



**PATRIOT NJROTC**

## CADET FITNESS CHALLENGE STANDARDS (FEMALE)

<b>CURL-UPS</b>	13	14	15	16	17	%	POINTS
	72	72	74	77	67	100	<b>100</b>
	52	53	55	53	53	95	<b>95</b>
	50	49	51	49	47	90	<b>90</b>
	46	47	48	45	44	85	<b>85</b>
	44	45	46	43	41	80	<b>81</b>
	42	43	44	41	40	75	<b>78</b>
	42	42	41	40	38	70	<b>75</b>
	40	41	40	38	37	65	<b>70</b>
	40	40	39	37	36	60	<b>65</b>
	38	39	37	36	35	55	<b>62</b>
	37	37	36	35	34	50	<b>59</b>
	36	36	35	34	33	45	<b>56</b>
	35	35	34	33	31	40	<b>53</b>
	33	34	32	32	30	35	<b>50</b>

<b>1-MILE RUN</b>	13	14	15	16	17	%	POINTS
	5:42	5:00	5:51	5:58	6:20	100	<b>100</b>
	7:21	7:20	7:25	7:26	7:22	95	<b>95</b>
	7:49	7:43	7:52	7:55	7:58	90	<b>90</b>
	8:13	7:59	8:08	8:23	8:15	85	<b>85</b>
	8:29	8:20	8:24	8:39	8:34	80	<b>81</b>
	8:49	8:36	8:40	8:50	8:52	75	<b>78</b>
	9:09	8:50	8:55	9:11	9:15	70	<b>75</b>
	9:30	9:09	9:09	9:25	9:33	65	<b>70</b>
	9:50	9:27	9:23	9:48	9:51	60	<b>65</b>
	10:07	9:51	9:37	10:09	10:08	55	<b>62</b>
	10:23	10:06	9:58	10:31	10:22	50	<b>59</b>
	10:57	10:25	10:18	10:58	10:48	45	<b>56</b>
	11:20	10:51	10:40	11:15	11:05	40	<b>53</b>
	11:40	11:10	11:00	11:44	11:20	35	<b>50</b>

<b>PUSH-UPS</b>	13	14	15	16	17	%	POINTS
	28	29	38	38	31	100	<b>100</b>
	25	25	34	32	29	95	<b>95</b>
	22	21	23	26	28	90	<b>90</b>
	21	20	20	24	25	85	<b>85</b>
	17	19	20	22	22	80	<b>81</b>
	17	15	20	20	20	75	<b>78</b>
	15	12	18	19	19	70	<b>75</b>
	14	11	18	16	18	65	<b>70</b>
	13	10	16	15	17	60	<b>65</b>
	12	10	15	13	16	55	<b>62</b>
	11	10	15	12	16	50	<b>59</b>
	10	9	15	12	15	45	<b>56</b>
	X	8	13	12	15	40	<b>53</b>
	8	5	11	11	14	35	<b>50</b>

DATE	SIT-UPS	PUSH-UPS	RUN	POINTS	AWARD

\* MUST ACHIEVE A MINIMUM SCORE IN EACH EVENT TO EARN RIBBON\*

150 = SATISFACTORY (S)

180 = GOOD (G)

210 = EXCELLENT (E)

240 = OUTSTANDING (O)