

CONNECTICUT PHYSICAL FITNESS TEST

STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Boys	One-Mile Walk/Run			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Age	I	F	H	I	F	H	I	F	H	I	F	H
12	> 10:30	10:30 - 8:00	< 8:00	0-7	8	-	0-9	10-20	> 20	0-17	18-36	> 36
13	> 10:00	10:00 - 7:30	< 7:30	0-7	8	-	0-11	12-25	> 25	0-20	21-40	> 40
14	> 9:30	9:30 - 7:00	< 7:00	0-7	8	-	0-13	14-30	> 30	0-23	24-45	> 45
15	> 9:00	9:00 - 7:00	< 7:00	0-7	8	-	0-15	16-35	> 35	0-23	24-47	> 47

I = Needs Improvement Zone (*does not meet health-related standard*)

F = Health Fitness Zone (*meets health-related standard*)

H = High Fitness Performance Zone (*exceeds health-related standard*)