

### USAF Fitness Test Scoring /Females 60+ years of age

Cardiorespiratory Endurance			Body Composition			Muscle Fitness				
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (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	
								6	0	
								5	0	
<b>NOTES:</b>									4	0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems									3	0
									2	0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points									≤ 1	0
<u>* Minimum Component Values</u>										
Run time ≤ 22:28 mins:secs / Abd Circ ≤ 35.5 inches										
Push-ups ≥ 7 repetitions/one minute / Sit-ups ≥ 11 repetitions/one minute										
<u># Target Component Values</u>										
Member should attain or surpass these to achieve ≥ 75.0 composite score										
Composite Score Categories										
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0										