

LAWFIT®

APPENDIX A



SCORING SHEETS

FITNESS SCORE ~ BENCH PRESS
MALE
% OF BODY WEIGHT - 1 REP MAXIMUM

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	%	POINTS	%	POINTS	%	POINTS	%
70	200	70	195	70	185	70	175
68	195	68	190	68	180	68	170
66	190	66	185	66	175	66	165
64	185	64	180	64	170	64	160
62	180	62	175	62	165	62	155
60	175	60	170	60	160	60	150
58	170	58	165	58	155	58	145
56	165	56	160	56	150	56	140
54	160	54	155	54	145	54	135
52	155	52	150	52	140	52	130
50	150	50	145	50	135	50	125
48	145	48	140	48	130	48	120
46	140	46	135	46	125	46	115
44	135	44	130	44	120	44	110
42	130	42	125	42	115	42	105
40	125	40	120	40	110	40	100
38	120	38	115	38	105	38	95
36	115	36	110	36	100	36	90
34	110	34	105	34	95	34	85
32	105	32	100	32	90	32	80
30	100	30	95	30	85	30	75
28	95	28	90	28	80	28	70
26	90	26	85	26	75	26	65
24	85	24	80	24	70	24	60
22	80	22	75	22	65	22	55
20	75	20	70	20	60	20	50
18	70	18	65	18	55	18	45
16	65	16	60	16	50	16	40
14	60	14	55	14	45	14	35
12	55	12	50	12	40	12	30
10	50	10	45	10	35	10	25

FITNESS SCORE ~ BENCH PRESS
FEMALE
% OF BODY WEIGHT - 1 REP MAXIMUM

AGE 20-29		AGE 30-39		AGE 40 +	
POINTS	%	POINTS	%	POINTS	%
70	175	70	170	70	165
68	170	68	165	68	160
66	165	66	160	66	155
64	160	64	155	64	150
62	155	62	150	62	145
60	150	60	145	60	140
58	145	58	140	58	135
56	140	56	135	56	130
54	135	54	130	54	125
52	130	52	125	52	120
50	125	50	120	50	115
48	120	48	115	48	110
46	115	46	110	46	105
44	110	44	105	44	100
42	105	42	100	42	95
40	100	40	95	40	90
38	95	38	90	38	85
36	90	36	85	36	80
34	85	34	80	34	75
32	80	32	75	32	70
30	75	30	70	30	65
28	70	28	65	28	60
26	65	26	60	26	55
24	60	24	55	24	50
22	55	22	50	22	45
20	50	20	45	20	40
18	45	18	40	18	35
16	40	16	35	16	30
14	35	14	30	14	25
12	30	12	25	12	20
10	25	10	20	10	15

FITNESS SCORE ~ PUSH-UPS**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
55	75	55	72	55	68	55	59
54	74	54	71	54	67	54	58
53	73	53	70	53	66	53	57
52	72	52	69	52	65	52	56
51	71	51	68	51	64	51	55
50	70	50	67	50	63	50	54
49	69	49	66	49	62	49	53
48	68	48	65	48	61	48	52
47	67	47	64	47	60	47	51
46	66	46	63	46	59	46	50
45	65	45	62	45	58	45	49
44	64	44	61	44	57	44	48
43	63	43	60	43	56	43	47
42	62	42	59	42	55	42	46
41	61	41	58	41	54	41	45
40	60	40	57	40	53	40	44
39	59	39	56	39	52	39	43
38	58	38	55	38	51	38	42
37	57	37	54	37	50	37	41
36	56	36	53	36	49	36	40
35	55	35	52	35	48	35	39
34	54	34	51	34	47	34	38
33	53	33	50	33	46	33	37
32	52	32	49	32	45	32	36
31	51	31	48	31	44	31	35
30	50	30	47	30	43	30	34
29	49	29	46	29	42	29	33
28	48	28	45	28	41	28	32
27	47	27	44	27	40	27	31
26	46	26	43	26	39	26	30
25	45	25	42	25	38	25	29
24	44	24	41	24	37	24	28
23	43	23	40	23	36	23	27

FITNESS SCORE ~ PUSH-UPS**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINT	NO	POINTS	NO
22	42	22	39	22	35	22	26
21	41	21	38	21	34	21	25
20	40	20	37	20	33	20	24
19	39	19	36	19	32	19	23
18	38	18	35	18	31	18	22
17	37	17	34	17	30	17	21
16	36	16	33	16	29	16	20
15	35	15	32	15	28	15	19
14	34	14	31	14	27	14	18
13	33	13	30	13	26	13	17
12	32	12	29	12	25	12	16
11	31	11	28	11	24	11	15
10	30	10	27	10	23	10	14
9	29	9	26	9	22	9	13
8	28	8	25	8	21	8	12
7	27	7	24	7	20	7	11
6	26	6	23	6	19	6	10
5	25	5	22	5	18	5	9
4	24	4	21	4	17	4	8
3	23	3	20	3	16	3	7
2	22	2	19	2	15	2	6
1	21	1	18	1	14	1	5

FITNESS SCORE ~ PUSH-UPS
FEMALE

AGE 20-29		AGE 30-39		AGE 40 +	
POINTS	NO	POINTS	NO	POINTS	NO
55	56	55	55	55	52
54	55	54	54	54	51
53	54	53	53	53	50
52	53	52	52	52	49
51	52	51	51	51	48
50	51	50	50	50	47
49	50	49	49	49	46
48	49	48	48	48	45
47	48	47	47	47	44
46	47	46	46	46	43
45	46	45	45	45	42
44	45	44	44	44	41
43	44	43	43	43	40
42	43	42	42	42	39
41	42	41	41	41	38
40	41	40	40	40	37
39	40	39	39	39	36
38	39	38	38	38	35
37	38	37	37	37	34
36	37	36	36	36	33
35	36	35	35	35	32
34	35	34	34	34	31
33	34	33	33	33	30
32	33	32	32	32	29
31	32	31	31	31	28
30	31	30	30	30	27
29	30	29	29	29	26
28	29	28	28	28	25
27	28	27	27	27	24
26	27	26	26	26	23
25	26	25	25	25	22
24	25	24	24	24	21
23	24	23	23	23	20

FITNESS SCORE ~ PUSH-UPS**FEMALE**

AGE 20-29		AGE 30-39		AGE 40 +	
POINTS	NO	POINTS	NO	POINTS	NO
22	23	22	22	22	19
21	22	21	21	21	18
20	21	20	20	20	17
19	20	19	19	19	16
18	19	18	18	18	15
17	18	17	17	17	14
16	17	16	16	16	13
15	16	15	15	15	12
14	15	14	14	14	11
13	14	13	13	13	10
12	13	12	12	12	9
11	12	11	11	11	8
10	11	10	10	10	7
9	10	9	9	9	6
8	9	8	8	8	5
7	8	7	7	7	4
6	7	6	6	6	3
5	6	5	5	5	2
4	5	4	4	4	1
3	4	3	3		
2	3	2	2		
1	2	1	1		

FITNESS SCORE ~ SIT-UPS**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
45	62+	45	57+	45	52+	45	50+
44	61	44	56	44	51	44	49
43	60	43	55	43	50	43	48
42	59	42	54	42	49	42	47
41	58	41	53	41	48	41	46
40	57	40	52	40	47	40	45
39	56	39	51	39	46	39	44
38	55	38	50	38	45	38	43
37	54	37	49	37	44	37	42
36	53	36	48	36	43	36	41
35	52	35	47	35	42	35	40
34	51	34	46	34	41	34	39
33	50	33	45	33	40	33	38
32	49	32	44	32	39	32	37
31	48	31	43	31	38	31	36
30	47	30	42	30	37	30	35
29	46	29	41	29	36	29	34
28	45	28	40	28	35	28	33
27	44	27	39	27	34	27	32
26	43	26	38	26	33	26	31
25	42	25	37	25	32	25	30
24	41	24	36	24	31	24	29
23	40	23	35	23	30	23	28
22	39	22	34	22	29	22	27
21	38	21	33	21	28	21	26
20	37	20	32	20	27	20	25
19	36	19	31	19	26	19	24
18	35	18	30	18	25	18	23
17	34	17	29	17	24	17	22
16	33	16	28	16	23	16	21
15	32	15	27	15	22	15	20
14	31	14	26	14	21	14	19
13	30	13	25	13	20	13	18

FITNESS SCORE ~ SIT-UPS**FEMALE**

AGE 20-29		AGE 30-39		AGE 40+	
POINTS	NO	POINTS	NO	POINTS	NO
45	59+	45	56+	45	50+
44	58	44	55	44	49
43	57	43	54	43	48
42	56	42	53	42	47
41	55	41	52	41	46
40	54	40	51	40	45
39	53	39	50	39	44
38	52	38	49	38	43
37	51	37	48	37	42
36	50	36	47	36	41
35	49	35	46	35	40
34	48	34	45	34	39
33	47	33	44	33	38
32	46	32	43	32	37
31	45	31	42	31	36
30	44	30	41	30	35
29	43	29	40	29	34
28	42	28	39	28	33
27	41	27	38	27	32
26	40	26	37	26	31
25	39	25	36	25	30
24	38	24	35	24	29
23	37	23	34	23	28
22	36	22	33	22	27
21	35	21	32	21	26
20	34	20	31	20	25
19	33	19	30	19	24
18	32	18	29	18	23
17	31	17	28	17	22
16	30	16	27	16	21
15	29	15	26	15	20
14	28	14	25	14	19
13	27	13	24	13	18

FITNESS SCORE ~ SIT & REACH**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
45	48+	45	46+	45	46+	45	42+
44	47	44	45	44	45	44	41
43	46	43	44	43	44	43	40
42	45	42	43	42	43	42	39
41	44	41	42	41	42	41	38
40	43	40	41	40	41	40	37
39	42	39	40	39	40	39	36
38	41	38	39	38	39	38	35
37	40	37	38	37	38	37	34
36	39	36	37	36	37	36	33
35	38	35	36	35	36	35	32
34	37	34	35	34	35	34	31
33	36	33	34	33	34	33	30
32	35	32	33	32	33	32	29
31	34	31	32	31	32	31	28
30	33	30	31	30	31	30	27
29	32	29	30	29	30	29	26
28	31	28	29	28	29	28	25
27	30	27	28	27	28	27	24
26	29	26	27	26	27	26	23
25	28	25	26	25	26	25	22
24	27	24	25	24	25	24	21
23	26	23	24	23	24	23	20
22	25	22	23	22	23	22	19
21	24	21	22	21	22	21	18
20	23	20	21	20	21	20	17
19	22	19	20	19	20	19	16
18	21	18	19	18	19	18	15
17	20	17	18	17	18	17	14
16	19	16	17	16	17	16	13
15	18	15	16	15	16	15	12
14	17	14	15	14	15	14	11
13	16	13	14	13	14	13	10
12	15	12	13	12	13	12	9
11	14	11	12	11	12	11	8
10	13	10	11	10	11	10	7

FITNESS SCORE ~ SIT & REACH**FEMALE**

AGE 20-29		AGE 30-39		AGE 40+	
POINTS	NO	POINTS	NO	POINTS	NO
45	50+	45	50+	45	46+
44	49	44	49	44	45
43	48	43	48	43	44
42	47	42	47	42	43
41	46	41	46	41	42
40	45	40	45	40	41
39	44	39	44	39	40
38	43	38	43	38	39
37	42	37	42	37	38
36	41	36	41	36	37
35	40	35	40	35	36
34	39	34	39	34	35
33	38	33	38	33	34
32	37	32	37	32	33
31	36	31	36	31	32
30	35	30	35	30	31
29	34	29	34	29	30
28	33	28	33	28	29
27	32	27	32	27	28
26	31	26	31	26	27
25	30	25	30	25	26
24	29	24	29	24	25
23	28	23	28	23	24
22	27	22	27	22	23
21	26	21	26	21	22
20	25	20	25	20	21
19	24	19	24	19	20
18	23	18	23	18	19
17	22	17	22	17	18
16	21	16	21	16	17
15	20	15	20	15	16

FITNESS SCORE ~ PULL-UPS
MALE

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
65	20+	65	19+	65	17+	65	16+
63	19	63	18	63	16	63	15
60	18	60	17	60	15	60	14
57	17	57	16	57	14	57	13
54	16	54	15	54	13	54	12
51	15	51	14	51	12	51	11
48	14	48	13	48	11	48	10
45	13	45	12	45	10	45	9
42	12	42	11	42	9	42	8
39	11	39	10	39	8	39	7
36	10	36	9	36	7	36	6
33	9	33	8	33	6	33	5
30	8	30	7	30	5	30	4
27	7	27	6	27	4	27	3
24	6	24	5	24	3	24	2
21	5	21	4	21	2	21	1
18	4	18	3	18	1		
15	3	15	2				
12	2	12	1				
9	1						

FITNESS SCORE ~ PULL-UPS
FEMALE

AGE 20-29		AGE 30-39		AGE 40+	
POINTS	NO	POINTS	NO	POINTS	NO
65	15+	65	15+	65	14+
63	14	63	14	63	13
60	13	60	13	60	12
57	12	57	12	57	11
54	11	54	11	54	10
51	10	51	10	51	9
48	9	48	9	48	8
45	8	45	8	45	7
42	7	42	7	42	6
39	6	39	6	39	5
36	5	36	5	36	4
33	4	33	4	33	3
30	3	30	3	30	2
27	2	27	2	27	1
24	1	24	1		

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 1 (125 - 150 LBS.)

POINTS	NUMBER OF REPETITIONS
50	28+
48	27
46	26
44	25
42	24
40	23
38	22
36	21
34	20
32	19
30	18
28	17
26	16
24	15
22	14
20	13
18	12
16	11
14	10
12	09
10	08

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 2 (150 - 175 LBS.)

POINTS	NUMBER OF REPETITIONS
50	50+
49	49
48	48
47	47
46	46
45	45
44	44
43	43
42	42
41	41
40	40
39	39
38	38
37	37
36	36
35	35
34	34
33	33
32	32
31	31
30	30
29	29
28	28
27	27
26	26
25	25
24	24
23	23
22	22
21	21
20	20
19	19
18	18
17	17
16	16
15	15
14	14
13	13
12	12
11	11
10	10

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 3 (175 - 200 LBS.)

POINTS	NUMBER OF REPETITIONS
50	50+
49	49
48	48
47	47
46	46
45	45
44	44
43	43
42	42
41	41
40	40
39	39
38	38
37	37
36	36
35	35
34	34
33	33
32	32
31	31
30	30
29	29
28	28
27	27
26	26
25	25
24	24
23	23
22	22
21	21
20	20
19	19
18	18
17	17
16	16
15	15
14	14
13	13
12	12
11	11
10	10

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 4 (200 - 225 LBS.)

POINTS	NUMBER OF REPETITIONS
50	51+
49	50
48	49
47	48
46	47
45	46
44	45
43	44
42	43
41	42
40	41
39	40
38	39
37	38
36	37
35	36
34	35
33	34
32	33
31	32
30	31
29	30
28	29
27	28
26	27
25	26
24	25
23	24
22	23
21	22
20	21
19	20
18	19
17	18
16	17
15	16
14	15
13	14
12	13
11	12
10	11

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 5 (225 - 250 LBS.)

POINTS	NUMBER OF REPETITIONS
50	55+
49	54
48	53
47	52
46	51
45	50
44	49
43	48
42	47
41	46
40	45
39	44
38	43
37	42
36	41
35	40
34	39
33	38
32	37
31	36
30	35
29	34
28	33
27	32
26	31
25	30
24	29
23	28
22	27
21	26
20	25
19	24
18	23
17	22
16	21
15	20
14	19
13	18
12	17
11	16
10	15

FITNESS SCORE ~ LAT PULLS
MEN = 100 LBS. WOMEN = 70LBS.

GROUP 6 (250 + LBS.)

POINTS	NUMBER OF REPETITIONS
50	60+
49	59
48	58
47	57
46	56
45	55
44	54
43	53
42	52
41	51
40	50
39	49
38	48
37	47
36	46
35	45
34	44
33	43
32	42
31	41
30	40
29	39
28	38
27	37
26	36
25	35
24	34
23	33
22	32
21	31
20	30
19	29
18	28
17	27
16	26
15	25
14	24
13	23
12	22
11	21

FITNESS SCORE ~ 1.5 MILE RUN**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
100	7:50-7:59	100	8:30-8:39	100	9:00-9:09	100	11:00-11:09
99	8:00-8:09	99	8:40-8:49	99	9:10-9:19	99	11:10-11:19
98	8:10-8:19	98	8:50-8:59	98	9:20-9:29	98	11:20-11:29
97	8:20-8:29	97	9:00-9:09	97	9:30-9:39	97	11:30-11:39
96	8:30-8:39	96	9:10-9:19	96	9:40-9:49	96	11:40-11:49
95	8:40-8:49	95	9:20-9:29	95	9:50-9:59	95	11:50-11:59
94	8:50-8:59	94	9:30-9:39	94	10:00-10:09	94	12:00-12:09
93	9:00-9:09	93	9:40-9:49	93	10:10-10:19	93	12:10-12:19
92	9:10-9:19	92	9:50-9:59	92	10:20-10:29	92	12:20-12:29
91	9:20-9:29	91	10:00-10:09	91	10:30-10:39	91	12:30-12:39
90	9:30-9:39	90	10:10-10:19	90	10:40-10:49	90	12:40-12:49
89	9:40-9:49	89	10:20-10:29	89	10:50-10:59	89	12:50-12:59
88	9:50-9:59	88	10:30-10:39	88	11:00-11:09	88	13:00-13:09
87	10:00-10:09	87	10:40-10:49	87	11:10-11:19	87	13:10-13:19
86	10:10-10:19	86	10:50-10:59	86	11:20-11:29	86	13:20-13:29
85	10:20-10:29	85	11:00-11:09	85	11:30-11:39	85	13:30-13:39
84	10:30-10:39	84	11:10-11:19	84	11:40-11:49	84	13:40-13:49
83	10:40-10:49	83	11:20-11:29	83	11:50-11:59	83	13:50-13:59
82	10:50-10:59	82	11:30-11:39	82	12:00-12:09	82	14:00-14:09
81	11:00-11:09	81	11:40-11:49	81	12:10-12:19	81	14:10-14:19
80	11:10-11:19	80	11:50-11:59	80	12:20-12:29	80	14:20-14:29
79	11:20-11:29	79	12:00-12:09	79	12:30-12:39	79	14:30-14:39
78	11:30-11:39	78	12:10-12:19	78	12:40-12:49	78	14:40-14:49
77	11:40-11:49	77	12:20-12:29	77	12:50-12:59	77	14:50-14:59
76	11:50-11:59	76	12:30-12:39	76	13:00-13:09	76	15:00-15:09
75	12:00-12:09	75	12:40-12:49	75	13:10-13:19	75	15:10-15:19
74	12:10-12:19	74	12:50-12:59	74	13:20-13:29	74	15:20-15:29
73	12:20-12:29	73	13:00-13:09	73	13:30-13:39	73	15:30-15:39
72	12:30-12:39	72	13:10-13:19	72	13:40-13:49	72	15:40-15:49
71	12:40-12:49	71	13:20-13:29	71	13:50-13:59	71	15:50-15:59
70	12:50-12:59	70	13:30-13:39	70	14:00-14:09	70	16:00-16:09
69	13:00-13:09	69	13:40-13:49	69	14:10-14:19	69	16:10-16:19
68	13:10-13:19	68	13:50-13:59	68	14:20-14:29	68	16:20-16:29

FITNESS SCORE ~ 1.5 MILE RUN**MALE**

AGE 20-29		AGE 30-39		AGE 40-49		AGE 50+	
POINTS	NO	POINTS	NO	POINTS	NO	POINTS	NO
67	13:20-13.29	67	14:00-14.09	67	14:30-14.39	67	16:30-16.39
66	13:30-13.39	66	14:10-14.19	66	14:40-14.49	66	16:40-16.49
65	13:40-13.49	65	14:20-14.29	65	14:50-14.59	65	16:50-16.59
64	13:50-13.59	64	14:30-14.39	64	15:00-15.09	64	17:00-17.09
63	14:00-14.09	63	14:40-14.49	63	15:10-15.19	63	17:10-17.19
62	14:10-14.19	62	14:50-14.59	62	15:20-15.29	62	17:20-17.29
61	14:20-14.29	61	15:00-15.09	61	15:30-15.39	61	17:30-17.39
60	14:30-14.39	60	15:10-15.19	60	15:40-15.49	60	17:40-17.49
59	14:40-14.49	59	15:20-15.29	59	15:50-15.59	59	17:50-17.59
58	14:50-14.59	58	15:30-15.39	58	16:00-16.09	58	18:00-18.09
57	15:00-15.09	57	15:40-15.49	57	16:10-16.19	57	18:10-18.19
56	15:10-15.19	56	15:50-15.59	56	16:20-16.29	56	18:20-18.29
55	15:20-15.29	55	16:00-16.09	55	16:30-16.39	55	18:30-18.39
54	15:30-15.39	54	16:10-16.19	54	16:40-16.49	54	18:40-18.49
53	15:40-15.49	53	16:20-16.29	53	16:50-16.59	53	18:50-18.59
52	15:50-15.59	52	16:30-16.39	52	17:00-17.09	52	19:00-19.09
51	16:00-16.09	51	16:40-16.49	51	17:10-17.19	51	19:10-19.19
50	16:10-16.19	50	16:50-16.59	50	17:20-17.29	50	19:20-19.29

FITNESS SCORE ~ 1.5 MILE RUN**FEMALE**

AGE 20-29		AGE 30-39		AGE 40+	
POINTS	NO	POINTS	NO	POINTS	NO
100	9:30-9:39	100	9:50-9:59	100	10:20-10:29
99	9:40-9:49	99	10:00-10:09	99	10:30-10:39
98	9:50-9:59	98	10:10-10:19	98	10:40-10:49
97	10:00-10:09	97	10:20-10:29	97	10:50-10:59
96	10:10-10:19	96	10:30-10:39	96	11:00-11:09
95	10:20-10:29	95	10:40-10:49	95	11:10-11:19
94	10:30-10:39	94	10:50-10:59	94	11:20-11:29
93	10:40-10:49	93	11:00-11:09	93	11:30-11:39
92	10:50-10:59	92	11:10-11:19	92	11:40-11:49
91	11:00-11:09	91	11:20-11:29	91	11:50-11:59
90	11:10-11:19	90	11:30-11:39	90	12:00-12:09
89	11:20-11:29	89	11:40-11:49	89	12:10-12:19
88	11:30-11:39	88	11:50-11:59	88	12:20-12:29
87	11:40-11:49	87	12:00-12:09	87	12:30-12:39
86	11:50-11:59	86	12:10-12:19	86	12:40-12:49
85	12:00-12:09	85	12:20-12:29	85	12:50-12:59
84	12:10-12:19	84	12:30-12:39	84	13:00-13:09
83	12:20-12:29	83	12:40-12:49	83	13:10-13:19
82	12:30-12:39	82	12:50-12:59	82	13:20-13:29
81	12:40-12:49	81	13:00-13:09	81	13:30-13:39
80	12:50-12:59	80	13:10-13:19	80	13:40-13:49
79	13:00-13:09	79	13:20-13:29	79	13:50-13:59
78	13:10-13:19	78	13:30-13:39	78	14:00-14:09
77	13:20-13:29	77	13:40-13:49	77	14:10-14:19
76	13:30-13:39	76	13:50-13:59	76	14:20-14:29
75	13:40-13:49	75	14:00-14:09	75	14:30-14:39
74	13:50-13:59	74	14:10-14:19	74	14:40-14:49
73	14:00-14:09	73	14:20-14:29	73	14:50-14:59
72	14:10-14:19	72	14:30-14:39	72	15:00-15:09
71	14:20-14:29	71	14:40-14:49	71	15:10-15:19
70	14:30-14:39	70	14:50-14:59	70	15:20-15:29
69	14:40-14:49	69	15:00-15:09	69	15:30-15:39
68	14:50-14:59	68	15:10-15:19	68	15:40-15:49

FITNESS SCORE ~ 1.5 MILE RUN**FEMALE**

AGE 20-29		AGE 30-39		AGE 40+	
POINTS	NO	POINTS	NO	POINTS	NO
67	15:00-15.09	67	15:20-15.29	67	15:50-15.59
66	15:10-15.19	66	15:30-15.39	66	16:00-16.09
65	15:20-15.29	65	15:40-15.49	65	16:10-16.19
64	15:30-15.39	64	15:50-15.59	64	16:20-16.29
63	15:40-15.49	63	16:00-16.09	63	16:30-16.39
62	15:50-15.59	62	16:10-16.19	62	16:40-16.49
61	16:00-16.09	61	16:20-16.29	61	16:50-16.59
60	16:10-16.19	60	16:30-16.39	60	17:00-17.09
59	16:20-16.29	59	16:40-16.49	59	17:10-17.19
58	16:30-16.39	58	16:50-16.59	58	17:20-17.29
57	16:40-16.49	57	17:00-17.09	57	17:30-17.39
56	16:50-16.59	56	17:10-17.19	56	17:40-17.49
55	17:00-17.09	55	17:20-17.29	55	17:50-17.59
54	17:10-17.19	54	17:30-17.39	54	18:00-18.09
53	17:20-17.29	53	17:40-17.49	53	18:10-18.19
52	17:30-17.39	52	17:50-17.59	52	18:20-18.29
51	17:40-17.49	51	18:00-18.09	51	18:30-18.39
50	17:50-17.59	50	18:10-18.19	50	18:40-18.49

FITNESS SCORE ~ WORK PERFORMANCE TEST

MALE

POINTS	TIME (sec)
50	<= 54
45	0:55 - 0:58
40	0:59 - 1:01
35	1:02 - 1:06
30	1:07 - 1:11
25	1:12 - 1:15
20	1:16 - 1:19
15	1:20 - 1:29
10	1:30 - 1:40
5	1:41 - 1:48

FITNESS SCORE ~ WORK PERFORMANCE TEST

FEMALE

POINTS	TIME (sec)
50	<=1:06
45	1:07 - 1:11
40	1:12 - 1:15
35	1:16 - 1:19
30	1:20 - 1:25
25	1:26 - 1:30
20	1:31 - 1:36
15	1:37 - 1:41
10	1:42 - 1:50
5	1:51 - 1:59

Scoring Addendum

+2 points for every 5% increase on the bench press past the maximum

+1 point for every 2 sit-ups past the maximum

+1 point for every centimeter past the sit and reach maximum

+1 point for every pull-up past the maximum

+1 point for every 10 seconds faster than the best listed run time

-1 point for every sit-up below the minimum score

-1 point for every centimeter below the sit and reach minimum

-1 point for every 10 seconds slower than the slowest time listed