

Mr. V's Fitnessgram Standards

PACER

	Boys 12	Boys 13	Girls 12	Girls 13
HFZ	23 +	29+	23 +	25+
A	46 and above	52 and above	46 and above	48 and above
B	35 - 45	41 - 51	35 - 45	37 - 47
C	24 - 34	30 - 40	24 - 34	26 - 36
D	23	29	23	25
F	22 or less	28 or less	22 or less	24 or less

PUSH-UPS

	Boys 12	Boys 13	Girls 12	Girls 13
HFZ	10+	12+	7+	7+
A	20 and above	23 and above	15 and above	15 and above
B	15 - 19	18 - 22	11 - 14	11 - 14
C	11 - 14	13 - 17	8 - 10	8 - 10
D	10	12	7	7
F	9 or less	11 or less	6 or less	6 or less

MODIFIED PULL UPS

	Boys 12	Boys 13	Girls 12	Girls 13
HFZ	7+	8+	4+	4+
A	12 and above	13 and above	9 and above	9 and above
B	10 – 11	11 – 12	7 – 8	7 – 8
C	8 – 9	9 – 10	5 – 6	5 – 6
D	7	8	4	4
F	6 or less	7 or less	3 or less	3 or less

CURL-UPS

	Boys 12	Boys 13	Girls 12	Girls 13
HFZ	18+	21+	18 +	18 +
A	37 and above	40 and above	33 and above	33 and above
B	28 – 36	31 – 39	26 - 32	26 - 32
C	19 – 27	22 – 30	19 - 25	19 - 25
D	18	21	18	18
F	17 or less	20 or less	17 or less	17 or less

**All other Fitnessgram tests are considered PASS or FAIL.