USAF Fitness Assessment Scoring / Males < 25 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 9:12		Low Risk	60.0
9:13 - 9:34		Low Risk	59.5
9:35 - 9:45		Low Risk	59.0
9:46 - 9:58		Low Risk	58.5
9:59 - 10:10		Low Risk	58.0
10:11 - 10:23		Low Risk	57.5
10:24 - 10:37		Low Risk	57.0
10:38 - 10:51		Low Risk	56.5
10:52 - 11:06		Low Risk	56.0
11:07 - 11:22		Low Risk	55.5
11:23 - 11:38		Low Risk	55.0
11:39 - 11:56		Low Risk	54.5
11:57 - 12:14		Low Risk	54.0
12:15 - 12:33		Low Risk	53.5
12:34 - 12:53		Moderate Risk	52.0
12:54 - 13:14		Moderate Risk	50.5
13:15 - 13:36		Moderate Risk	49.0
13:37 - 14:00		High Risk	46.5
14:01 - 14:25		High Risk	44.0
14:26 - 14:52		High Risk	41.0
14:53 - 15:20		High Risk	38.0
15:21 - 15:50*		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			1 min Sit-ups	Points				
≥ 67	20.0			≥ 58	20.0				
66	19.8			57	19.7				
65	19.6			56	19.4				
64	19.4			55	19.0				
63	19.2			54	18.8				
62	19.0			53	18.4				
61	18.8			52	18.0				
60	18.6			51	17.6				
59	18.4			50	17.4				
58	18.2			49	17.0				
57	18.0			48	16.6				
56	17.8			47	16.0				
55	17.7			46	15.0				
54	17.6			45	14.0				
53	17.4			44	13.0				
52	17.2			43	12.6				
51	17.0			42	12.0				
50	16.8			41	9.0				
49	16.6			40	6.0				
48	16.2			39*	3.0				
47	16.0								
46	15.6								
45	15.4								
44	15.0								
43	14.6								
42	14.4								
41	14.0								
40	13.6								
39	13.0								
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 *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				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 / Males 25-29 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 9:22		Low Risk	60.0
9:23 - 9:45		Low Risk	59.5
9:46 - 9:58		Low Risk	59.0
9:59 - 10:10		Low Risk	58.5
10:11 - 10:23		Low Risk	58.0
10:24 - 10:37		Low Risk	57.5
10:38 - 10:51		Low Risk	57.0
10:52 - 11:06		Low Risk	56.5
11:07 - 11:22		Low Risk	56.0
11:23 - 11:38		Low Risk	55.5
11:39 - 11:56		Low Risk	55.0
11:57 - 12:14		Low Risk	54.5
12:15 - 12:33		Low Risk	54.0
12:34 - 12:53		Moderate Risk	53.5
12:54 - 13:14		Moderate Risk	52.0
13:15 - 13:36		Moderate Risk	50.5
13:37 - 14:00		High Risk	49.0
14:01 - 14:25		High Risk	46.5
14:26 - 14:52		High Risk	44.0
14:53 - 15:20		High Risk	41.0
15:21 - 15:50		High Risk	38.0
15:51 - 16:22*		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 ≤ 16:22			
20 m HAMR Shuttles ≥ 33 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 25-29 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 62	20.0			≥ 56	20.0				
61	19.7			55	19.5				
60	19.4			54	19.0				
59	19.0			53	18.8				
58	18.8			52	18.4				
57	18.6			51	18.0				
56	18.4			50	17.6				
55	18.2			49	17.4				
54	18.0			48	17.0				
53	17.8			47	16.6				
52	17.6			46	16.0				
51	17.5			45	15.0				
50	17.4			44	14.0				
49	17.2			43	13.0				
48	17.0			42	12.6				
47	16.8			41	12.0				
46	16.6			40	9.0				
45	16.2			39	6.0				
44	16.0			38*	3.0				
43	15.6								
42	15.4								
41	15.0								
40	14.6								
39	14.4								
38	14.0								
37	13.6								
36	13.0								
35	12.6								
34	12.0								
33	11.6								
32	11.0								
31	10.6								
30	10.0								
29	7.0								
28	4.0								
27*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				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 / Males 30-34 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 9:34		Low Risk	60.0
9:35 - 9:58		Low Risk	59.5
9:59 - 10:10		Low Risk	59.0
10:11 - 10:23		Low Risk	58.5
10:24 - 10:37		Low Risk	58.0
10:38 - 10:51		Low Risk	57.5
10:52 - 11:06		Low Risk	57.0
11:07 - 11:22		Low Risk	56.5
11:23 - 11:38		Low Risk	56.0
11:39 - 11:56		Low Risk	55.5
11:57 - 12:14		Low Risk	55.0
12:15 - 12:33		Low Risk	54.5
12:34 - 12:53		Low Risk	54.0
12:54 - 13:14		Moderate Risk	53.5
13:15 - 13:36		Moderate Risk	52.0
13:37 - 14:00		Moderate Risk	50.5
14:01 - 14:25		High Risk	48.0
14:26 - 14:52		High Risk	45.5
14:53 - 15:20		High Risk	43.0
15:21 - 15:50		High Risk	40.5
15:51 - 16:22		High Risk	38.0
16:23 - 16:57*		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 ≤ 16:57			
20 m HAMR Shuttles > 30 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 30-34 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points	2 min Hand Release Push-ups	Points	1 min Sit-ups	Points				
≥ 57	20.0	≥ 40	20.0	≥ 54	20.0				
56	19.8	39	19.6	53	19.7				
55	19.6	38	19.2	52	19.4				
54	19.4	37	18.8	51	19.0				
53	19.2	36	18.4	50	18.8				
52	19.0	35	18.0	49	18.4				
51	18.8	34	17.6	48	18.0				
50	18.6	33	17.2	47	17.6				
49	18.5	32	16.8	46	17.4				
48	18.4	31	16.4	45	17.0				
47	18.2	30	16.0	44	16.6				
46	18.0	29	15.6	43	16.0				
45	17.8	28	15.2	42	15.0				
44	17.6	27	14.8	41	14.0				
43	17.4	26	14.4	40	13.0				
42	17.2	25	14.0	39	12.0				
41	17.0	24	13.6	38	9.0				
40	16.6	23	13.2	37	6.0				
39	16.0	22	12.8	36*	3.0				
38	15.6	21	12.4						
37	15.4	20	12.0						
36	15.0	19	11.6						
35	14.6	18	11.2						
34	14.0	17	10.8						
33	13.6	16	10.4						
32	13.4	15*	10.0						
31	13.0								
30	12.0								
29	11.0								
28	10.6								
27	10.0								
26	7.0								
25	4.0								
24*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				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 / Males 35-39 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 9:45		Low Risk	60.0
9:46 - 10:10		Low Risk	59.5
10:11 - 10:23		Low Risk	59.0
10:24 - 10:37		Low Risk	58.5
10:38 - 10:51		Low Risk	58.0
10:52 - 11:06		Low Risk	57.5
11:07 - 11:22		Low Risk	57.0
11:23 - 11:38		Low Risk	56.5
11:39 - 11:56		Low Risk	56.0
11:57 - 12:14		Low Risk	55.5
12:15 - 12:33		Low Risk	55.0
12:34 - 12:53		Low Risk	54.5
12:54 - 13:14		Moderate Risk	54.0
13:15 - 13:36		Moderate Risk	53.5
13:37 - 14:00		Moderate Risk	52.0
14:01 - 14:25		High Risk	50.5
14:26 - 14:52		High Risk	48.0
14:53 - 15:20		High Risk	45.5
15:21 - 15:50		High Risk	43.0
15:51 - 16:22		High Risk	40.5
16:23 - 16:57		High Risk	38.0
16:58 - 17:34*		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 ≤ 17:34			
20 m HAMR Shuttles ≥ 27 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Males 35-39 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 51	20.0			≥ 52	20.0				
50	19.5			51	19.7				
49	19.0			50	19.4				
48	18.8			49	19.0				
47	18.6			48	18.8				
46	18.5			47	18.4				
45	18.4			46	18.0				
44	18.2			45	17.6				
43	18.0			44	17.4				
42	17.8			43	17.0				
41	17.6			42	16.6				
40	17.4			41	16.0				
39	17.2			40	15.0				
38	17.0			39	14.0				
37	16.6			38	13.0				
36	16.0			37	12.0				
35	15.6			36	9.0				
34	15.4			35	6.0				
33	15.0			34*	3.0				
32	14.6								
31	14.0								
30	13.6								
29	13.4								
28	13.0								
27	12.0								
26	11.0								
25	10.6								
24	10.0								
23	7.0								
22	4.0								
21*	1.0								
				* Minimum Component Values					
				Passing Requirements - member *must* :					
				1) achieve a composite point total ≥ 75 points *and*					
				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 / Males 40-44 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 9:58		Low Risk	60.0
9:59 - 10:23		Low Risk	59.5
10:24 - 10:37		Low Risk	59.0
10:38 - 10:51		Low Risk	58.5
10:52 - 11:06		Low Risk	58.0
11:07 - 11:22		Low Risk	57.5
11:23 - 11:38		Low Risk	57.0
11:39 - 11:56		Low Risk	56.5
11:57 - 12:14		Low Risk	56.0
12:15 - 12:33		Low Risk	55.5
12:34 - 12:53		Low Risk	55.0
12:54 - 13:14		Low Risk	54.5
13:15 - 13:36		Low Risk	54.0
13:37 - 14:00		Low Risk	53.5
14:01 - 14:25		Moderate Risk	52.0
14:26 - 14:52		Moderate Risk	50.5
14:53 - 15:20		Moderate Risk	49.0
15:21 - 15:50		High Risk	46.5
15:51 - 16:22		High Risk	44.0
16:23 - 16:57		High Risk	41.0
16:58 - 17:34		High Risk	38.0
17:35 - 18:14*		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 ≤ 18:14			
20 m HAMR Shuttles ≥ 24 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			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 10:23		Low Risk	60.0
10:24 - 10:51		Low Risk	59.5
10:52 - 11:06		Low Risk	59.0
11:07 - 11:22		Low Risk	58.5
11:23 - 11:38		Low Risk	58.0
11:39 - 11:56		Low Risk	57.5
11:57 - 12:14		Low Risk	57.0
12:15 - 12:33		Low Risk	56.5
12:34 - 12:53		Low Risk	56.0
12:54 - 13:14		Low Risk	55.5
13:15 - 13:36		Low Risk	55.0
13:37 - 14:00		Low Risk	54.5
14:01 - 14:25		Low Risk	54.0
14:26 - 14:52		Low Risk	53.5
14:53 - 15:20		Moderate Risk	52.0
15:21 - 15:50		Moderate Risk	50.5
15:51 - 16:22		Moderate Risk	49.0
16:23 - 16:57		High Risk	46.0
16:58 - 17:34		High Risk	42.5
17:35 - 18:14		High Risk	39.0
18:15 - 18:56*		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 ≤ 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			1 min Sit-ups	Points				
≥ 47	20.0			≥ 54	20.0				
46	19.8			53	19.7				
45	19.6			52	19.4				
44	19.4			51	19.0				
43	19.2			50	18.8				
42	19.0			49	18.0				
41	18.8			48	17.8				
40	18.6			47	17.6				
39	18.4			46	17.2				
38	18.2			45	17.0				
37	18.0			44	16.0				
36	17.8			43	15.6				
35	17.6			42	15.0				
34	17.2			41	14.0				
33	17.0			40	13.6				
32	16.8			39	13.0				
31	16.6			38	12.0				
30	16.4			37	9.0				
29	16.2			36	6.0				
28	16.0			35*	3.0				
27	15.0								
26	14.6								
25	14.4								
24	14.0								
23	13.0								
22	12.6								
21	12.0								
20	11.6								
19	11.0								
18	10.0								
17	7.0								
16	4.0								
15*	1.0								
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
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 25-29 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 10:37		Low Risk	60.0
10:38 - 11:06		Low Risk	59.5
11:07 - 11:22		Low Risk	59.0
11:23 - 11:38		Low Risk	58.5
11:39 - 11:56		Low Risk	58.0
11:57 - 12:14		Low Risk	57.5
12:15 - 12:33		Low Risk	57.0
12:34 - 12:53		Low Risk	56.5
12:54 - 13:14		Low Risk	56.0
13:15 - 13:36		Low Risk	55.5
13:37 - 14:00		Low Risk	55.0
14:01 - 14:25		Low Risk	54.5
14:26 - 14:52		Low Risk	54.0
14:53 - 15:20		Moderate Risk	53.5
15:21 - 15:50		Moderate Risk	52.0
15:51 - 16:22		Moderate Risk	50.5
16:23 - 16:57		High Risk	49.0
16:58 - 17:34		High Risk	45.5
17:35 - 18:14		High Risk	42.0
18:15 - 18:56		High Risk	38.5
18:57 - 19:43*		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 ≤ 19:43			
20 m HAMR Shuttles ≥ 19 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females 25-29 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 47	20.0			≥ 50	20.0				
46	19.8			49	19.5				
45	19.6			48	19.0				
44	19.4			47	18.8				
43	19.2			46	18.0				
42	19.0			45	17.8				
41	18.8			44	17.2				
40	18.6			43	17.0				
39	18.4			42	16.0				
38	18.2			41	15.6				
37	18.0			40	15.0				
36	17.8			39	14.6				
35	17.6			38	14.0				
34	17.2			37	13.6				
33	17.0			36	13.0				
32	16.8			35	12.6				
31	16.6			34	12.0				
30	16.4			33	9.0				
29	16.2			32	6.0				
28	16.0			31*	3.0				
27	15.0								
26	14.6								
25	14.4								
24	14.0								
23	13.0								
22	12.6								
21	12.0								
20	11.6								
19	11.0								
18	10.6								
17	10.0								
16	7.0								
15	4.0								
14*	1.0								
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
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 30-34 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 10:51		Low Risk	60.0
10:52- 11:22		Low Risk	59.5
11:23 - 11:38		Low Risk	59.0
11:39 - 11:56		Low Risk	58.5
11:57 - 12:14		Low Risk	58.0
12:15 - 12:33		Low Risk	57.5
12:34 - 12:53		Low Risk	57.0
12:54 - 13:14		Low Risk	56.5
13:15 - 13:36		Low Risk	56.0
13:37 - 14:00		Low Risk	55.5
14:01 - 14:25		Low Risk	55.0
14:26 - 14:52		Low Risk	54.5
14:53 - 15:20		Low Risk	54.0
15:21 - 15:50		Moderate Risk	52.5
15:51 - 16:22		Moderate Risk	51.0
16:23 - 16:57		Moderate Risk	49.5
16:58 - 17:34		High Risk	47.0
17:35 - 18:14		High Risk	44.5
18:15 - 18:56		High Risk	42.0
18:57 - 19:43		High Risk	38.5
19:44 - 20:33*		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 ≤ 20:33			
20 m HAMR Shuttles ≥ 16 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females 30-34 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 46	20.0			≥ 45	20.0				
45	19.9			44	19.7				
44	19.8			43	19.4				
43	19.6			42	19.0				
42	19.4			41	18.8				
41	19.2			40	18.0				
40	19.0			39	17.6				
39	18.8			38	17.0				
38	18.7			37	16.6				
37	18.6			36	16.4				
36	18.4			35	16.0				
35	18.3			34	15.6				
34	18.2			33	15.0				
33	18.0			32	14.0				
32	17.9			31	13.6				
31	17.8			30	13.0				
30	17.6			29	12.0				
29	17.4			28	9.0				
28	17.3			27	6.0				
27	17.2			26*	3.0				
26	17.0								
25	16.6								
24	16.4								
23	16.0								
22	15.8								
21	15.6								
20	15.2								
19	15.0								
18	14.0								
17	13.6								
16	13.0								
15	12.0								
14	10.0								
13	7.0								
12	4.0								
11*	1.0								
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
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 35-39 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 11:06		Low Risk	60.0
11:07 - 11:38		Low Risk	59.5
11:39 - 11:56		Low Risk	59.0
11:57 - 12:14		Low Risk	58.5
12:15 - 12:33		Low Risk	58.0
12:34 - 12:53		Low Risk	57.5
12:54 - 13:14		Low Risk	57.0
13:15 - 13:36		Low Risk	56.5
13:37 - 14:00		Low Risk	56.0
14:01 - 14:25		Low Risk	55.5
14:26 - 14:52		Low Risk	55.0
14:53 - 15:20		Low Risk	54.5
15:21 - 15:50		Moderate Risk	54.0
15:51 - 16:22		Moderate Risk	52.5
16:23 - 16:57		Moderate Risk	51.0
16:58 - 17:34		High Risk	49.5
17:35 - 18:14		High Risk	47.0
18:15 - 18:56		High Risk	44.0
18:57 - 19:43		High Risk	41.0
19:44 - 20:33		High Risk	38.0
20:34 - 21:28*		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 ≤ 21:28			
20 m HAMR Shuttles ≥ 13 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females 35-39 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 42	20.0			≥ 43	20.0				
41	19.7			42	19.7				
40	19.4			41	19.4				
39	19.0			40	19.0				
38	18.8			39	18.8				
37	18.7			38	18.0				
36	18.6			37	17.6				
35	18.4			36	17.0				
34	18.3			35	16.6				
33	18.1			34	16.4				
32	18.0			33	16.0				
31	17.9			32	15.6				
30	17.8			31	15.0				
29	17.6			30	14.0				
28	17.4			29	13.6				
27	17.3			28	13.0				
26	17.2			27	12.0				
25	17.0			26	9.0				
24	16.6			25	6.0				
23	16.4			24*	3.0				
22	16.0								
21	15.8								
20	15.6								
19	15.2								
18	15.0								
17	14.0								
16	13.6								
15	13.0								
14	12.0								
13	10.0								
12	7.0								
11	4.0								
10*	1.0								
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
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 40-44 years of age			
Final Version			
Cardiorespiratory Fitness			
Run Time (mins:secs)		Health Risk Category	Points
≤ 11:22		Low Risk	60.0
11:23 - 11:56		Low Risk	59.5
11:57 - 12:14		Low Risk	59.0
12:15 - 12:33		Low Risk	58.5
12:34 - 12:53		Low Risk	58.0
12:54 - 13:14		Low Risk	57.5
13:15 - 13:36		Low Risk	57.0
13:37 - 14:00		Low Risk	56.5
14:01 - 14:25		Low Risk	56.0
14:26 - 14:52		Low Risk	55.5
14:53 - 15:20		Low Risk	55.0
15:21 - 15:50		Low Risk	54.5
15:51 - 16:22		Low Risk	54.0
16:23 - 16:57		Moderate Risk	53.5
16:58 - 17:34		Moderate Risk	52.0
17:35 - 18:14		Moderate Risk	50.5
18:15 - 18:56		High Risk	48.0
18:57 - 19:43		High Risk	45.5
19:44 - 20:33		High Risk	42.0
20:34 - 21:28		High Risk	38.5
21:29 - 22:28*		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 ≤ 22:28			
20 m HAMR Shuttles ≥ 10 Shuttles			
Composite Score Categories			
Excellent ≥ 90.0 pts			
Satisfactory = 75.0 - 89.9			
Unsatisfactory < 75.0			
Final Version			

USAF Fitness Assessment Scoring / Females 40-44 years of age									
Final Version									
Muscular Fitness									
1 min Push-ups	Points			1 min Sit-ups	Points				
≥ 38	20.0			≥ 41	20.0				
37	19.8			40	19.7				
36	19.6			39	19.4				
35	19.4			38	19.0				
34	19.2			37	18.8				
33	19.0			36	18.4				
32	18.8			35	18.2				
31	18.4			34	18.0				
30	18.2			33	17.6				
29	18.0			32	17.0				
28	17.8			31	16.6				
27	17.6			30	16.4				
26	17.4			29	16.0				
25	17.3			28	15.0				
24	17.2			27	14.0				
23	17.0			26	13.6				
22	16.8			25	12.8				
21	16.6			24	12.0				
20	16.4			23	9.0				
19	16.2			22	6.0				
18	16.0			21*	3.0				
17	15.6								
16	15.0								
15	14.0								
14	13.0								
13	12.0								
12	11.0								
11	10.0								
10	7.0								
9	4.0								
8*	1.0								
* Minimum Component Values									
Passing Requirements - member *must* :									
1) achieve a composite point total ≥ 75 points *and*									
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									