<table>
<thead>
<tr>
<th>Cardiorespiratory Endurance</th>
<th>Body Composition</th>
<th>Muscle Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Run Time (mins secs)</td>
<td>Health Risk Category</td>
<td>Points</td>
</tr>
<tr>
<td>≤ 9:12</td>
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<td>9:35 - 9:45</td>
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<td>9:46 - 9:58</td>
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<td>9:59 - 10:10</td>
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<td>58.5</td>
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<td>10:11 - 10:37</td>
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<td>10:24 - 10:37</td>
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<td>57.3</td>
</tr>
<tr>
<td>10:38 - 10:51</td>
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<td>56.6</td>
</tr>
<tr>
<td>10:52 - 11:06</td>
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<td>55.7</td>
</tr>
<tr>
<td>11:07 - 11:22</td>
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<td>54.8</td>
</tr>
<tr>
<td>11:23 - 11:38</td>
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<td>53.7</td>
</tr>
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<td>11:39 - 11:56</td>
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<td>13:15 - 13:36</td>
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</tr>
<tr>
<td>≥ 16:38</td>
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</tr>
</tbody>
</table>

**NOTES:**
- Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.
- Passing Requirements - member must: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 75 points.
- * Minimum Component Values:
  - Run time ≤ 13:36 mins secs / Abd Circ ≤ 39.0 inches: 29
  - Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute: 28
- # Target Component Values:
  - Member should attain or surpass these to achieve ≥ 75.0 composite score: 25
- Composite Score Categories:
  - Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0: 22
  - 21
  - 20
  - 19
  - 18
  - ≤ 17
# USAF Fitness Test Scoring / Females < 30 years of age

<table>
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<td>Points</td>
</tr>
<tr>
<td>≤ 10:23</td>
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<td>59.9</td>
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<td>15:21 - 15:50</td>
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<td>15:51 - 16:22 *</td>
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<td></td>
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</tr>
</tbody>
</table>

**NOTES:**
- Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems.
- Passing Requirements - member must: 1) meet minimum value in each of the four components, and 2) achieve a composite point total ≥ 72 points.
- * Minimum Component Values
  - Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches
  - Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute
- # Target Component Values
  - ≤ 7

**Composite Score Categories**
- Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0