

CONNECTICUT PHYSICAL FITNESS TEST

STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Girls	One-Mile Walk/Run			Sit-and-Reach			90° Push-Ups			Curl-Ups		
	I	F	H	I	F	H	I	F	H	I	F	H
12	> 12:00	12:00 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32
13	> 11:30	11:30 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32
14	> 11:00	11:00 - 8:30	< 8:30	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32
15	> 10:30	10:30 - 8:00	< 8:00	0-11	12	-	0-6	7-15	> 15	0-17	18-35	> 35

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*)