

USAF Physical Fitness Readiness Assessment Scoring

PUSH-UP SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
15.0	≥ 67	≥ 50	≥ 63	≥ 47	≥ 60	≥ 44	≥ 56	≥ 42	≥ 52	≥ 39	≥ 49	≥ 36	≥ 45	≥ 34	≥ 42	≥ 31	≥ 38	≥ 28	15.0
14.5	66	49	62	46	59	42	55	41	51	38	47	35	44	33	41	30	37	27	14.5
14.0	64	47	60	44	57	41	53	40	50	37	46	34	43	32	40	29	36	26	14.0
13.5	63	46	59	43	56	40	52	38	49	36	45	33	42	31	39	28	35	25	13.5
13.0	61	44	57	42	55	39	51	37	48	35	44	32	41	30	38	27	34	24	13.0
12.5	60	43	56	40	53	37	49	36	46	33	43	30	39	29	36	26	33	23	12.5
12.0	58	42	55	39	52	36	48	35	45	32	42	29	38	28	35	25	32	22	12.0
11.5	57	40	53	38	51	35	47	33	44	31	40	28	37	26	34	24	31	21	11.5
11.0	55	39	52	36	49	34	45	32	42	30	39	27	36	25	33	23	30	20	11.0
10.5	54	37	50	35	48	32	44	31	41	29	38	26	35	24	32	22	29	19	10.5
10.0	52	36	49	34	47	31	43	30	40	27	37	25	34	23	31	21	28	18	10.0
9.5	51	35	48	32	45	30	41	28	39	26	36	24	33	22	30	20	27	17	9.5
9.0	49	33	46	31	44	29	40	27	37	25	35	23	32	21	29	19	26	16	9.0
8.5	48	32	45	30	43	27	39	26	36	24	33	21	30	20	27	17	24	15	8.5
8.0	46	30	43	29	41	26	38	25	35	23	32	20	29	19	26	16	23	14	8.0
7.5	45	29	42	27	40	25	36	23	33	21	31	19	28	18	25	15	22	13	7.5
7.0	43	28	41	26	39	24	35	22	32	20	30	18	27	17	24	14	21	12	7.0
6.5	42	26	39	25	37	22	34	21	31	19	29	17	26	16	23	13	20	11	6.5
6.0	40	25	38	23	36	21	32	20	30	18	28	16	25	15	22	12	19	10	6.0
5.5	39	23	36	22	35	20	31	18	28	17	26	15	24	13	21	11	18	9	5.5
5.0	37	22	35	21	33	19	30	17	27	15	25	14	23	12	20	10	17	8	5.0
4.5	36	21	34	19	32	17	28	16	26	14	24	12	21	11	18	9	16	7	4.5
4.0	34	19	32	18	31	16	27	15	24	13	23	11	20	10	17	8	15	6	4.0
3.5	33	18	31	17	29	15	26	13	23	12	22	10	19	9	16	7	14	5	3.5
3.0	31	16	29	15	26	14	24	12	22	11	21	9	18	8	15	6	13	4	3.0
2.5	30*	15*	28*	14*	26*	12*	23*	11*	21*	10*	19*	8*	17*	7*	14*	5*	12*	3*	2.5



USAF Physical Fitness Readiness Assessment Scoring

HAND RELEASE PUSH-UP SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
15.0	≥ 52	≥ 42	≥ 50	≥ 40	≥ 48	≥ 38	≥ 46	≥ 36	≥ 44	≥ 34	≥ 42	≥ 32	≥ 40	≥ 30	≥ 38	≥ 28	≥ 36	≥ 26	15.0
14.5	51	41	49	39	47	37	45	35	43	33	41	31	39	29	37	27	35	25	14.5
14.0	50	40	48	38	46	36	44	34	42	32	40	30	38	28	36	26	34	24	14.0
13.5	49	39	47	37	45	35	43	33	41	31	39	29	37	27	35	25	33	23	13.5
13.0	48	38	46	36	44	34	42	32	40	30	38	28	36	26	34	24	32	22	13.0
12.5	47	37	45	35	43	33	41	31	39	29	37	27	35	25	33	23	31	21	12.5
12.0	46	36	44	34	42	32	40	30	38	28	36	26	34	24	32	22	30	20	12.0
11.5	45	35	43	33	41	31	39	29	37	27	35	25	33	23	31	21	29	19	11.5
11.0	44	34	42	32	40	30	38	28	36	26	34	24	32	22	30	20	28	18	11.0
10.5	43	33	41	31	39	29	37	27	35	25	33	23	31	21	29	19	27	17	10.5
10.0	42	32	40	30	38	28	36	26	34	24	32	22	30	20	28	18	26	16	10.0
9.5	41	31	39	29	37	27	35	25	33	23	31	21	29	19	27	17	25	15	9.5
9.0	40	30	38	28	36	26	34	24	32	22	30	20	28	18	26	16	24	14	9.0
8.5	39	29	37	27	35	25	33	23	31	21	29	19	27	17	25	15	23	13	8.5
8.0	38	28	36	26	34	24	32	22	30	20	28	18	26	16	24	14	22	12	8.0
7.5	37	27	35	25	33	23	31	21	29	19	27	17	25	15	23	13	21	11	7.5
7.0	36	26	34	24	32	22	30	20	28	18	26	16	24	14	22	12	20	10	7.0
6.5	35	25	33	23	31	21	29	19	27	17	25	15	23	13	21	11	19	9	6.5
6.0	34	24	32	22	30	20	28	18	26	16	24	14	22	12	20	10	18	8	6.0
5.5	33	23	31	21	29	19	27	17	25	15	23	13	21	11	19	9	17	7	5.5
5.0	32	22	30	20	28	18	26	16	24	14	22	12	20	10	18	8	16	6	5.0
4.5	31	21	29	19	27	17	25	15	23	13	21	11	19	9	17	7	15	5	4.5
4.0	30	20	28	18	26	16	24	14	22	12	20	10	18	8	16	6	14	4	4.0
3.5	29	19	27	17	25	15	23	13	21	11	19	9	17	7	15	5	13	3	3.5
3.0	28	18	26	16	24	14	22	12	20	10	18	8	16	6	14	4	12	2	3.0
2.5	27*	17*	25*	15*	23*	13*	21*	11*	19*	9*	17*	7*	15*	5*	13*	3*	11*	1*	2.5



USAF Physical Fitness Readiness Assessment Scoring

SIT-UP SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
15.0	≥ 58	≥ 54	≥ 56	≥ 50	≥ 54	≥ 45	≥ 52	≥ 43	≥ 50	≥ 41	≥ 48	≥ 35	≥ 46	≥ 34	≥ 44	≥ 32	≥ 42	≥ 31	15.0
14.5	57	53	55	49	53	44	51	42	49	40	47	34	45	33	43	31	41	30	14.5
14.0	56	52	54	48	52	43	50	41	48	39	46	33	44	32	42	30	40	29	14.0
13.5	55	51	53	47	51	42	49	40	47	38	45	32	43	31	41	29	39	28	13.5
13.0	54	50	52	46	50	41	48	39	46	37	44	31	42	30	40	28	38	27	13.0
12.5	53	49	51	45	49	40	47	38	45	36	43	30	41	29	39	27	37	26	12.5
12.0	52	48	50	44	48	39	46	37	44	35	42	29	40	28	38	26	36	25	12.0
11.5	51	47	49	43	47	38	45	36	43	34	41	28	39	27	37	25	35	24	11.5
11.0	50	46	48	42	46	37	44	35	42	33	40	27	38	26	36	24	34	23	11.0
10.5	49	45	47	41	45	36	43	34	41	32	39	26	37	25	35	23	33	22	10.5
10.0	48	44	46	40	44	35	42	33	40	31	38	25	36	24	34	22	32	21	10.0
9.5	47	43	45	39	43	34	41	32	39	30	37	24	35	23	33	21	31	20	9.5
9.0	46	42	44	38	42	33	40	31	38	29	36	23	34	22	32	20	30	19	9.0
8.5	45	41	43	37	41	32	39	30	37	28	35	22	33	21	31	19	29	18	8.5
8.0	44	40	42	36	40	31	38	29	36	27	34	21	32	20	30	18	28	17	8.0
7.5	43	39	41	35	39	30	37	28	35	26	33	20	31	19	29	17	27	16	7.5
7.0	42	38	40	34	38	29	36	27	34	25	32	19	30	18	28	16	26	15	7.0
6.5	41	37	39	33	37	28	35	26	33	24	31	18	29	17	27	15	25	14	6.5
6.0	40	36	38	32	36	27	34	25	32	23	30	17	28	16	26	14	24	13	6.0
5.5	39	35	37	31	35	26	33	24	31	22	29	16	27	15	25	13	23	12	5.5
5.0	38	34	36	30	34	25	32	23	30	21	28	15	26	14	24	12	22	11	5.0
4.5	37	33	35	29	33	24	31	22	29	20	27	14	25	13	23	11	21	10	4.5
4.0	36	32	34	28	32	23	30	21	28	19	26	13	24	12	22	10	20	9	4.0
3.5	35	31	33	27	31	22	29	20	27	18	25	12	23	11	21	9	19	8	3.5
3.0	34	30	32	26	30	21	28	19	26	17	24	11	22	10	20	8	18	7	3.0
2.5	33*	29*	31*	25*	29*	20*	27*	18*	25*	16*	23*	10*	21*	9*	19*	7*	17*	6*	2.5

Derived from public domain US Air Force readiness data (afpc.af.mil); customized implementation and branding by Life is a Special Operation



USAF Physical Fitness Readiness Assessment Scoring

CROSS-LEG REVERSE CRUNCH SCORING STANDARDS (reps)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
15.0	≥ 60	≥ 58	≥ 58	≥ 56	≥ 56	≥ 54	≥ 54	≥ 52	≥ 52	≥ 50	≥ 50	≥ 48	≥ 48	≥ 46	≥ 46	≥ 44	≥ 44	≥ 42	15.0
14.5	59	57	57	55	55	53	53	51	51	49	49	47	47	45	45	43	43	41	14.5
14.0	58	56	56	54	54	52	52	50	50	48	48	46	46	44	44	42	42	40	14.0
13.5	57	55	55	53	53	51	51	49	49	47	47	45	45	43	43	41	41	39	13.5
13.0	56	54	54	52	52	50	50	48	48	46	46	44	44	42	42	40	40	38	13.0
12.5	55	53	53	51	51	49	49	47	47	45	45	43	43	41	41	39	39	37	12.5
12.0	54	52	52	50	50	48	48	46	46	44	44	42	42	40	40	38	38	36	12.0
11.5	53	51	51	49	49	47	47	45	45	43	43	41	41	39	39	37	37	35	11.5
11.0	52	50	50	48	48	46	46	44	44	42	42	40	40	38	38	36	36	34	11.0
10.5	51	49	49	47	47	45	45	43	43	41	41	39	39	37	37	35	35	33	10.5
10.0	50	48	48	46	46	44	44	42	42	40	40	38	38	36	36	34	34	32	10.0
9.5	49	47	47	45	45	43	43	41	41	39	39	37	37	35	35	33	33	31	9.5
9.0	48	46	46	44	44	42	42	40	40	38	38	36	36	34	34	32	32	30	9.0
8.5	47	45	45	43	43	41	41	39	39	37	37	35	35	33	33	31	31	29	8.5
8.0	46	44	44	42	42	40	40	38	38	36	36	34	34	32	32	30	30	28	8.0
7.5	45	43	43	41	41	39	39	37	37	35	35	33	33	31	31	29	29	27	7.5
7.0	44	42	42	40	40	38	38	36	36	34	34	32	32	30	30	28	28	26	7.0
6.5	43	41	41	39	39	37	37	35	35	33	33	31	31	29	29	27	27	25	6.5
6.0	42	40	40	38	38	36	36	34	34	32	32	30	30	28	28	26	26	24	6.0
5.5	41	39	39	37	37	35	35	33	33	31	31	29	29	27	27	25	25	23	5.5
5.0	40	38	38	36	36	34	34	32	32	30	30	28	28	26	26	24	24	22	5.0
4.5	39	37	37	35	35	33	33	31	31	29	29	27	27	25	25	23	23	21	4.5
4.0	38	36	36	34	34	32	32	30	30	28	28	26	26	24	24	22	22	20	4.0
3.5	37	35	35	33	33	31	31	29	29	27	27	25	25	23	23	21	21	19	3.5
3.0	36	34	34	32	32	30	30	28	28	26	26	24	24	22	22	20	20	18	3.0
2.5	35*	33*	33*	31*	31*	29*	29*	27*	27*	25*	25*	23*	23*	21*	21*	19*	19*	17*	2.5

Derived from public domain US Air Force readiness data (afpc.af.mil); customized implementation and branding by Life is a Special Operation



USAF Physical Fitness Readiness Assessment Scoring

FOREARM PLANK SCORING STANDARDS (min:sec)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
15.0	≥ 3:40	≥ 3:35	≥ 3:35	≥ 3:30	≥ 3:30	≥ 3:25	≥ 3:25	≥ 3:20	≥ 3:20	≥ 3:15	≥ 3:15	≥ 3:10	≥ 3:10	≥ 3:05	≥ 3:05	≥ 3:00	≥ 3:00	≥ 2:55	15.0
14.5	3:35	3:30	3:30	3:25	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	14.5
14.0	3:30	3:25	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	14.0
13.5	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	13.5
13.0	3:20	3:15	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	13.0
12.5	3:15	3:10	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	12.5
12.0	3:10	3:05	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	12.0
11.5	3:05	3:00	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	11.5
11.0	3:00	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	11.0
10.5	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	10.5
10.0	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	10.0
9.5	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	9.5
9.0	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	9.0
8.5	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	8.5
8.0	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	8.0
7.5	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	7.5
7.0	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	7.0
6.5	2:15	2:10	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	6.5
6.0	2:10	2:05	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	6.0
5.5	2:05	2:00	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	5.5
5.0	2:00	1:55	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	5.0
4.5	1:55	1:50	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	4.5
4.0	1:50	1:45	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	4.0
3.5	1:45	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:00	3.5
3.0	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:00	1:00	:55	3.0
2.5	1:35*	1:30*	1:30*	1:25*	1:25*	1:20*	1:20*	1:15*	1:15*	1:10*	1:10*	1:05*	1:05*	1:00*	1:00*	:55*	:55*	:50*	2.5



USAF Physical Fitness Readiness Assessment Scoring

2 MILE RUN SCORING STANDARDS (min:sec)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
50.0	≤ 13:25	≤ 15:30	≤ 13:35	≤ 15:55	≤ 13:42	≤ 16:10	≤ 13:56	≤ 16:12	≤ 14:05	≤ 16:45	≤ 14:30	≤ 16:55	≤ 15:09	≤ 17:10	≤ 15:28	≤ 17:43	≤ 16:58	≤ 18:20	50.0
49.5	13:44	16:00	13:54	16:24	14:03	16:40	14:18	16:43	14:29	17:15	14:54	17:26	15:32	17:43	15:52	18:16	17:19	18:54	49.5
49.0	14:03	16:29	14:13	16:54	14:24	17:11	14:40	17:14	14:53	17:46	15:18	17:57	15:55	18:16	16:17	18:49	17:40	19:28	49.0
48.0	14:22	16:59	14:32	17:23	14:45	17:41	15:02	17:45	15:17	18:16	15:42	18:28	16:18	18:48	16:41	19:22	18:01	20:02	48.0
47.0	14:41	17:29	14:51	17:52	15:06	18:11	15:24	18:16	15:41	18:46	16:05	18:59	16:41	19:21	17:06	19:54	18:22	20:36	47.0
46.0	15:00	17:58	15:10	18:21	15:28	18:41	15:46	18:47	16:05	19:17	16:29	19:30	17:04	19:54	17:30	20:27	18:44	21:10	46.0
45.0	15:19	18:28	15:29	18:51	15:49	19:12	16:08	19:17	16:29	19:47	16:53	20:01	17:27	20:27	17:54	21:00	19:05	21:44	45.0
44.0	15:38	18:58	15:48	19:20	16:10	19:42	16:30	19:48	16:53	20:17	17:17	20:32	17:50	20:59	18:19	21:33	19:26	22:18	44.0
43.0	15:57	19:27	16:07	19:49	16:31	20:12	16:52	20:19	17:17	20:48	17:41	21:03	18:13	21:32	18:43	22:06	19:47	22:52	43.0
42.0	16:16	19:57	16:26	20:18	16:52	20:42	17:14	20:50	17:41	21:18	18:05	21:34	18:36	22:05	19:08	22:39	20:08	23:26	42.0
41.0	16:35	20:27	16:45	20:48	17:13	21:13	17:36	21:21	18:05	21:49	18:29	22:05	19:00	22:38	19:32	23:12	20:29	24:00	41.0
40.0	16:54	20:56	17:04	21:17	17:34	21:43	17:58	21:52	18:28	22:19	18:52	22:36	19:23	23:10	19:56	23:44	20:50	24:34	40.0
39.0	17:13	21:26	17:23	21:46	17:55	22:13	18:20	22:23	18:52	22:49	19:16	23:07	19:46	23:43	20:21	24:17	21:11	25:08	39.0
38.5	17:32	21:55	17:42	22:15	18:16	22:43	18:42	22:54	19:16	23:20	19:40	23:38	20:09	24:16	20:45	24:50	21:32	25:42	38.5
38.0	17:51	22:25	18:01	22:45	18:37	23:14	19:04	23:25	19:40	23:50	20:04	24:09	20:32	24:49	21:10	25:23	21:53	26:16	38.0
37.5	18:10	22:55	18:20	23:14	18:59	23:44	19:26	23:56	20:04	24:20	20:28	24:40	20:55	25:21	21:34	25:56	22:15	26:50	37.5
37.0	18:29	23:24	18:39	23:43	19:20	24:14	19:48	24:26	20:28	24:51	20:52	25:11	21:18	25:54	21:58	26:29	22:27	27:24	37.0
36.5	18:48	23:54	18:58	24:12	19:41	24:44	20:10	24:57	20:52	25:21	21:15	25:42	21:41	26:27	22:23	27:01	22:36	27:58	36.5
36.0	19:07	24:24	19:17	24:42	20:02	25:15	20:32	25:28	21:16	25:51	21:39	26:13	22:04	27:00	22:47	27:34	23:18	28:32	36.0
35.5	19:36	24:53	19:36	25:11	20:23	25:45	20:54	25:59	21:40	26:22	22:03	26:44	22:27	27:32	23:12	28:07	23:39	29:06	35.5
35.0	19:45*	25:23*	19:55*	25:40*	20:44*	26:15*	21:16*	26:30*	22:04*	26:52*	22:27*	27:15*	22:50*	28:05*	23:36*	28:40*	24:00*	29:40*	35.0

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USAF Physical Fitness Readiness Assessment Scoring

20-METER HAMR SCORING STANDARDS (SHUTTLES)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
50.0	≥ 87	≥ 68	≥ 85	≥ 65	≥ 84	≥ 63	≥ 82	≥ 63	≥ 81	≥ 59	≥ 77	≥ 58	≥ 71	≥ 57	≥ 69	≥ 53	≥ 65	≥ 50	50.0
49.5	84	65	82	62	81	60	79	60	77	56	73	55	68	53	66	50	62	47	49.5
49.0	81	61	79	58	78	57	75	56	73	53	70	52	65	50	63	47	59	44	49.0
48.0	78	58	76	55	75	53	72	53	70	50	67	49	62	47	60	44	56	41	48.0
47.0	75	55	74	52	72	51	69	50	67	47	64	46	60	44	57	42	54	38	47.0
46.0	72	52	71	50	69	48	66	47	64	45	61	44	57	42	55	39	52	36	46.0
45.0	70	49	69	47	66	45	64	45	61	42	58	41	55	39	52	37	49	34	45.0
44.0	67	46	66	44	63	43	61	42	58	40	56	39	53	37	50	34	47	32	44.0
43.0	65	44	64	42	61	40	59	40	56	38	53	37	50	35	48	32	45	29	43.0
42.0	63	41	62	40	59	38	56	37	53	35	51	34	48	32	45	30	43	27	42.0
41.0	60	39	59	38	56	36	54	35	51	33	49	32	46	30	43	28	41	26	41.0
40.0	58	37	57	36	54	34	52	33	49	31	47	30	44	28	41	26	39	24	40.0
39.0	56	35	55	34	52	32	50	31	47	30	45	29	42	26	40	25	38	22	39.0
38.5	54	33	53	32	50	30	48	29	45	28	43	27	40	25	38	23	36	20	38.5
38.0	52	31	52	30	48	28	46	28	43	26	41	25	39	23	36	21	34	19	38.0
37.5	51	29	50	28	46	26	44	26	41	24	39	23	37	21	34	20	33	18	37.5
37.0	49	28	48	26	44	25	42	24	39	23	37	22	35	20	33	18	31	17	37.0
36.5	47	26	46	25	43	23	40	23	37	21	36	20	34	18	31	17	30	14	36.5
36.0	46	24	45	23	41	22	39	21	36	20	34	19	32	17	30	15	28	13	36.0
35.5	44	23	43	22	39	20	37	20	34	19	32	18	31	16	28	14	27	12	35.5
35.0	42*	21*	42*	20*	38*	19*	36*	18*	32*	17*	31*	16*	30*	14*	27*	13*	26*	11*	35.0

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USAF Physical Fitness Readiness Assessment Scoring - AFSPECWAR/EOD

Muscular Strength and Core Endurance

Cardiorespiratory Fitness

Points	Push-up	Hand Release Push-up	Sit-up	Closs-Leg Reverse Crunch	Timed Forearm Plank	Points	2 Mile Run	20 Meter HAMR
14.5	66	51	57	59	3:35	49.5	13:44	84
14.0	64	50	56	58	3:30	49.0	14:03	81
13.5	63	49	55	57	3:25	48.0	14:22	78
13.0	61	48	54	56	3:20	47.0	14:41	75
12.5	60	47	53	55	3:15	46.0	15:00	72
12.0	58	46	52	54	3:10	45.0	15:19	70
11.5	57	45	51	53	3:05	44.0	15:38	67
11.0	55	44	50	52	3:00	43.0	15:57	65
10.5	54	43	49	51	2:55	42.0	16:16	63
10.0	52	42	48	50	2:50	41.0	16:35	60
9.5	51	41	47	49	2:45	40.0	16:54	58
9.0	49	40	46	48	2:40	39.0	17:16	56
8.5	48	39	45	47	2:35	38.5	17:32	54
8.0	46	38	44	46	2:30	38.0	17:51	52
7.5	45	37	43	45	2:25	37.5	18:10	51
7.0	43	36	42	44	2:20	37.0	18:29	49
6.5	42	35	41	43	2:15	36.5	18:48	47
6.0	40	34	40	42	2:10	36.0	19:07	46
5.5	39	33	39	41	2:05	35.5	19:36	44
5.0	37	32	38	40	2:00	35.0	19:45*	42*
4.5	36	31	37	39	1:55			
4.0	34	30	36	38	1:50			
3.5	33	29	35	37	1:45			
3.0	31	28	34	36	1:40			
2.5	30*	27*	33*	35*	1:35*			

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USAF Physical Fitness Readiness Assessment Scoring			
USAF Fitness Assessment Scoring 2.0 Kilometer Walk Male & Female			
Male Standards		Female Standards	
Age (yrs)	Maximum Time (min:secs)	Age (yrs)	Maximum Time (min:secs)
< 30	16:16	< 30	17:22
30-39	16:18	30-39	17:28
40-49	16:23	40-49	17:49
50-59	16:40	50-59	18:11
60+	16:58	60+	18:53

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