

Girls Fitness Scale

Score	2 LAP	4 LAP	6 LAP	Sit&Reach	Curl-ups	Knee	Standing	Toe	Beep	Trail
		1 Mile	1.5 Mile	(cm)	(# in a minute)	Push-Ups	Long Jump (m)	Push-Ups	Run	Run
10	3:30	under 7:15	<11:15	20-19 or over	70 or over	over 45	2.00	over 25	over 8	under 10 mins
9	3:30-3:45	7:15-7:59	11:15-11:59	18-17	60-69	40-44	1.90	19-24	7-7.5	10-11
8	3:45-4:00	8:00-8:44	12:00-12:44	16-15	50-59	35-39	1.80	15-18	6-6.5	11-12
7	4:00-4:15	8:45-9:29	12:45-13:29	14-13	40-49	30-34	1.70	12-14	5-5.5	12-13
6	4:15-4:30	9:30-10:14	13:30-14:14	12-11	30-39	26-29	1.60	9-11	4-4.5	13-14
5	4:30-4:45	10:15-10:59	14:15-14:59	10-9	25-29	21-25	1.50	7-8	3-3.5	14-15
4	4:45-5:00	11:00-11:44	15:00-15:44	8-7	20-24	16-20	1.40	6	2-2.5	15-16
3	5:00-5:15	11:45-12:29	15:45-16:29	6-5	15-19	11-15	1.30	5	1-1.5	16-17
2	5:15-5:30	12:30-13:14	16:30-17:14	4-3	10-14	7-10	1.20	4	0-.5	17-18
1	5:30-5:45	13:15-13:59	17:15-17:59	2-1	5-9	0-6	1.10	1-3	under .5	18-19
0	over 5:45	over 14:00	>17:59	under 2	under 5	under 6	1.00	0	did not complete	over 19