

Fitness Summary

Name: _____ Age: _____ Date: _____ *includes norms for 50 over

Percent Body Fat: _____ 1 2 3 4 5 x 19 = _____

Age (yrs.)	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
Gender	M	F	M	F	M	F	M	F	M	F
Excellent	≤ 7	≤ 15	≤ 11	≤ 16	≤ 14	≤ 19	≤ 15	≤ 22	≤ 15	≤ 21
Good	8-13	16-19	12-16	17-20	15-18	20-24	16-20	23-27	16-20	22-28
Average	14-16	20-22	17-19	21-23	19-21	25-26	21-23	28-30	21-24	29-31
Fair	17-20	23-25	20-22	24-27	22-24	27-30	24-26	31-34	25-27	32-34
Poor	≥ 21	≥ 26	≥ 23	≥ 28	≥ 25	≥ 31	≥ 27	≥ 35	≥ 28	≥ 35

Cardiovascular: _____ 1 2 3 4 5 x 28 = _____

Age (yrs.)	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
Gender	M	F	M	F	M	F	M	F	M	F
Excellent	≥ 51	≥ 44	≥ 50	≥ 41	≥ 48	≥ 40	≥ 45	≥ 35	≥ 43	≥ 35
Good	47-50	38-43	45-49	37-40	42-47	34-39	39-44	31-34	35-42	29-34
Average	43-46	35-37	41-44	34-36	38-41	31-33	35-38	28-30	32-34	26-28
Fair	40-42	32-34	37-40	31-33	35-37	28-30	32-34	26-27	29-31	24-25
Poor	≤ 39	≤ 31	≤ 36	≤ 30	≤ 34	≤ 27	≤ 31	≤ 25	≤ 28	≤ 23

Flexibility (cm): _____ 1 2 3 4 5 x 17 = _____

Age (yrs.)	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
Gender	M	F	M	F	M	F	M	F	M	F
Excellent	≥ 39	≥ 40	≥ 37	≥ 39	≥ 35	≥ 37	≥ 35	≥ 37	≥ 32	≥ 34
Good	33-38	35-39	31-36	34-38	27-34	32-36	26-34	30-36	23-31	28-33
Average	28-32	31-34	26-30	30-33	22-26	28-31	22-25	27-29	19-22	25-27
Fair	23-27	26-30	21-25	25-29	17-21	23-27	15-21	23-26	13-18	21-24
Poor	≤ 22	≤ 25	≤ 20	≤ 24	≤ 16	≤ 22	≤ 14	≤ 22	≤ 12	≤ 20

Abdominal Curls: _____ 1 2 3 4 5 x 17 = _____

Age (yrs.)	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
Gender	M	F	M	F	M	F	M	F	M	F
Excellent	≥ 75	≥ 70	≥ 72	≥ 60	≥ 69	≥ 50	≥ 65	≥ 45	≥ 55	≥ 40
Good	60-74	37-69	57-71	34-59	54-68	32-49	50-64	30-44	40-54	25-39
Average	45-59	27-36	42-56	21-33	39-53	20-31	35-49	18-29	25-39	15-24
Fair	30-44	17-26	26-41	14-20	20-38	12-19	15-34	10-17	10-24	8-14
Poor	≤ 29	≤ 16	≤ 25	≤ 13	≤ 19	≤ 11	≤ 14	≤ 9	≤ 9	≤ 7

Push-Ups: _____ 1 2 3 4 5 x 19 = _____

Age (yrs.)	20-29	20-29	30-39	30-39	40-49	40-49	50-59	50-59	60+	60+
Gender	M	F	M	F	M	F	M	F	M	F
Excellent	≥ 55	≥ 49	≥ 45	≥ 40	≥ 40	≥ 35	≥ 35	≥ 30	≥ 30	≥ 20
Good	45-54	34-48	35-44	25-39	30-39	20-34	25-34	15-29	20-29	5-19
Average	35-44	17-33	25-34	12-24	20-29	8-19	15-24	6-14	10-19	3-4
Fair	20-34	6-16	15-24	4-11	12-19	3-7	8-14	2-5	5-9	1-2
Poor	≤ 19	≤ 5	≤ 14	≤ 3	≤ 11	≤ 2	≤ 7	0-1	0-4	0

100=500	80=400	60=300
90 = 450	70=350	Fail <250

Total:
