

# Physical Fitness Test Standards

Pushups				Situps (do as many as you can in 2 minutes)				3 Mile Run					
Reps	Points	Reps	Points	Reps	Points	Reps	Points	Time	Points	Time	Points	Time	Points
80	100	59	20	80	100	59	20	21:00:00	100	24:30:00	58	27:52:00	16
79	96	58	19	79	96	58	19	21:10:00	98	24:40:00	56	27:53:00	14
78	92	57	18	78	92	57	18	21:20:00	96	24:50:00	54	27:55:00	12
77	88	56	17	77	88	56	17	21:30:00	94	25:00:00	52	27:26:00	10
76	84	55	16	76	84	55	16	21:40:00	92	25:10:00	50	27:57:00	8
75	80	54	15	75	80	54	15	21:50:00	90	25:20:00	48	27:58:00	6
74	76	53	14	74	76	53	14	22:00:00	88	25:30:00	46	27:59:00	4
73	72	52	13	73	72	52	13	22:10:00	86	25:40:00	44	28:00:00	2
72	68	51	12	72	68	51	12	22:20:00	84	25:50:00	42		
71	64	50	11	71	64	50	11	22:30:00	82	26:00:00	40		
70	60	49	10	70	60	49	10	22:40:00	80	26:10:00	38		
69	56	48	9	69	56	48	9	22:50:00	78	26:20:00	36		
68	52	47	8	68	52	47	8	23:00:00	76	26:30:00	34		
67	48	46	7	67	48	46	7	23:10:00	74	26:40:00	32		
66	44	45	6	66	44	45	6	23:20:00	72	26:50:00	30		
65	40	44	5	65	40	44	5	23:30:00	70	27:00:00	28		
64	36	43	4	64	36	43	4	23:40:00	68	27:10:00	26		
63	32	42	3	63	32	42	3	23:50:00	66	27:20:00	24		
62	28	41	2	62	28	41	2	24:00:00	64	27:30:00	22		
61	24	40	1	61	24	40	1	24:10:00	62	27:40:00	20		
60	22			60	22			24:20:00	60	27:50:00	18		