

FitnessGram® POINT SCALE

BOYS

MILE

Points	Time
5	7:00
4	7:30
3	8:30
2	10:30
1	20:00
0	20:01

PUSH-UPS

Points	Repetitions
5	40
4	25
3	18
2	7
1	1
0	0

SIT AND REACH

Points	Repetitions
5	14
4	11
3	8
2	6
1	1
0	0

GIRLS

MILE

Points	Time
5	9:00
4	9:30
3	10:30
2	12:30
1	20:00
0	20:01

PUSH-UPS

Points	Repetitions
5	20
4	15
3	7
2	3
1	1
0	0

SIT AND REACH

Points	Repetitions
5	17
4	14
3	12
2	8
1	1
0	0

Each score is given certain amount of points. Three points on each test represents the Lower End of the Healthy Fit Zone. These are the minimum standards you want to achieve in order to lower your risk of cardiovascular disease, back problems, strokes, and various other illnesses and injuries. Five points represents the Upper End of the Healthy Fit Zone. Anything below three points Needs Improvement.

Test	Points
1 mile	___ out of 5
Push-ups	___ out of 5
Sit and Reach	___ out of 5
5 points if 3 points minimum on each test.	
Point Total	___ out of 20

Keep in mind that if you do everything that is asked of you on time (ie. Project), with no Demerits, you can transfer points to your 2nd or 3rd quarter grade. So work hard on the FitnessGram, but don't sweat your grade if you don't get the minimum of 3 on each.