



PATRIOT NJROTC

CADET FITNESS CHALLENGE STANDARDS (MALE)

CURL-UPS	13	14	15	16	17	%	POINTS
	76	79	81	77	73	100	100
	59	62	62	62	61	95	95
	55	58	59	58	57	90	90
	53	56	57	56	55	85	85
	51	54	55	53	53	80	81
	50	52	53	51	51	75	78
	48	51	51	50	50	70	75
	46	49	50	48	48	65	70
	45	48	49	48	46	60	65
	43	47	47	46	45	55	62
	42	45	45	45	44	50	59
	41	44	44	44	43	45	56
40	42	43	42	41	40	53	
39	41	41	40	40	35	50	

1-MILE RUN	13	14	15	16	17	%	POINTS
	5:40	4:30	4:42	4:49	4:46	100	100
	6:25	6:01	5:50	5:40	5:35	95	95
	6:39	6:13	6:07	5:56	5:57	90	90
	6:50	6:26	6:20	6:08	6:06	85	85
	7:00	6:33	6:29	6:18	6:14	80	81
	7:11	6:45	6:38	6:25	6:23	75	78
	7:20	6:59	6:48	6:33	6:32	70	75
	7:29	7:09	6:57	6:44	6:40	65	70
	7:41	7:19	7:06	6:50	6:50	60	65
	7:55	7:29	7:16	6:58	6:57	55	62
	8:06	7:44	7:30	7:10	7:04	50	59
	8:17	7:59	7:39	7:20	7:14	45	56
8:35	8:13	7:52	7:35	7:24	40	53	
8:54	8:30	8:08	7:53	7:35	35	50	

PUSH-UPS	13	14	15	16	17	%	POINTS
	54	52	54	62	64	100	100
	51	47	50	59	60	95	95
	41	41	44	46	56	90	90
	39	40	42	44	53	85	85
	35	37	40	41	50	80	81
	35	32	37	40	46	75	78
	31	30	35	36	44	70	75
	30	28	34	34	43	65	70
	28	25	32	32	41	60	65
	26	24	31	30	40	55	62
	24	24	30	30	37	50	59
	21	22	30	29	35	45	56
20	21	27	28	34	40	53	
x	20	25	25	30	35	50	

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)