

HEALTH RELATED FITNESS TEST

TRACK YOUR PROGRESS BELOW

TEST	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX	WEEK SEVEN
Balance Test							
Press Ups							
Sit to Stand							
12 Minute Cardio Vascular Test							

Balance Test		
Age	Male	Female
20 - 29	8 Seconds	8 Seconds
30 - 39	7 Seconds	7 Seconds
40 - 49	6 Seconds	6 Seconds
50 - 59	5 Seconds	5 Seconds
60 - 69	4 Seconds	4 Seconds
70 - 79	3 Seconds	3 Seconds
80+	2 Seconds	2 Seconds

Press up		
Age	Male	Female
20 - 29	21	14
30 - 39	16	12
40 - 49	12	10
50 - 59	9	6
60 - 69	7	4
70 - 79	5	3
80+	4	2

Sit to Stand		
Age	Male	Female
20 - 29	24	23
30 - 39	22	21
40 - 49	20	19
50 - 59	18	17
60 - 69	16	15
70 - 79	14	13
80+	10	10

12 Minute Cardio Vascular Test		
Age	Male	Female
20 - 29	2.4km / 1.5 mi	2.1km / 1.3 mi
30 - 39	2.3km / 1.45 mi	2km / 1.25 mi
40 - 49	2.2km / 1.4 mi	1.9km / 1.2 mi
50 - 59	2.1km / 1.3 mi	1.8km / 1.1 mi
60 - 69	1.9km / 1.2 mi	1.7km / 1.05 mi
70 - 79	1.8km / 1.1 mi	1.6km / 1 mi
80+	1.7km / 1.05 mi	1.5km / 0.95 mi