Female Chart 30 - 39

Name: _____ **Date:** _____ **Age:** _____ **Total Score:** _____

Evaluator: _____ **Height:** _____ **Weight:** _____ **Pulse:** _____ **BP:** _____

Body Composition			Aerobic Capacity			Muscular Strength			Muscular Endurance					Flexibility		
Inches : _____			Time: _____			Weight: _____			#: _____			Time: _____		Inches: _____		
			1.5 mile Run/2,500 Meter Row			Bench Press										
%	AC (inches)	Points	%	(min:sec)	Points	%	lbs. lifted / body weight lbs.	Points	%	Push-Ups (reps/min)	Points	Plank (min:sec)	Points	%	Sit & Reach	
99	≤ 29.0	10.0	99	< 9:51	50.0	99	> .82	10.0	99	48	10.0	≥ 4:31	10	99	> 24.0	10.0
95	29.5	9.5	95	9:52 - 11:00	47.5	95	.82	9.5	95	40	9.5	4:00 - 4:29	9	95	24.0	9.5
90	30.0	9.0	90	11:01 - 11:33	45.0	90	.76 - .81	9.0	90	33	9.0	3:30 - 3:59	8	90	22.5	9.0
85	30.5	8.5	85	11:34 - 11:58	42.5	85	.72 - .75	8.5	85	26	8.5	3:00 - 3:29	7	85	22.0	8.5
80	31.0	8.0	80	11:59 - 12:25	40.0	80	.70 - .71	8.0	80	23	8.0	2:30 - 2:59	6	80	21.5	8.0
75	31.5	7.5	75	12:26 - 12:53	37.5	75	.65 - .69	7.5	75	19	7.5	2:01 - 2:29	5	75	21.0	7.5
70	32.0	7.0	70	12:54 - 13:23	35.0	70	.63 - .64	7.0	70	18	7.0	1:31 - 2:00	4	70	20.5	7.0
65	32.5	6.5	65	13:24 - 13:47	32.5	65	.62 - .62	6.5	65	16	6.5	1:01 - 1:30	3	65	20.3	6.5
60	33.0	6.0	60	13:48 - 14:04	30.0	60	.60 - .61	6.0	60	15	6.0	:31 - 1:00	2	60	20.0	6.0
55	33.5	5.5	55	14:05 - 14:23	27.5	55	.58 - .59	5.5	55	14	5.5	:01 - :30	1	55	19.5	5.5
50	34.0	5.0	50	14:24 - 14:34	25.0	50	.57 - .57	5.0	50	14	5.0	≤ :01	0	50	19.0	5.0
45	34.5	4.5	45	14:35 - 15:14	22.5	45	.55 - .56	4.5	45	13	4.5			45	18.5	4.5
40	35.0	4.0	40	15:15 - 15:38	20.0	40	.53 - .54	4.0	40	11	4.0			40	18.3	4.0
35	35.5	3.5	35	15:39 - 15:58	17.5	35	.52 - .52	3.5	35	10	3.5			35	17.8	3.5
30	36.0	3.0	30	15:59 - 16:38	15.0	30	.51 - .51	3.0	30	9	3.0			30	17.3	3.0
25	36.5	2.5	25	16:39 - 16:46	12.5	25	.49 - .50	2.5	25	9	2.5			25	16.8	2.5
20	37.0	2.0	20	16:47 - 17:38	10.0	20	.47 - .48	2.0	20	8	2.0			20	16.5	2.0
15	37.5	1.5	15	17:39 - 18:37	7.5	15	.45 - .46	1.5	15	7	1.5			15	15.5	1.5
10	38.0	1.0	10	18:38 - 19:43	5.0	10	.42 - .44	1.0	10	6	1.0			10	14.4	1.0
5	38.5	0.5	5	19:44 - 21:31	2.5	5	.39 - .41	0.5	5	4	0.5			5	12.0	0.5
1	> 38.5	0.0	1	21:32 - 24:57	0.0	1	< .39	0.0	1	1	0.0			1	< 12.0	0.0

Passing requirement: Member must achieve a composite point total of ≥ 50 points.

AC: Abdominal circle is calculated by taking the largest measurement (inches) above the hips, typically at the navel.

The events are listed in order. Members must be fully recovered from the previous evaluation before proceeding to the next evaluation.

Free weight conversion for the bench press = (.848 x free weight 1 RM) + 21.37

Example: 160 lb female with a 1 RM of 130 lbs. (.848 x 130) + 21.37 = 131.61/160 = .823 ratio or 80% of 20-29 female

Instructions and Criteria for the plank:

1. Maintain a straight line through the shoulders, hips, knees, and ankles.
2. Only the outer palms, forearms, and balls of the feet can be in contact with the ground.
3. Test is terminated if
    a. the subject contacts the ground with any body part other than outer palms, forearms, and balls of feet or
    b. the subject fails to maintain a straight line through the shoulders, hip, knees, and ankles after one verbal warning.

Employee's Signature: _____

Evaluator's Signature: _____

Battalion Chief's Signature: _____

Notes: _____

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