

Healthy Fitness Zone Goals for Children in Grades K - 8

FEMALES

Age	One Mile Run min:sec	Body Mass Index	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Back-Saver Sit & Reach inches	Shoulder Stretch
5	Completion of distance. Time standards not recommended.	16.2 – 21.0	2 – 10	6 - 12	3 – 8	9	yes or no
6		16.2 – 21.0	2 – 10	6 - 12	3 – 8	9	yes or no
7		16.2 – 22.0	4 – 14	6 - 12	4 - 10	9	yes or no
8		16.2 – 22.0	6 – 20	6 - 12	5 - 13	9	yes or no
9		13.5 – 23.0	9 – 22	6 - 12	6 - 15	9	yes or no
10	9:30 – 12:30	13.7 – 23.5	12 – 26	9 - 12	7 - 15	10	yes or no
11	9:00 – 12:00	14.0 – 24.0	15 – 29	9 - 12	7 - 15	10	yes or no
12	9:00 – 12:00	14.5 – 24.5	18 – 32	9 - 12	7 - 15	10	yes or no
13	9:00 – 11:30	14.9 – 24.5	18 – 32	9 - 12	7 - 15	10	yes or no

MALES

Age	One Mile Run min:sec	Body Mass Index	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Back-Saver Sit & Reach inches	Shoulder Stretch
5	Completion of distance. Time standards not recommended.	14.7 – 20.0	2 – 10	6 - 12	3 – 8	8	yes or no
6		14.7 – 20.0	2 – 10	6 - 12	3 – 8	8	yes or no
7		14.9 – 20.0	4 – 14	6 - 12	4 - 10	8	yes or no
8		15.1 – 20.0	6 – 20	6 - 12	5 - 13	8	yes or no
9		13.7 – 20.0	9 – 24	6 - 12	6 - 15	8	yes or no
10	9:00 – 11:30	14.0 – 21.0	12 – 24	9 - 12	7 - 20	8	yes or no
11	8:30 – 11:00	14.3 – 21.0	15 – 28	9 - 12	8 - 20	8	yes or no
12	8:00 – 10:30	14.6 – 22.0	18 – 36	9 - 12	10 - 20	8	yes or no
13	7:30 – 10:00	15.1 – 23.0	21 - 40	9 - 12	12 - 25	8	yes or no