**Standards for the Healthy Fitness Zone**

For each test area, the *FITNESSGRAM* uses the Healthy Fitness Zone (HFZ) to evaluate fitness performance. The performance goal for all test areas is the HFZ which represents a level of fitness that offers protection against the diseases that result from sedentary living.

**BOYS**

|  |  |
| --- | --- |
| Age | 20 Meter Pacer  (# laps completed) |
| 6 | Standards for |
| 7 | Pacer test not |
| 8 | Available for |
| 9 | Ages 9 and under |
| 10 | >17 |
| 11 | >20 |
| 12 | >23 |
| 13 | >29 |
| 14 | >36 |
| 15 | >42 |
| 16 | >47 |

**GIRLS**

|  |  |
| --- | --- |
| Age | 20 Meter Pacer  (# laps completed) |
| 6 | Standards for |
| 7 | Pacer test not |
| 8 | Available for |
| 9 | Ages 9 and under |
| 10 | >15 |
| 11 | >15 |
| 12 | >23 |
| 13 | >23 |
| 14 | >23 |
| 15 | >23 |
| 16 | >32 |

**BOYS**

|  |  |
| --- | --- |
| Age | Curl-Up  (# completed) |
| 6 | >2 |
| 7 | >4 |
| 8 | >6 |
| 9 | >9 |
| 10 | >12 |
| 11 | >15 |
| 12 | >18 |
| 13 | >21 |
| 14 | >24 |
| 15 | >24 |
| 16 | >24 |

**GIRLS**

|  |  |
| --- | --- |
| Age | Curl-Up  (# completed) |
| 6 | > 2 |
| 7 | > 4 |
| 8 | >6 |
| 9 | >9 |
| 10 | >12 |
| 11 | >15 |
| 12 | >18 |
| 13 | >18 |
| 14 | >18 |
| 15 | >18 |
| 16 | >18 |

**BOYS**

|  |  |
| --- | --- |
| Age | Back-Saver Sit & Reach (Inches) |
| 6 | >8 |
| 7 | >8 |
| 8 | >8 |
| 9 | >8 |
| 10 | >8 |
| 11 | >8 |
| 12 | >8 |
| 13 | >8 |
| 14 | >8 |
| 15 | >8 |
| 16 | >8 |

**GIRLS**

|  |  |
| --- | --- |
| Age | Back-Saver Sit & Reach (Inches) |
| 6 | >9 |
| 7 | >9 |
| 8 | >9 |
| 9 | >9 |
| 10 | >9 |
| 11 | >10 |
| 12 | >10 |
| 13 | >10 |
| 14 | >10 |
| 15 | >12 |
| 16 | >12 |

**BOYS**

|  |  |
| --- | --- |
| Age | Flexed- Arm Hang  (# of seconds) |
| 6 | > 2 |
| 7 | > 3 |
| 8 | > 3 |
| 9 | >4 |
| 10 | >4 |
| 11 | >6 |
| 12 | >10 |
| 13 | >12 |
| 14 | >15 |
| 15 | >15 |
| 16 | >15 |

**GIRLS**

|  |  |
| --- | --- |
| Age | Flexed- Arm Hang  (# of seconds) |
| 6 | > 2 |
| 7 | > 3 |
| 8 | > 3 |
| 9 | >4 |
| 10 | >4 |
| 11 | >6 |
| 12 | >7 |
| 13 | >8 |
| 14 | >8 |
| 15 | >8 |
| 16 | >8 |