

FITNESSGRAM Scorecard

Name: _____ Date: _____ Age: _____

Weight Health

Weight: _____ lbs

Height: _____ inches

Inches²: _____

BMI: _____ = (lbs x 703) / inches²

Skinfold Measures

Tricep: _____

Subscapular: _____

Supraspinale: _____

Abdominal: _____

Thigh: _____

Calf: _____

% Body Fat: _____ = (0.1548 x [tricep + subscap + supra + ab + thigh + calf]) + 3.580

Aerobic Fitness

Warm-up: Achilles tendon stretch, arm rotators (2 min.); stationary bike (6 min.)

One-mile Run: _____ minutes

ml/kg/min: = .21(age) - .84(BMI) - 8.41(run min) + .34(run min²) + 108.94

run min² = (_____)

= .21 (____) - .84(____) - 8.41(____) + .34(____) + 108.94

VO₂max: _____ = (____) - (____) - (____) + (____) + 108.94

Muscular Strength, Endurance, and Flexibility

Curl-ups: _____ no. completed (75 max.)

Trunk Lifts: _____ inches

Push-ups: _____ no. completed

Sit-and-reach: _____ left leg up

_____ right leg up

Pull-ups: _____ no. completed

Shoulder Stretch: _____ right side touch (yes/no)

_____ left side touch (yes/no)

Flexed Arm Hang: _____ seconds

FITNESSGRAM Information

California 9th Grade Boys 2006-2007

Scored 42 or better VO₂max: **54.2%**

Scored within BMI zone: **73.4%**

In zone for VO₂max, BMI, curl-up, push-up, trunk lift, and sit-and-reach: **32.1%**

BMI

Zone Score	
Age	BMI
14	24.5 to 15.6
15	25 to 16.2
16	26.5 to 16.6
17	27 to 17.3
17+	27.8 to 17.8

BMI Ranges for Teenagers

Age	BMI	Rating	Percentiles
9-17+	< 7	Very low	< 5th
	7 to 9.9	Low	5th to 84th
	10 to 20	Optimal	
	20.1 to 25	Moderately high	
	25.1 to 31	High (overweight)	85th to 94th
> 31	Very high (obese)	> 94th	

BMI Ranges for Adults

Age	BMI	Risk Rating
20+	< 18.5	Extreme
	18.5 to 24.9	Minimal

Percent Body Fat

Zone Score	
Age	Percent
14 to 17+	7 to 10%

Body Fat Ranges

Age	Percent Fat	Body Type
All	< 10%	Athlete
	10 to 15%	Lean
	15 to 18%	Normal
	18 to 20%	Above average
	20 to 25%	Over fat
	25+%	Obese

Average Body Fat

Age	Percent
13 to 19	15%
20 to 30	9 to 15%
30 to 50	11 to 17%
50+	12 to 19%

* Boys 6 to 18 with body fat of 25% or higher are at risk of heart disease and high blood pressure.

One-mile Run

Zone Score	
Age	Time
14	9:30 to 7:00
15	9:00 to 7:00
16-17+	8:30 to 7:00

Average one-mile run time for all humans: **10:07:79**

VO₂max Rate

Zone Score	
Age	Rate
14-17+	42 to 52

VO₂max Ranges

Age	Rate	Rating
13-19	> 55.9	Superior
	51.0 to 55.9	Excellent
	45.2 to 50.9	Good
	38.4 to 45.1	Fair
	35.0 to 38.3	Poor
	< 35.0	Very poor

VO₂max is your capacity for oxygen intake or your aerobic "horsepower." It measures the millimeters of oxygen per kilogram of body weight per minute (ml/kg/min).

Curl-ups

Zone Score	
Age	No. Complete
14	24 to 45
15-17+	24 to 47

Trunk Lifts

Zone Score	
Age	Inches Raised
14 to 17+	9 to 15

Push-ups

Zone Score	
Age	No. Complete
14	14 to 30
15	16 to 35
16 to 17+	18 to 35

Sit-and-reach

Zone Score	
Age	Right and Left
14 to 17+	8 or higher*

* Pass or fail

Sit-and-reach Ranges

Age	Rate	Rating
All	> 36+	Superior
	25 to 35	Excellent
	14 to 24	Good
	8 to 13	Average
	0 to 7	Fair
	-1 to -10	Poor
< -11	Very poor	

Modified Pull-ups

Zone Score	
Age	No. Complete
14	9 to 25
15	10 to 27
16	12 to 30
17+	14 to 30

Shoulder Reach

Zone Score	
Age	Pass
14 to 17+	Touching fingertips together behind the back on both right and left sides

Flexed Arm Hang

Zone Score	
Age	Seconds
14 to 17+	15 to 20