

Presidential Fitness Test Results

Females/Age 8:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+1.96(avg)	√	(1) Improvements made in 2 fitness components (average); minimal in 1 of 2. (2) Attained Healthy Fitness Award in 3 areas; cardio and flexibility not achieved.
S/R	-.02 (avg)		
Mile Run	*-----	*-----	
Push Ups	+ .83 (avg)	√	

*---- denotes times reported invalid; therefore, accurate average not available.

Males/Age 8:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+4.37 (avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.57 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+1.13 (avg)	√	

*---- denotes times reported invalid; therefore, accurate average not available.

Females/Age 9:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+3.12 (avg)	√	(1) Improvements made in 3 fitness components (average); minimal in 1 of 3. (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+.88 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+1.88 (avg)	√	

*---- denotes times reported invalid; therefore, accurate average not available.

Males/Age 9:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+2.89 (avg)	√	(1) Improvements made in 3 fitness components (average); minimal in 1 of 3. (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+.21 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+2.09 (avg)	√	

*---- denotes times reported invalid; therefore, accurate average not available.

Females/Age 10:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+2.03 (avg)	√	(1) Improvements made in 3 fitness components (average); minimal in 1 of 3. (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+ .78 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+ .68 (avg)	√	

*----- denotes times reported invalid; therefore, accurate average not available.

Males/Age 10:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+2.08 (avg)	√	(1) Improvements made in 3 fitness components (average); minimal in 1 of 3. (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+ .36 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+1.87(avg)	√	

*----- denotes times reported invalid; therefore, accurate average not available.

Females/Age 11:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+2.29 (avg)	√	(1) Improvements made in 2 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	-0.36 (avg)	√	
Mile Run	*-----	*-----	
Push Ups	+1.43 (avg)	√	

*----- denotes times reported invalid; therefore, accurate average not available.

Males/Age 11:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+2.16 (avg)	√	(1) Improvements made in 2 fitness components (average). (2) Attained Healthy Fitness Award in 2 areas; cardio and flexibility not achieved.
S/R	-0.66 (avg)		
Mile Run	*-----	*-----	
Push Ups	+2.11 (avg)	√	

*----- denotes times reported invalid; therefore, accurate average not available.

Females/Age 12:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+3.59 (avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.11 (avg)	√	
Mile Run	-38 sec(avg)		
Push Ups	-0.47 (avg)	√	

Males/Age 12:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+4.28 (avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	No change	√	
Mile Run	-15 sec(avg)		
Push Ups	+3.87 (avg)	√	

Females/Age 13:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+3.17 (avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.57 (avg)	√	
Mile Run	-39 sec(avg)		
Push Ups	No change	√	

Males/Age 13:

Test	+/-	Healthy Fitness	
		Achieved	
Curl ups	+6.57 (avg)	√	(1) Improvements made in 3 fitness components (average)1 of 3 minimal. (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+0.63 (avg)	√	
Mile Run	+7 min(avg)		
Push Ups	+4.08 (avg)	√	

Females/Age 14:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+2.74(avg)	√	(1) Improvements made in all 4 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.42(avg)	√	
Mile Run	-16 sec(avg)	√	
Push Ups	+3.69(avg)	√	

Males/Age 14:

Test	+/-	Healthy Fitness Achieved	
Curl ups	-.90 (avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.38(avg)	√	
Mile Run	-60 sec(avg)		
Push Ups	+2.82(avg)	√	

Females/Age 15:

Test	+/-	Healthy Fitness Achieved	
Curl ups	+4.38(avg)	√	(1) Improvements made in 3 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.68(avg)	√	
Mile Run	+10 sec		
Push Ups	+3.36(avg)	√	

Males/Age 15:

Test	+/-	Healthy Fitness Achieved	
Curl ups	-8.36(avg)	√	(1) Improvements made in 2 fitness components (average). (2) Attained Healthy Fitness Award in 3 areas; cardiovascular component not achieved.
S/R	+1.09(avg)	√	
Mile Run	No change		
Push Ups	+4 (avg)	√	