

Physical Fitness Scale

	"A"	"B"	"C"	"D"	"F"
Boys					
14 Yrs Old	40+ Push Ups	30-39 Push Ups	20-29 Push Ups	12-19 Push Up	11- Push Ups
	55+ Curl Ups	45-54 Curl Ups	35-44 Curl Ups	25-34 Curl Ups	24- Curl Ups
	6:26-Below	6:27-7:26	7:27-8:26	8:27-9:26	9:26-UP
15 Yrs Old	42+ Push Ups	32-41 Push Ups	24-31 Push Ups	14-23 Push Up	13- Push Ups
	56+ Curl Ups	47-55 Curl Ups	38-46 Curl Ups	30-37 Curl Ups	29- Curl Ups
	6:20-Below	6:21-7:20	7:21-8:20	8:21-9:20	9:21-Up
16 Yrs Old	44+ Push Ups	35-43 Push Ups	26-34 Push Ups	16-25 Push Up	15- Push Ups
	56+	47-55 Curl Ups	38-46 Curl Ups	30-37 Curl Ups	29- Curl Ups
	6:08-Below	6:05-7:04	7:05-8:04	8:05-9:04	9:04-Up
17+ Yrs Old	52+ Push Ups	42-51 Push Ups	30-41 Push Ups	18-29 Push Up	17- Push Ups
	60+ Curl Ups	50-59 Curl Ups	40-49 Curl Ups	30-39 Curl Ups	29- Curl Ups
	5:59-Below	6:00-6:59	7:00-7:59	8:00-8:59	9:00-up

	"A"	"B"	"C"	"D"	"F"
Girls					
14 Yrs Old	20+ Push Ups	16-19 Push Ups	12-15 Push Ups	7-11 Push Ups	6- Push Ups
	47+ Curl Ups	40-46 Curl Ups	32-39 Curl Ups	25-31 Curl Ups	24- Curl Ups
	7:59-Below	8:00-8:59	9:00-9:59	10:00-10:59	11:00-Up
15 Yrs Old	21+ Push Ups	17-20 Push Ups	13-19 Push Ups	7-12 Push Ups	6- Push Ups
	48+ Curl Ups	40-47 Curl Ups	35-39 Curl Ups	30-34 Curl Ups	29- Curl Ups
	8:08-Below	8:09-9:08	9:09-10:08	10:09-11:08	11:09-Up
16 Yrs Old	24+ Push Ups	18-23 Push Ups	14-17 Push Ups	7-13 Push Ups	6- Push Ups
	45+ Curl Ups	40-44 Curl Ups	35-39 Curl Ups	30-34 Curl Ups	29- Curl Ups
	8:23-Below	8:24-9:23	9:24-10:23	10:24-11:23	11:24-Up
17+ Yrs Old	25+ Push Ups	19-24 Push Ups	15-18 Push Ups	7-14 Push Ups	6- Push Ups
	44 Curl Ups	40 Curl Ups	35 Curl Ups	30 Curl Ups	29- Curl Ups
	8:15 Below	8:16-9:15	9:16-10:15	10:16-11:15	11:16 Up