

USAF Fitness Assessment Scoring / Males < 25 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 9:12	≥ 100	Low Risk	60.0
9:13 - 9:34	94 - 99	Low Risk	59.5
9:35 - 9:45	92 - 93	Low Risk	59.0
9:46 - 9:58	88 - 91	Low Risk	58.5
9:59 - 10:10	86 - 87	Low Risk	58.0
10:11 - 10:23	83 - 85	Low Risk	57.5
10:24 - 10:37	80 - 82	Low Risk	57.0
10:38 - 10:51	77 - 79	Low Risk	56.5
10:52 - 11:06	74 - 76	Low Risk	56.0
11:07 - 11:22	71 - 73	Low Risk	55.5
11:23 - 11:38	68 - 70	Low Risk	55.0
11:39 - 11:56	65 - 67	Low Risk	54.5
11:57 - 12:14	62 - 64	Low Risk	54.0
12:15 - 12:33	59 - 61	Low Risk	53.5
12:34 - 12:53	56 - 58	Moderate Risk	52.0
12:54 - 13:14	54 - 55	Moderate Risk	50.5
13:15 - 13:36	51 - 53	Moderate Risk	49.0
13:37 - 14:00	48 - 50	High Risk	46.5
14:01 - 14:25	45 - 47	High Risk	44.0
14:26 - 14:52	42 - 44	High Risk	41.0
14:53 - 15:20	39 - 41	High Risk	38.0
15:21 - 15:50*	36*- 38	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for: current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member must :			
1) achieve a composite point total ≥ 75 points and			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 15:50			
20 m HAMR Shuttles ≥ 36 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males < 25 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 67	20.0	≥ 40	20.0	≥ 58	20.0	≥ 49	20.0	≥ 3:35	20.0
66	19.8	39	19.6	57	19.7	48	19.6	3:30	19.7
65	19.6	38	19.2	56	19.4	47	19.3	3:25	19.3
64	19.4	37	18.8	55	19.0	46	18.9	3:18	18.9
63	19.2	36	18.4	54	18.8	45	18.6	3:12	18.5
62	19.0	35	18.0	53	18.4	44	18.2	3:05	18.0
61	18.8	34	17.6	52	18.0	43	17.9	2:45	16.7
60	18.6	33	17.2	51	17.6	42	17.5	2:25	15.3
59	18.4	32	16.8	50	17.4	41	17.1	2:05	14.0
58	18.2	31	16.4	49	17.0	40	16.8	1:55	13.3
57	18.0	30	16.0	48	16.6	39	16.4	1:25	11.3
56	17.8	29	15.6	47	16.0	38	16.1	1:05*	10.0
55	17.7	28	15.2	46	15.0	37	15.7		
54	17.6	27	14.8	45	14.0	36	15.4		
53	17.4	26	14.4	44	13.0	35	15.0		
52	17.2	25	14.0	43	12.6	34	14.6		
51	17.0	24	13.6	42	12.0	33	14.3		
50	16.8	23	13.2	41	9.0	32	13.9		
49	16.6	22	12.8	40	6.0	31	13.6		
48	16.2	21	12.4	39*	3.0	30	13.2		
47	16.0	20	12.0			29	12.9		
46	15.6	19	11.6			28	12.5		
45	15.4	18	11.2			27	12.1		
44	15.0	17	10.8			26	11.8		
43	14.6	16	10.4			25	11.4		
42	14.4	15*	10.0			24	11.1		
41	14.0					23	10.7		
40	13.6					22	10.4		
39	13.0					21*	10.0		
38	12.6								
37	12.0								
36	11.6								
35	11.0								
34	10.6								
33	10.0								
32	7.0								
31	4.0			* Minimum Component Values					
30*	1.0								
				Passing Requirements - member <i>must</i> :					
				1) achieve a composite point total ≥ 75 points <i>and</i>					
				2) meet minimum point values for all components.					
				Composite Score Categories					
				Excellent ≥ 90.0 pts					
				Satisfactory = 75.0 - 89.9					
				Unsatisfactory < 75.0					
Final Version									

USAF Fitness Assessment Scoring / Females < 25 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)	20 m HAMR Shuttles	Health Risk Category	Points
≤ 10:23	≥ 83	Low Risk	60.0
10:24 - 10:51	77 - 82	Low Risk	59.5
10:52 - 11:06	74 - 76	Low Risk	59.0
11:07 - 11:22	71 - 73	Low Risk	58.5
11:23 - 11:38	68 - 70	Low Risk	58.0
11:39 - 11:56	65 - 67	Low Risk	57.5
11:57 - 12:14	62 - 64	Low Risk	57.0
12:15 - 12:33	59 - 61	Low Risk	56.5
12:34 - 12:53	56 - 58	Low Risk	56.0
12:54 - 13:14	54 - 55	Low Risk	55.5
13:15 - 13:36	51 - 53	Low Risk	55.0
13:37 - 14:00	48 - 50	Low Risk	54.5
14:01 - 14:25	45 - 47	Low Risk	54.0
14:26 - 14:52	42 - 44	Low Risk	53.5
14:53 - 15:20	39 - 41	Moderate Risk	52.0
15:21 - 15:50	36 - 38	Moderate Risk	50.5
15:51 - 16:22	33 - 35	Moderate Risk	49.0
16:23 - 16:57	30 - 32	High Risk	46.0
16:58 - 17:34	27 - 29	High Risk	42.5
17:35 - 18:14	24 - 26	High Risk	39.0
18:15 - 18:56*	22* - 23	High Risk	35.0
NOTES:			
Health Risk Category = low, moderate or high risk for:			
current and future cardiovascular disease, diabetes, certain cancers, and other health problems.			
Passing Requirements - member <i>must</i> :			
1) achieve a composite point total ≥ 75 points <i>and</i>			
2) meet minimum point values for all components.			
* Minimum Component Values			
Run time ≤ 18:56			
20 m HAMR Shuttles ≥ 22 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females < 25 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points	2 min Cross Leg Reverse Crunch	Points	Forearm Plank Time (mm:ss)	Points
≥ 47	20.0	≥ 31	20.0	≥ 54	20.0	≥ 47	20.0	≥ 3:30	20.0
46	19.8	30	19.6	53	19.7	46	19.7	3:25	19.0
45	19.6	29	19.2	52	19.4	45	19.4	3:18	18.7
44	19.4	28	18.8	51	19.0	44	19.2	3:12	18.5
43	19.2	27	18.4	50	18.8	43	18.9	3:05	18.3
42	19.0	26	18.0	49	18.0	42	18.6	2:45	15.9
41	18.8	25	17.6	48	17.8	41	18.3	2:25	15.2
40	18.6	24	17.2	47	17.6	40	18.1	2:05	14.4
39	18.4	23	16.8	46	17.2	39	17.8	1:45	12.1
38	18.2	22	16.4	45	17.0	38	17.5	1:25	11.3
37	18.0	21	16.0	44	16.0	37	17.2	1:05	10.5
36	17.8	20	15.6	43	15.6	36	16.9	1:00	10.3
35	17.6	19	15.2	42	15.0	35	16.7	:55*	10.0
34	17.2	18	14.8	41	14.0	34	16.4		
33	17.0	17	14.4	40	13.6	33	16.1		
32	16.8	16	14.0	39	13.0	32	15.8		
31	16.6	15	13.6	38	12.0	31	15.6		
30	16.4	14	13.2	37	9.0	30	15.3		
29	16.2	13	12.8	36	6.0	29	15.0		
28	16.0	12	12.4	35*	3.0	28	14.7		
27	15.0	11	12.0			27	14.4		
26	14.6	10	11.6			26	14.2		
25	14.4	9	11.2			25	13.9		
24	14.0	8	10.8			24	13.6		
23	13.0	7	10.4			23	13.3		
22	12.6	6*	10.0			22	13.1		
21	12.0					21	12.8		
20	11.6					20	12.5		
19	11.0					19	12.2		
18	10.0					18	11.9		
17	7.0					17	11.7		
16	4.0					16	11.4		
15*	1.0					15	11.1		
						14	10.8		
						13	10.6		
						12	10.3		
* Minimum Component Values						11*	10.0		
Passing Requirements - member <i>must</i> :									
1) achieve a composite point total ≥ 75 points <i>and</i>									
2) meet minimum point values for all components.									
Composite Score Categories									
Excellent ≥ 90.0 pts									
Satisfactory = 75.0 - 89.9									
Unsatisfactory < 75.0									
Final Version									