk	54.5	37.0	Moderate Risk	15.8	31	9.1	35	8.0
13:37 - 14:00	Low-Risk	53.3	37.5 #	Moderate Risk	15.1	30	9.0	34	7.8
14:01 - 14:25	Low-Risk	51.8	38.0	Moderate Risk	14.4	29	8.8	33 #	7.5
14:26 - 14:52	Low-Risk	50.0	38.5	Moderate Risk		28	8.5	32	7.3
14:53 - 15:20	Moderate Risk	47.9	39.0 *	Moderate Risk		27	8.3	31	7.0
	Moderate Risk	45.4	39.5	High Risk	0	26	8.2	30	6.5
	Moderate Risk	42.4	40.0	High Risk	0	25	8.0	29	6.3
16:23 - 16:57	High Risk	0	40.5	High Risk	0	24 #	7.5	28 *	6.0
16:58 - 17:34	High Risk	0	41.0	High Risk	0	23	7.3	27	0
17:35 - 18:14	High Risk	0	41.5	High Risk	0	22	7.2	26	0
18:15 - 18:56	High Risk	0	42.0	High Risk	0	21	7.0	25	0
18:57 - 19:43	High Risk	0	42.5	High Risk	0	20	6.5	24	0
19:44 - 20:33	High Risk	0	43.0	High Risk	0	19	6.0	23	0
≥ 20:34	High Risk	0	≥ 43.5	High Risk	0	18	5.8	22	0
_				Ŭ		17	5.5	21	0
NOTES:						16	5.3	20	0
	tegory = low, mo	derate or	high risk fo	or current and fu	ture	15 *	5.0	19	0
			-	nd other health p		14	0	18	0
	,		,-	/		13	0	17	0
Passing Requir	rements - membe	r must : 1) meet mini	mum value in ea	ch of	12	0	16	0
				oint total \geq 75 p		11	0	15	0
F				F		10	0	≤ 14	0
* Minimum Co	mponent Values					9	ů 0		
	22 mins:secs / Al		9.0 inches			8	ů 0		
				repetitions/one	minute	7	0		
						6	ů ů		
# Target Comp	onent Values					≤ 5	ů 0		
		ss these t	o achieve 3	≥75.0 composite	score				
	a accant or scarpa			composite					
Composite Sco	re Categories								
-	-	$n_{\rm r} = 75.0$	80 0 / I Ima	atisfactory < 75.	0				

USAF Fitness Test Scoring /Males 50 – 59 years of age

Cardiorespin	ratory Endura	nce	B	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤11:22	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 30	10.0	≥ 42	10.0
11:23 - 11:56	Low-Risk	59.7	33.0	Low-Risk	20.0	28	9.5	39	9.5
11:57 - 12:14	Low-Risk	59.4	33.5	Low-Risk	20.0	27	9.3	38	9.4
12:15 - 12:33	Low-Risk	59.0	34.0	Low-Risk	20.0	26	9.0	37	9.2
12:34 - 12:53	Low-Risk	58.5	34.5	Low-Risk	20.0	25	8.8	36	9.1
12:54 - 13:14	Low-Risk	58.0	35.0	Low-Risk	20.0	24	8.5	35	9.0
13:15 - 13:36	Low-Risk	57.3	35.5	Moderate Risk	17.6	23	8.0	34	8.9
13:37 - 14:00	Low-Risk	56.5	36.0	Moderate Risk	17.0	22 #	7.5	33	8.8
14:01 - 14:25	Low-Risk	55.6	36.5	Moderate Risk	16.4	21	7.0	32	8.6
14:26 - 14:52	Low-Risk	54.5	37.0	Moderate Risk	15.8	20	6.5	31	8.5
14:53 - 15:20	Low-Risk	53.3	37.5 #	Moderate Risk	15.1	19	6.3	30	8.0
15:21 - 15:50	Low-Risk	51.8	38.0	Moderate Risk	14.4	18	6.0	29	7.8
15:51 - 16:22	Low-Risk	50.0	38.5	Moderate Risk	13.5	17	5.8	28 #	7.5
16:23 - 16:57 N	Moderate Risk	47.9	39.0 *	Moderate Risk	12.6	16	5.5	27	7.3
16:58 - 17:34 # N	Moderate Risk	45.4	39.5	High Risk	0	15	5.3	26	7.0
17:35 - 18:14 * N	Moderate Risk	42.4	40.0	High Risk	0	14 *	5.0	25	6.8
18:15 - 18:56	High Risk	0	40.5	High Risk	0	13	0	24	6.5
18:57 - 19:43	High Risk	0	41.0	High Risk	0	12	0	23	6.3
19:44 - 20:33	High Risk	0	41.5	High Risk	0	11	0	22 *	6.0
20:34 - 21:28	High Risk	0	42.0	High Risk	0	10	0	21	0
21:29 - 22:28	High Risk	0	42.5	High Risk	0	9	0	20	0
22:29 - 23:34	High Risk	0	43.0	High Risk	0	8	0	19	0
≥23:35	High Risk	0	≥ 43.5	High Risk	0	7	0	18	0
						6	0	17	0
NOTES:						5	0	16	0
Health Risk Cate	gory = low, mo	derate or	high risk fo	or current and fu	ture	4	0	15	0
cardiovascular d	isease, diabete	s, certain	cancers, an	nd other health p	roblems	≤ 3	0	14	0
								13	0
Passing Requirer	ments - membe	r must : 1)) meet mini	mum value in ea	ch of			12	0
the four compon	ents, and 2) ad	chieve a co	omposite p	oint total ≥ 75 p	oints			11	0
								10	0
* Minimum Com	ponent Values							≤ 9	0
Run time ≤ 18:14	mins:secs / At	od Circ≤3	9.0 inches						
Push-ups≥14 re	petitions/one i	minute / Si	it-ups≥22	repetitions/one	minute				
# Target Compor									
Member should a	attain or surpa	ss these to	o achieve 2	≥ 75.0 composite	score				
Composite Score	-								
Excellent≥90.0 p	ots / Satisfactor	ry = 75.0 -	89.9 / Uns	atisfactory < 75.0	0				

USAF Fitness Test Scoring /Males 60+ years of age

Cardiores	piratory Endura	nce	B	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 10:23	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 47	10.0	≥ 54	10.0
10:24 - 10:51	Low-Risk	59.9	29.5	Low Risk	20.0	42	9.5	51	9.5
10:52 - 11:06	Low-Risk	59.5	30.0	Low Risk	20.0	41	9.4	50	9.4
11:07 - 11:22	Low-Risk	59.2	30.5	Low Risk	20.0	40	9.3	49	9.0
11:23 - 11:38	Low-Risk	58.9	31.0	Low Risk	20.0	39	9.2	48	8.9
11:39 - 11:56	Low-Risk	58.6	31.5	Low Risk	20.0	38	9.1	47	8.8
11:57 - 12:14	Low-Risk	58.1	32.0	Moderate Risk	17.6	37	9.0	46	8.6
12:15 - 12:33	Low-Risk	57.6	32.5	Moderate Risk	17.1	36	8.9	45	8.5
12:34 - 12:53	Low-Risk	57.0	33.0	Moderate Risk	16.5	35	8.8	44	8.0
12:54 - 13:14	Low-Risk	56.2	33.5	Moderate Risk	15.9	34	8.6	43	7.8
13:15 - 13:36	Low-Risk	55.3	34.0 #	Moderate Risk	15.2	33	8.5	42 #	7.5
13:37 - 14:00	Low-Risk	54.2	34.5	Moderate Risk	14.5	32	8.4	41	7.0
14:01 - 14:25	Low-Risk	52.8	35.0	Moderate Risk	13.7	31	8.3	40	6.8
14:26 - 14:52	Low-Risk	51.2	35.5 *	Moderate Risk	12.8	30	8.2	39	6.5
14:53 - 15:20	Moderate Risk	49.3	36.0	High Risk	0	29	8.1	38 *	6.0
	Moderate Risk	46.9	36.5	High Risk	0	28	8.0	37	0
	Moderate Risk	44.1	37.0	High Risk	0	27 #	7.5	36	0
16:23 - 16:57	High Risk	0	37.5	High Risk	0	26	7.3	35	0
16:58 - 17:34	High Risk	0	38.0	High Risk	0	25	7.2	34	0
17:35 - 18:14	High Risk	0	38.5	High Risk	0	24	7.0	33	0
18:15 - 18:56	High Risk	0	39.0	High Risk	0	23	6.5	32	0
18:57 - 19:43	High Risk	0	39.5	High Risk	0	22	6.3	31	0
19:44 - 20:33	High Risk	0	≥ 40.0	High Risk	0	21	6.0	30	0
≥ 20:34	High Risk	0				20	5.8	29	0
		_				19	5.5	28	0
NOTES:						18 *	5.0	27	0
	tegory = low, mo	derate or	high risk fo	or current and fu	iture	17	0	26	0
	disease, diabete		-			16	0	25	0
				/		15	0	24	0
Passing Requi	rements - membe	r must : 1) meet mini	mum value in ea	ch of	14	0	23	0
	onents, and 2) a					13	0	≤22	0
ale rour compt	initio, unu 2) di		iomposite p	oun cotar <u>-</u> 75 p		12	0		
* Minimum Co	mponent Values					11	0		
	22 mins:secs / Al		35 5 inches			10	0		
	repetitions/one				minute	9	0		
r asir-ups < 16	repetitions/one	annute / c	m-ups ≥ 30	repetitions/one	minute	8	0		
# Target Comp	onent Values					≤7	0		
	d attain or surpa	ee these t	to achietre `	> 75 0 composito	score	27	v		
Wiember Shou	a attain or surpa	as trese	to actiteve s	_ / J.o composite	30010				
Composite Sco	re Categories								
-) pts / Satisfacto		90.0 / The -	nticfactory < 75	0				

USAF Fitness Test Scoring /Females < 30 years of age

Cardioresp	iratory Endura	nce	B	ody Composition	n		Muscle	10.0 ≥ 45 9.5 42		
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups		
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	-	Points	
≤ 10:51	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 46			10.0	
10:52 - 11:22	Low-Risk	59.5	29.5	Low Risk	20.0	40	9.5	42	9.5	
11:23 - 11:38	Low-Risk	59.0	30.0	Low Risk	20.0	39	9.4	41	9.4	
11:39 - 11:56	Low-Risk	58.6	30.5	Low Risk	20.0	38	9.3	40	9.0	
11:57 - 12:14	Low-Risk	58.1	31.0	Low Risk	20.0	37	9.3	39	8.8	
12:15 - 12:33	Low-Risk	57.6	31.5	Low Risk	20.0	36	9.2	38	8.5	
12:34 - 12:53	Low-Risk	57.0	32.0	Moderate Risk	17.6	35	9.1	37	8.3	
12:54 - 13:14	Low-Risk	56.2	32.5	Moderate Risk	17.1	34	9.1	36	8.2	
13:15 - 13:36	Low-Risk	55.3	33.0	Moderate Risk	16.5	33	9.0	35	8.0	
13:37 - 14:00	Low-Risk	54.2	33.5	Moderate Risk	15.9	32	8.9	34	7.8	
14:01 - 14:25	Low-Risk	52.8	34.0 #	Moderate Risk	15.2	31	8.9	33 #	7.5	
14:26 - 14:52	Low-Risk	51.2	34.5	Moderate Risk	14.5	30	8.8	32	7.0	
14:53 - 15:20	Low-Risk	49.3	35.0	Moderate Risk	13.7	29	8.7	31	6.8	
15:21 - 15:50 #	Moderate Risk	46.9	35.5 *	Moderate Risk	12.8	28	8.6	30	6.5	
15:51 - 16:22	Moderate Risk	44.1	36.0	High Risk	0	27	8.6	29 *	6.0	
16:23 - 16:57 *	Moderate Risk	40.8	36.5	High Risk	0	26	8.5	28	0	
16:58 - 17:34	High Risk	0	37.0	High Risk	0	25	8.3	27	0	
17:35 - 18:14	High Risk	0	37.5	High Risk	0	24	8.2	26	0	
18:15 - 18:56	High Risk	0	38.0	High Risk	0	23	8.0	25	0	
18:57 - 19:43	High Risk	0	38.5	High Risk	0	22	7.9	24	0	
19:44 - 20:33	High Risk	0	39.0	High Risk	0	21	7.8	23	0	
≥ 20:34	High Risk	0	39.5	High Risk	0	20	7.6	22	0	
			≥ 40.0	High Risk	0	19 #	7.5	21	0	
						18	7.0	20	0	
NOTES:						17	6.8	19	0	
Health Risk Cate	egory = low, mo	derate or	high risk f	or current and fu	ture	16	6.5	18	0	
cardiovascular (disease, diabete	s, certain	cancers, a	nd other health p	roblems	15	6.0	17	0	
						14 *	5.0	16	0	
Passing Require	ements - membe	r must : 1)	meet mini	mum value in ea	ch of	13	0	15	0	
the four compor	nents, and 2) ad	chieve a co	omposite p	oint total≥75 p	oints	12	0	≤14	0	
_				_		11	0			
* Minimum Com	nponent Values					10	0			
Run time ≤ 16:57	/ mins:secs / At	od Circ≤3	5.5 inches			9	0			
				repetitions/one	minute	8	0			
_	-		-	_		7	0			
# Target Compo	nent Values					6	0			
		ss these to	achieve 2	≥ 75.0 composite	score	≤5	0			
				•						
Composite Scor	e Categories									
-	-	ry = 75.0 -	89.9 / Uns	atisfactory < 75.	0					

USAF Fitness Test Scoring /Females 30 - 39 years of age

Cardiorespi	iratory Endurar	ice	B	ody Composition	n		Muscle	Muscle Fitness Sit-ups Points (reps/min) 10.0 \geq 41 9.5 38 9.4 37 9.2 36 9.1 35 9.0 34 8.9 33 8.8 32 8.7 31 8.6 30 8.6 29 8.5 28 # 8.4 27 8.3 26 8.2 25 8.1 24 * 8.0 23 7.8 22 7.5 21 7.0 20	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤11:22	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 38	10.0	≥ 41	10.0
11:23 - 11:56	Low-Risk	59.9	29.5	Low Risk	20.0	33	9.5	38	9.5
11:57 - 12:14	Low-Risk	59.8	30.0	Low Risk	20.0	32	9.4	37	9.4
12:15 - 12:33	Low-Risk	59.6	30.5	Low Risk	20.0	31	9.2	36	9.2
12:34 - 12:53	Low-Risk	59.4	31.0	Low Risk	20.0	30	9.1	35	9.1
12:54 - 13:14	Low-Risk	59.1	31.5	Low Risk	20.0	29	9.0	34	9.0
13:15 - 13:36	Low-Risk	58.7	32.0	Moderate Risk	17.6	28	8.9	33	8.8
13:37 - 14:00	Low-Risk	58.2	32.5	Moderate Risk	17.1	27	8.8	32	8.5
14:01 - 14:25	Low-Risk	57.7	33.0	Moderate Risk	16.5	26	8.7	31	8.3
14:26 - 14:52	Low-Risk	56.9	33.5	Moderate Risk	15.9	25	8.6	30	8.2
14:53 - 15:20	Low-Risk	56.0	34.0 #	Moderate Risk	15.2	24	8.6	29	8.0
15:21 - 15:50	Low-Risk	54.8	34.5	Moderate Risk	14.5	23	8.5	28 #	7.5
15:51 - 16:22	Low-Risk	53.3	35.0	Moderate Risk	13.7	22	8.4	27	7.0
16:23 - 16:57	Moderate Risk	51.4	35.5 *	Moderate Risk	12.8	21	8.3	26	6.8
16:58 - 17:34	Moderate Risk	49.0	36.0	High Risk	0	20	8.2	25	6.4
17:35 - 18:14 *#	Moderate Risk	45.9	36.5	High Risk	0	19	8.1	24 *	6.0
18:15 - 18:56	High Risk	0	37.0	High Risk	0	18	8.0	23	0
18:57 - 19:43	High Risk	0	37.5	High Risk	0	17	7.8	22	0
19:44 - 20:33	High Risk	0	38.0	High Risk	0	16 #	7.5	21	0
20:34 - 21:28	High Risk	0	38.5	High Risk	0	15	7.0	20	0
21:29 - 22:28	High Risk	0	39.0	High Risk	0	14	6.5	19	0
≥ 22:29	High Risk	0	39.5	High Risk	0	13	6.0	18	0
	-		≥ 40.0	High Risk	0	12	5.5	17	0
						11 *	5.0	16	0
NOTES:						10	0	15	0
Health Risk Cate	gory = low, mod	lerate or h	high risk for	r current and fut	ure	9	0	14	0
cardiovascular d			-			8	0	13	0
						7	0	12	0
Passing Requirer	ments - member	must: 1)	meet minin	num value in eacl	h of	6	0	11	0
the four compon						5	0	10	0
	. ,					4	0	≤9	0
* Minimum Com	ponent Values					≤3	0		-
Run time ≤ 18:14		d Circ < 35	5.5 inches				-		
Push-ups≥11 re				epetitions/one n	ninute				
# Target Compor	nent Values								
Member should	attain or surpas	s these to	achieve≥	75.0 composite s	score				
Composite Score	-								
Excellent ≥ 90.0 p	ots / Satisfactor	y = 75.0 - 8	89.9 / Unsa	tisfactory < 75.0					

USAF Fitness Test Scoring /Females 40 - 49 years of age

Cardioresp	iratory Endura	ice	B	Body Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 12:53	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 35	10.0	≥ 32	10.0
12:54 - 13:36	Low-Risk	59.8	29.5	Low Risk	20.0	30	9.5	30	9.5
13:37 - 14:00	Low-Risk	59.6	30.0	Low Risk	20.0	29	9.4	29	9.0
14:01 - 14:25	Low-Risk	59.3	30.5	Low Risk	20.0	28	9.3	28	8.9
14:26 - 14:52	Low-Risk	58.9	31.0	Low Risk	20.0	27	9.2	27	8.8
14:53 - 15:20	Low-Risk	58.4	31.5	Low Risk	20.0	26	9.1	26	8.6
15:21 - 15:50	Low-Risk	57.7	32.0	Moderate Risk	17.6	25	9.0	25	8.5
15:51 - 16:22	Low-Risk	56.8	32.5	Moderate Risk	17.1	24	8.8	24	8.0
16:23 - 16:57	Low-Risk	55.6	33.0	Moderate Risk	16.5	23	8.7	23 #	7.5
16:58 - 17:34	Low-Risk	54.0	33.5	Moderate Risk	15.9	22	8.6	22	7.0
17:35 - 18:14	Low-Risk	51.9	34.0 #	Moderate Risk	15.2	21	8.6	21	6.5
18:15 - 18:56	Moderate Risk	49.2	34.5	Moderate Risk		20	8.5	20 *	6.0
18:57 - 19:43 *#	Moderate Risk	45.5	35.0	Moderate Risk		19	8.4	19	0
19:44 - 20:33	High Risk	0	35.5 *	Moderate Risk		18	8.3	18	0
20:34 - 21:28	High Risk	0	36.0	High Risk	0	17	8.2	17	0
21:29 - 22:28	High Risk	0	36.5	High Risk	0	16	8.1	16	0
22:29 - 23:34	High Risk	0	37.0	High Risk	0	15	8.0	15	0
≥ 23:35	High Risk	0	37.5	High Risk	0	14 #	7.5	14	0
		-	38.0	High Risk	0	13	7.0	13	0
			38.5	High Risk	0	12	6.5	12	0
			39.0	High Risk	0	11	6.0	11	0
			39.5	High Risk	0	10	5.5	10	0
			≥ 40.0	High Risk	0	9*	5.0	9	0
				ingiridan		8	0	8	0
NOTES:						7	0	7	0
	egory = low mor	lerate or h	nigh risk for	r current and fut	ure	6	0	6	0
			-	d other health pr		5	0	≤5	0
cardiovascular	iisease, uidoetes	, certain e	ancers, an	u outer neardr pr	oorems	4	0		
Passing Require	ments - member	must 1)	meet minin	um value in eac	hof	3	0		
				oint total ≥ 75 po			0		
* Minimum Com	ponent Values								
	8 mins:secs / Ab								
Push-ups≥9 re	petitions/one mi	nute / Sit-	ups≥20 re	petitions/one m	inute				
# Target Compo	nent Values								
		s these to	achieve ≥	75.0 composite	score				
Composite Scor	e Categories								
-	-	v = 75.0 S	20 0 / Times	tisfactory < 75.0					

USAF Fitness Test Scoring /Females 50 - 59 years of age

Cardiores	piratory Endura	nce	E	ody Composition	n		Muscle	Fitness	
Run Time	Health Risk		AC	Health Risk		Push-ups		Sit-ups	
(mins:secs)	Category	Points	(inches)	Category	Points	(reps/min)	Points	(reps/min)	Points
≤ 14:00	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 21	10.0	≥ 31	10.0
14:01 - 14:52	Low-Risk	59.8	29.5	Low Risk	20.0	19	9.5	28	9.5
14:53 - 15:20	Low-Risk	59.5	30.0	Low Risk	20.0	18	9.4	27	9.4
15:21 - 15:50	Low-Risk	59.1	30.5	Low Risk	20.0	17	9.0	26	9.0
15:51 - 16:22	Low-Risk	58.6	31.0	Low Risk	20.0	16	8.8	25	8.9
16:23 - 16:57	Low-Risk	57.9	31.5	Low Risk	20.0	15	8.5	24	8.8
16:58 - 17:34	Low-Risk	57.0	32.0	Moderate Risk	17.6	14	8.0	23	8.7
17:35 - 18:14	Low-Risk	55.8	32.5	Moderate Risk	17.1	13 #	7.5	22	8.6
18:15 - 18:56	Low-Risk	54.2	33.0	Moderate Risk	16.5	12	7.0	21	8.5
18:57 - 19:43	Low-Risk	52.1	33.5	Moderate Risk	15.9	11	6.5	20	8.4
19:44 - 20:33	Moderate Risk	49.3	34.0 #	Moderate Risk	15.2	10	6.0	19	8.3
20:34 - 21:28 #	Moderate Risk	45.6	34.5	Moderate Risk	14.5	9	5.7	18	8.2
21:29 - 22:28 *	Moderate Risk	40.8	35.0	Moderate Risk	13.7	8	5.3	17	8.0
22:29 - 23:34	High Risk	0	35.5 *	Moderate Risk	12.8	7*	5.0	16	7.8
23:35 - 24:46	High Risk	0	36.0	High Risk	0	6	0	15 #	7.5
24:47 - 26:06	High Risk	0	36.5	High Risk	0	5	0	14	7.3
≥ 26:07	High Risk	0	37.0	High Risk	0	4	0	13	7.0
			37.5	High Risk	0	3	0	12	6.5
			38.0	High Risk	0	2	0	11 *	6.0
			38.5	High Risk	0	≤1	0	10	0
			39.0	High Risk	0			9	0
			39.5	High Risk	0			8	0
			≥ 40.0	High Risk	0			7	0
				Ŭ				6	0
NOTES:								5	0
Health Risk Ca	tegory = low, mo	derate or	high risk f	or current and fu	ture			4	0
	disease, diabete		-					3	0
								2	0
Passing Requir	rements - membe	r must : 1) meet mini	mum value in ea	ch of			≤1	0
	onents, and 2) ad								-
une re un compo			emp e sue p						
* Minimum Co	mponent Values								
	28 mins:secs / Al		5.5 inches						
	epetitions/one m				ninute				
# Target Comp	onent Values								
	d attain or surpa	ss these t	o achieve 3	> 75.0 composite	score				
	- ittait of stapa			composite					
Composite Sco	re Categories								
-) pts / Satisfacto	$a_{1} = 75.0$	80 0 / T Iman	atisfactors < 75	0				

USAF Fitness Test Scoring /Females 60+ years of age