

# GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS

## Male – Age: < 30

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 13:36 Y / N
Push-ups			≥ 33 Y / N
Sit-ups			≥ 42 Y / N
Body Composition	1: ___ 2: ___ 3: ___ Avg: ___		≤ 39 Y / N
Total Score: ___ of ___		Category: Excellent Satisfactory Unsatisfactory	

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 67	10.0	≥ 58	10.0
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4
9:46 - 9:58	Low-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2
9:59 - 10:10	Low-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0
10:11 - 10:23	Low-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8
10:24 - 10:37	Low-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7
10:38 - 10:51	Low-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5
10:52 - 11:06	Low-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3
11:07 - 11:22	Low-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0
11:23 - 11:38	Low-Risk	53.7	37.5	Moderate Risk	15.1	53	8.7	46	7.5
11:39 - 11:56	Low-Risk	52.4	38.0	Moderate Risk	14.4	52	8.6	45	7.0
11:57 - 12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk	12.6	50	8.4	43	6.3
12:34 - 12:53	Moderate Risk	47.2	39.5	High Risk	11.7	49	8.3	42 *	6.0
12:54 - 13:14	Moderate Risk	44.9	40.0	High Risk	10.6	48	8.1	41	5.5
13:15 - 13:36 *	Moderate Risk	42.3	40.5	High Risk	9.4	47	8.0	40	5.0
13:37 - 14:00	High Risk	39.3	41.0	High Risk	8.2	46	7.8	39	4.5
14:01 - 14:25	High Risk	35.8	41.5	High Risk	6.8	45	7.7	38	4.0
14:26 - 14:52	High Risk	31.7	42.0	High Risk	5.3	44	7.5	37	3.5
14:53 - 15:20	High Risk	27.1	42.5	High Risk	3.7	43	7.3	36	3.3
15:21 - 15:50	High Risk	21.7	43.0	High Risk	1.9	42	7.2	35	3.0
15:51 - 16:22	High Risk	15.5	≥ 43.5	High Risk	0.0	41	7.0	34	2.5
16:23 - 16:57	High Risk	8.3				40	6.8	33	2.0
≥ 16:58	High Risk	0.0				39	6.5	32	1.5
						38	6.3	31	1.3
						37	6.0	30	1.0
						36	5.8	≤ 29	0.0
						35	5.5		
						34	5.3		
						33 *	5.0		
						32	4.8		
						31	4.5		
						30	4.3		
						29	4.0		
						28	3.8		
						27	3.5		
						26	3.0		
						25	2.8		
						24	2.5		
						23	2.3		
						22	2.0		
						21	1.8		
						20	1.7		
						19	1.5		
						18	1.0		
						≤ 17	0.0		

**NOTES:**  
 Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems  
 Passing Requirements - member *must*: 1) meet minimum value in each of the four components, *and* 2) achieve a composite point total ≥ 75 points  
 \* Minimum Component Values  
 Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches  
 Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute  
 Composite Score Categories:  
 Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Male – Age: 30 – 39**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 14:00 Y / N
Push-ups			≥ 27 Y / N
Sit-ups			≥ 39 Y / N
Body Composition	1: 2: 3: Avg:		≤ 39 Y / N
Total Score: _____ of _____		Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:34	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 57	10.0	≥ 54	10.0
9:35 - 9:58	Low-Risk	59.3	33.0	Low-Risk	20.0	52	9.5	51	9.5
9:59 - 10:10	Low-Risk	58.6	33.5	Low-Risk	20.0	51	9.4	50	9.4
10:11 - 10:23	Low-Risk	57.9	34.0	Low-Risk	20.0	50	9.3	49	9.2
10:24 - 10:37	Low-Risk	57.3	34.5	Low-Risk	20.0	49	9.2	48	9.0
10:38 - 10:51	Low-Risk	56.6	35.0	Low-Risk	20.0	48	9.2	47	8.8
10:52 - 11:06	Low-Risk	55.7	35.5	Moderate Risk	17.6	47	9.1	46	8.7
11:07 - 11:22	Low-Risk	54.8	36.0	Moderate Risk	17.0	46	9.0	45	8.5
11:23 - 11:38	Low-Risk	53.7	36.5	Moderate Risk	16.4	45	8.9	44	8.3
11:39 - 11:56	Low-Risk	52.4	37.0	Moderate Risk	15.8	44	8.8	43	8.0
11:57 - 12:14	Low-Risk	50.9	37.5	Moderate Risk	15.1	43	8.7	42	7.5
12:15 - 12:33	Low-Risk	49.2	38.0	Moderate Risk	14.4	42	8.6	41	7.0
12:34 - 12:53	Low-Risk	47.2	38.5	Moderate Risk	13.5	41	8.5	40	6.5
12:54 - 13:14	Moderate Risk	44.9	39.0 *	Moderate Risk	12.6	40	8.3	39 *	6.0
13:15 - 13:36	Moderate Risk	42.3	39.5	High Risk	11.7	39	8.0	38	5.8
13:37 - 14:00 *	Moderate Risk	39.3	40.0	High Risk	10.6	38	7.8	37	5.5
14:01 - 14:25	High Risk	35.8	40.5	High Risk	9.4	37	7.7	36	5.0
14:26 - 14:52	High Risk	31.7	41.0	High Risk	8.2	36	7.5	35	4.0
14:53 - 15:20	High Risk	27.1	41.5	High Risk	6.8	35	7.3	34	3.8
15:21 - 15:50	High Risk	21.7	42.0	High Risk	5.3	34	7.0	33	3.5
15:51 - 16:22	High Risk	15.5	42.5	High Risk	3.7	33	6.8	32	3.0
16:23 - 16:57	High Risk	8.3	43.0	High Risk	1.9	32	6.7	31	2.5
≥ 16:58	High Risk	0.0	≥ 43.5	High Risk	0.0	31	6.5	30	2.0
						30	6.0	29	1.8
						29	5.5	28	1.5
						28	5.3	27	1.3
						27 *	5.0	26	1.0
						26	4.8	≤ 25	0.0
						25	4.5		
<b>NOTES:</b>						24	4.0		
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						23	3.8		
						22	3.7		
						21	3.5		
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						20	3.0		
						19	2.5		
						18	2.3		
* Minimum Component Values						17	2.0		
Run time ≤ 14:00 mins:secs / Abd Circ ≤ 39.0 inches						16	1.8		
Push-ups ≥ 27 repetitions/one minute / Sit-ups ≥ 39 repetitions/one minute						15	1.5		
						14	1.3		
Composite Score Categories:						13	1.0		
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						≤ 12	0.0		

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Male – Age: 40 – 49**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 14:52 Y/N
Push-ups			≥ 21 Y/N
Sit-ups			≥ 34 Y/N
Body Composition	1: 2: 3: Avg:		≤ 39 Y/N
	Total Score: _____ of _____	Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:45	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 50	10.0
9:46 - 10:10	Low-Risk	59.8	33.0	Low-Risk	20.0	40	9.5	47	9.5
10:11 - 10:23	Low-Risk	59.5	33.5	Low-Risk	20.0	39	9.4	46	9.4
10:24 - 10:37	Low-Risk	59.1	34.0	Low-Risk	20.0	38	9.2	45	9.2
10:38 - 10:51	Low-Risk	58.7	34.5	Low-Risk	20.0	37	9.1	44	9.1
10:52 - 11:06	Low-Risk	58.3	35.0	Low-Risk	20.0	36	9.0	43	9.0
11:07 - 11:22	Low-Risk	57.7	35.5	Moderate Risk	17.6	35	8.8	42	8.8
11:23 - 11:38	Low-Risk	57.1	36.0	Moderate Risk	17.0	34	8.5	41	8.7
11:39 - 11:56	Low-Risk	56.3	36.5	Moderate Risk	16.4	33	8.4	40	8.5
11:57 - 12:14	Low-Risk	55.4	37.0	Moderate Risk	15.8	32	8.3	39	8.0
12:15 - 12:33	Low-Risk	54.3	37.5	Moderate Risk	15.1	31	8.1	38	7.8
12:34 - 12:53	Low-Risk	53.1	38.0	Moderate Risk	14.4	30	8.0	37	7.5
12:54 - 13:14	Low-Risk	51.5	38.5	Moderate Risk	13.5	29	7.5	36	7.0
13:15 - 13:36	Low-Risk	49.8	39.0 *	Moderate Risk	12.6	28	7.3	35	6.5
13:37 - 14:00	Moderate Risk	47.7	39.5	High Risk	11.7	27	7.2	34 *	6.0
14:01 - 14:25	Moderate Risk	45.2	40.0	High Risk	10.6	26	7.0	33	5.8
14:26 - 14:52 *	Moderate Risk	42.3	40.5	High Risk	9.4	25	6.5	32	5.5
14:53 - 15:20	High Risk	38.8	41.0	High Risk	8.2	24	6.0	31	5.0
15:21 - 15:50	High Risk	34.7	41.5	High Risk	6.8	23	5.8	30	4.5
15:51 - 16:22	High Risk	29.9	42.0	High Risk	5.3	22	5.5	29	4.0
16:23 - 16:57	High Risk	24.2	42.5	High Risk	3.7	21 *	5.0	28	3.5
16:58 - 17:34	High Risk	17.4	43.0	High Risk	1.9	20	4.8	27	3.0
17:35 - 18:14	High Risk	9.4	≥ 43.5	High Risk	0.0	19	4.5	26	2.5
≥ 18:15	High Risk	0.0				18	4.0	25	2.3
						17	3.8	24	2.0
						16	3.5	23	1.5
<b>NOTES:</b>						15	3.0	22	1.0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						14	2.8	≤ 21	0.0
						13	2.5		
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						12	2.3		
						11	2.0		
						10	1.5		
<b>* Minimum Component Values:</b>						9	1.0		
Run time ≤ 14:52 mins:secs / Abd Circ ≤ 39.0 inches						≤ 8	0.0		
Push-ups ≥ 21 repetitions/one minute / Sit-ups ≥ 34 repetitions/one minute									
Composite Score Categories:									
Excellent > 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Male – Age: 50 – 59**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 16:22 Y / N
Push-ups			≥ 15 Y / N
Sit-ups			≥ 28 Y / N
Body Composition	1: _____ 2: _____ 3: _____ Avg: _____		≤ 39 Y / N
Total Score: _____ of _____		Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 10:37	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 44	10.0	≥ 46	10.0
10:38 - 11:06	Low-Risk	59.7	33.0	Low-Risk	20.0	39	9.5	43	9.5
11:07 - 11:22	Low-Risk	59.4	33.5	Low-Risk	20.0	38	9.4	42	9.4
11:23 - 11:38	Low-Risk	59.0	34.0	Low-Risk	20.0	37	9.4	41	9.2
11:39 - 11:56	Low-Risk	58.5	34.5	Low-Risk	20.0	36	9.3	40	9.1
11:57 - 12:14	Low-Risk	58.0	35.0	Low-Risk	20.0	35	9.3	39	9.0
12:15 - 12:33	Low-Risk	57.3	35.5	Moderate Risk	17.6	34	9.2	38	8.8
12:34 - 12:53	Low-Risk	56.5	36.0	Moderate Risk	17.0	33	9.2	37	8.7
12:54 - 13:14	Low-Risk	55.6	36.5	Moderate Risk	16.4	32	9.1	36	8.5
13:15 - 13:36	Low-Risk	54.5	37.0	Moderate Risk	15.8	31	9.1	35	8.0
13:37 - 14:00	Low-Risk	53.3	37.5	Moderate Risk	15.1	30	9.0	34	7.8
14:01 - 14:25	Low-Risk	51.8	38.0	Moderate Risk	14.4	29	8.8	33	7.5
14:26 - 14:52	Low-Risk	50.0	38.5	Moderate Risk	13.5	28	8.5	32	7.3
14:53 - 15:20	Moderate Risk	47.9	39.0 *	Moderate Risk	12.6	27	8.3	31	7.0
15:21 - 15:50	Moderate Risk	45.4	39.5	High Risk	11.7	26	8.2	30	6.5
15:51 - 16:22 *	Moderate Risk	42.4	40.0	High Risk	10.6	25	8.0	29	6.3
16:23 - 16:57	High Risk	39.0	40.5	High Risk	9.4	24	7.5	28 *	6.0
16:58 - 17:34	High Risk	34.9	41.0	High Risk	8.2	23	7.3	27	5.5
17:35 - 18:14	High Risk	30.0	41.5	High Risk	6.8	22	7.2	26	5.0
18:15 - 18:56	High Risk	24.3	42.0	High Risk	5.3	21	7.0	25	4.5
18:57 - 19:43	High Risk	17.5	42.5	High Risk	3.7	20	6.5	24	4.0
19:44 - 20:33	High Risk	9.5	43.0	High Risk	1.9	19	6.0	23	3.8
≥ 20:34	High Risk	0.0	≥ 43.5	High Risk	0.0	18	5.8	22	3.5
						17	5.5	21	3.0
<b>NOTES:</b>						16	5.3	20	2.5
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						15 *	5.0	19	2.0
						14	4.5	18	1.8
						13	4.0	17	1.5
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						12	3.8	16	1.3
						11	3.5	15	1.0
						10	3.0	≤ 14	0.0
<b>* Minimum Component Values</b>						9	2.0		
Run time ≤ 16:22 mins:secs / Abd Circ ≤ 39.0 inches						8	1.8		
Push-ups ≥ 15 repetitions/one minute / Sit-ups ≥ 28 repetitions/one minute						7	1.5		
						6	1.0		
Composite Score Categories:						≤ 5	0.0		
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Male – Age: 60+**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 18:14 Y / N
Push-ups			≥ 14 Y / N
Sit-ups			≥ 22 Y / N
Body Composition	1: 2: 3: Avg:		≤ 39 Y / N
Total Score: _____ of _____		Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 11:22	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 30	10.0	≥ 42	10.0
11:23 - 11:56	Low-Risk	59.7	33.0	Low-Risk	20.0	28	9.5	39	9.5
11:57 - 12:14	Low-Risk	59.4	33.5	Low-Risk	20.0	27	9.3	38	9.4
12:15 - 12:33	Low-Risk	59.0	34.0	Low-Risk	20.0	26	9.0	37	9.2
12:34 - 12:53	Low-Risk	58.5	34.5	Low-Risk	20.0	25	8.8	36	9.1
12:54 - 13:14	Low-Risk	58.0	35.0	Low-Risk	20.0	24	8.5	35	9.0
13:15 - 13:36	Low-Risk	57.3	35.5	Moderate Risk	17.6	23	8.0	34	8.9
13:37 - 14:00	Low-Risk	56.5	36.0	Moderate Risk	17.0	22	7.5	33	8.8
14:01 - 14:25	Low-Risk	55.6	36.5	Moderate Risk	16.4	21	7.0	32	8.6
14:26 - 14:52	Low-Risk	54.5	37.0	Moderate Risk	15.8	20	6.5	31	8.5
14:53 - 15:20	Low-Risk	53.3	37.5	Moderate Risk	15.1	19	6.3	30	8.0
15:21 - 15:50	Low-Risk	51.8	38.0	Moderate Risk	14.4	18	6.0	29	7.8
15:51 - 16:22	Low-Risk	50.0	38.5	Moderate Risk	13.5	17	5.8	28	7.5
16:23 - 16:57	Moderate Risk	47.9	39.0 *	Moderate Risk	12.6	16	5.5	27	7.3
16:58 - 17:34	Moderate Risk	45.4	39.5	High Risk	11.7	15	5.3	26	7.0
17:35 - 18:14 *	Moderate Risk	42.4	40.0	High Risk	10.6	14 *	5.0	25	6.8
18:15 - 18:56	High Risk	39.0	40.5	High Risk	9.4	13	4.8	24	6.5
18:57 - 19:43	High Risk	34.9	41.0	High Risk	8.2	12	4.5	23	6.3
19:44 - 20:33	High Risk	30.0	41.5	High Risk	6.8	11	4.3	22 *	6.0
20:34 - 21:28	High Risk	24.3	42.0	High Risk	5.3	10	4.0	21	5.5
21:29 - 22:28	High Risk	17.5	42.5	High Risk	3.7	9	3.5	20	5.0
22:29 - 23:34	High Risk	9.5	43.0	High Risk	1.9	8	3.0	19	4.0
≥ 23:35	High Risk	0.0	≥ 43.5	High Risk	0.0	7	2.5	18	3.5
						6	2.0	17	3.0
						5	1.5	16	2.5
						4	1.0	15	2.0
<b>NOTES:</b>						≤ 3	0.0	14	1.8
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems								13	1.5
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points								12	1.3
								11	1.2
								10	1.0
								≤ 9	0.0
* Minimum Component Values									
Run time ≤ 18:14 mins:secs / Abd Circ ≤ 39.0 inches									
Push-ups ≥ 14 repetitions/one minute / Sit-ups ≥ 22 repetitions/one minute									
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Female – Age: < 30**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 16:22 Y/N
Push-ups			≥ 18 Y/N
Sit-ups			≥ 38 Y/N
Body Composition	1: 2: 3: Avg:		≤ 35.5 Y/N
Total Score: _____ of _____		Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 10:23	Low-Risk	60.0	< 29.0	Low Risk	20.0	> 47	10.0	≥ 54	10.0
10:24 - 10:51	Low-Risk	59.9	29.5	Low Risk	20.0	42	9.5	51	9.5
10:52 - 11:06	Low-Risk	59.5	30.0	Low Risk	20.0	41	9.4	50	9.4
11:07 - 11:22	Low-Risk	59.2	30.5	Low Risk	20.0	40	9.3	49	9.0
11:23 - 11:38	Low-Risk	58.9	31.0	Low Risk	20.0	39	9.2	48	8.9
11:39 - 11:56	Low-Risk	58.6	31.5	Low Risk	20.0	38	9.1	47	8.8
11:57 - 12:14	Low-Risk	58.1	32.0	Moderate Risk	17.6	37	9.0	46	8.6
12:15 - 12:33	Low-Risk	57.6	32.5	Moderate Risk	17.1	36	8.9	45	8.5
12:34 - 12:53	Low-Risk	57.0	33.0	Moderate Risk	16.5	35	8.8	44	8.0
12:54 - 13:14	Low-Risk	56.2	33.5	Moderate Risk	15.9	34	8.6	43	7.8
13:15 - 13:36	Low-Risk	55.3	34.0	Moderate Risk	15.2	33	8.5	42	7.5
13:37 - 14:00	Low-Risk	54.2	34.5	Moderate Risk	14.5	32	8.4	41	7.0
14:01 - 14:25	Low-Risk	52.8	35.0	Moderate Risk	13.7	31	8.3	40	6.8
14:26 - 14:52	Low-Risk	51.2	35.5 *	Moderate Risk	12.8	30	8.2	39	6.5
14:53 - 15:20	Moderate Risk	49.3	36.0	High Risk	11.8	29	8.1	38 *	6.0
15:21 - 15:50	Moderate Risk	46.9	36.5	High Risk	10.7	28	8.0	37	5.5
15:51 - 16:22 *	Moderate Risk	44.1	37.0	High Risk	9.6	27	7.5	36	5.3
16:23 - 16:57	High Risk	40.8	37.5	High Risk	8.3	26	7.3	35	5.0
16:58 - 17:34	High Risk	36.7	38.0	High Risk	6.9	25	7.2	34	4.5
17:35 - 18:14	High Risk	31.8	38.5	High Risk	5.4	24	7.0	33	4.3
18:15 - 18:56	High Risk	25.9	39.0	High Risk	3.8	23	6.5	32	4.0
18:57 - 19:43	High Risk	18.8	39.5	High Risk	2.0	22	6.3	31	3.5
19:44 - 20:33	High Risk	10.3	≥ 40.0	High Risk	0.0	21	6.0	30	3.0
≥ 20:34	High Risk	0.0				20	5.8	29	2.8
						19	5.5	28	2.5
						18 *	5.0	27	2.0
<b>NOTES:</b>						17	4.5	26	1.8
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						16	4.3	25	1.7
						15	4.0	24	1.5
						14	3.5	23	1.0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						13	3.0	≤ 22	0.0
						12	2.8		
						11	2.5		
* Minimum Component Values						10	2.0		
Run time ≤ 16:22 mins:secs / Abd Circ ≤ 35.5 inches						9	1.5		
Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute						8	1.0		
						≤ 7	0.0		
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Female – Age: 30 – 39**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 16:57 Y/N
Push-ups			≥ 14 Y/N
Sit-ups			≥ 29 Y/N
Body Composition	1: _____ 2: _____ 3: _____ Avg: _____		≤ 35.5 Y/N
	Total Score: _____ of _____	Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 10:51	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 46	10.0	≥ 45	10.0
10:52 - 11:22	Low-Risk	59.5	29.5	Low Risk	20.0	40	9.5	42	9.5
11:23 - 11:38	Low-Risk	59.0	30.0	Low Risk	20.0	39	9.4	41	9.4
11:39 - 11:56	Low-Risk	58.6	30.5	Low Risk	20.0	38	9.3	40	9.0
11:57 - 12:14	Low-Risk	58.1	31.0	Low Risk	20.0	37	9.3	39	8.8
12:15 - 12:33	Low-Risk	57.6	31.5	Low Risk	20.0	36	9.2	38	8.5
12:34 - 12:53	Low-Risk	57.0	32.0	Moderate Risk	17.6	35	9.1	37	8.3
12:54 - 13:14	Low-Risk	56.2	32.5	Moderate Risk	17.1	34	9.1	36	8.2
13:15 - 13:36	Low-Risk	55.3	33.0	Moderate Risk	16.5	33	9.0	35	8.0
13:37 - 14:00	Low-Risk	54.2	33.5	Moderate Risk	15.9	32	8.9	34	7.8
14:01 - 14:25	Low-Risk	52.8	34.0	Moderate Risk	15.2	31	8.9	33	7.5
14:26 - 14:52	Low-Risk	51.2	34.5	Moderate Risk	14.5	30	8.8	32	7.0
14:53 - 15:20	Low-Risk	49.3	35.0	Moderate Risk	13.7	29	8.7	31	6.8
15:21 - 15:50	Moderate Risk	46.9	35.5 *	Moderate Risk	12.8	28	8.6	30	6.5
15:51 - 16:22	Moderate Risk	44.1	36.0	High Risk	11.8	27	8.6	29 *	6.0
16:23 - 16:57 *	Moderate Risk	40.8	36.5	High Risk	10.7	26	8.5	28	5.5
16:58 - 17:34	High Risk	36.7	37.0	High Risk	9.6	25	8.3	27	5.0
17:35 - 18:14	High Risk	31.8	37.5	High Risk	8.3	24	8.2	26	4.5
18:15 - 18:56	High Risk	25.9	38.0	High Risk	6.9	23	8.0	25	4.0
18:57 - 19:43	High Risk	18.8	38.5	High Risk	5.4	22	7.9	24	3.5
19:44 - 20:33	High Risk	10.3	39.0	High Risk	3.8	21	7.8	23	3.3
≥ 20:34	High Risk	0.0	39.5	High Risk	2.0	20	7.6	22	3.0
			≥ 40.0	High Risk	0.0	19	7.5	21	2.5
						18	7.0	20	2.0
NOTES:						17	6.8	19	1.8
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						16	6.5	18	1.5
						15	6.0	17	1.3
						14 *	5.0	16	1.2
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						13	4.5	15	1.0
						12	4.3	≤ 14	0.0
						11	4.0		
* Minimum Component Values						10	3.5		
Run time ≤ 16:57 mins:secs / Abd Circ ≤ 35.5 inches						9	3.0		
Push-ups ≥ 14 repetitions/one minute / Sit-ups ≥ 29 repetitions/one minute						8	2.0		
						7	1.5		
Composite Score Categories:						6	1.0		
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0						≤ 5	0.0		

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Female – Age: 40 – 49**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 18:14 Y / N
Push-ups			≥ 11 Y / N
Sit-ups			≥ 24 Y / N
Body Composition	1: ___ 2: ___ 3: ___ Avg: ___		≤ 35.5 Y / N
	Total Score: ___ of ___	Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
< 11:22	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 38	10.0	≥ 41	10.0
11:23 - 11:56	Low-Risk	59.9	29.5	Low Risk	20.0	33	9.5	38	9.5
11:57 - 12:14	Low-Risk	59.8	30.0	Low Risk	20.0	32	9.4	37	9.4
12:15 - 12:33	Low-Risk	59.6	30.5	Low Risk	20.0	31	9.2	36	9.2
12:34 - 12:53	Low-Risk	59.4	31.0	Low Risk	20.0	30	9.1	35	9.1
12:54 - 13:14	Low-Risk	59.1	31.5	Low Risk	20.0	29	9.0	34	9.0
13:15 - 13:36	Low-Risk	58.7	32.0	Moderate Risk	17.6	28	8.9	33	8.8
13:37 - 14:00	Low-Risk	58.2	32.5	Moderate Risk	17.1	27	8.8	32	8.5
14:01 - 14:25	Low-Risk	57.7	33.0	Moderate Risk	16.5	26	8.7	31	8.3
14:26 - 14:52	Low-Risk	56.9	33.5	Moderate Risk	15.9	25	8.6	30	8.2
14:53 - 15:20	Low-Risk	56.0	34.0	Moderate Risk	15.2	24	8.6	29	8.0
15:21 - 15:50	Low-Risk	54.8	34.5	Moderate Risk	14.5	23	8.5	28	7.5
15:51 - 16:22	Low-Risk	53.3	35.0	Moderate Risk	13.7	22	8.4	27	7.0
16:23 - 16:57	Moderate Risk	51.4	35.5 *	Moderate Risk	12.8	21	8.3	26	6.8
16:58 - 17:34	Moderate Risk	49.0	36.0	High Risk	11.8	20	8.2	25	6.4
17:35 - 18:14 *	Moderate Risk	45.9	36.5	High Risk	10.7	19	8.1	24 *	6.0
18:15 - 18:56	High Risk	42.0	37.0	High Risk	9.6	18	8.0	23	5.5
18:57 - 19:43	High Risk	37.1	37.5	High Risk	8.3	17	7.8	22	5.0
19:44 - 20:33	High Risk	30.8	38.0	High Risk	6.9	16	7.5	21	4.5
20:34 - 21:28	High Risk	22.9	38.5	High Risk	5.4	15	7.0	20	4.0
21:29 - 22:28	High Risk	12.8	39.0	High Risk	3.8	14	6.5	19	3.5
> 22:29	High Risk	0.0	39.5	High Risk	2.0	13	6.0	18	3.3
			≥ 40.0	High Risk	0.0	12	5.5	17	3.0
						11 *	5.0	16	2.5
<b>NOTES:</b>						10	4.5	15	2.3
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						9	4.0	14	2.0
						8	3.5	13	1.5
						7	3.0	12	1.3
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						6	2.0	11	1.2
						5	1.5	10	1.0
						4	1.0	≤ 9	0.0
<u>* Minimum Component Values</u>						≤ 3	0.0		
Run time ≤ 18:14 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 11 repetitions/one minute / Sit-ups ≥ 24 repetitions/one minute									
Composite Score Categories:									
Excellent > 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Female – Age: 50 – 59**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≥ 19:43 Y / N
Push-ups			≥ 9 Y / N
Sit-ups			≥ 20 Y / N
Body Composition	1: _____ 2: _____ 3: _____ Avg: _____		≥ 35.5 Y / N
Total Score: _____ of _____		Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 12:53	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 35	10.0	≥ 32	10.0
12:54 - 13:36	Low-Risk	59.8	29.5	Low Risk	20.0	30	9.5	30	9.5
13:37 - 14:00	Low-Risk	59.6	30.0	Low Risk	20.0	29	9.4	29	9.0
14:01 - 14:25	Low-Risk	59.3	30.5	Low Risk	20.0	28	9.3	28	8.9
14:26 - 14:52	Low-Risk	58.9	31.0	Low Risk	20.0	27	9.2	27	8.8
14:53 - 15:20	Low-Risk	58.4	31.5	Low Risk	20.0	26	9.1	26	8.6
15:21 - 15:50	Low-Risk	57.7	32.0	Moderate Risk	17.6	25	9.0	25	8.5
15:51 - 16:22	Low-Risk	56.8	32.5	Moderate Risk	17.1	24	8.8	24	8.0
16:23 - 16:57	Low-Risk	55.6	33.0	Moderate Risk	16.5	23	8.7	23	7.6
16:58 - 17:34	Low-Risk	54.0	33.5	Moderate Risk	15.9	22	8.6	22	7.0
17:35 - 18:14	Low-Risk	51.9	34.0	Moderate Risk	15.2	21	8.6	21	6.5
18:15 - 18:56	Moderate Risk	49.2	34.5	Moderate Risk	14.5	20	8.5	20 *	6.0
18:57 - 19:43 *	Moderate Risk	45.5	35.0	Moderate Risk	13.7	19	8.4	19	5.5
19:44 - 20:33	High Risk	40.7	35.5 *	Moderate Risk	12.8	18	8.3	18	5.3
20:34 - 21:28	High Risk	34.3	36.0	High Risk	11.8	17	8.2	17	5.0
21:29 - 22:28	High Risk	25.9	36.5	High Risk	10.7	16	8.1	16	4.5
22:29 - 23:34	High Risk	14.7	37.0	High Risk	9.6	15	8.0	15	4.3
≥ 23:35	High Risk	0.0	37.5	High Risk	8.3	14	7.5	14	4.0
			38.0	High Risk	6.9	13	7.0	13	3.6
			38.5	High Risk	5.4	12	6.5	12	3.0
			39.0	High Risk	3.8	11	6.0	11	2.5
			39.5	High Risk	2.0	10	5.5	10	2.0
			≥ 40.0	High Risk	0.0	9 *	5.0	9	1.8
						8	4.5	8	1.7
						7	4.0	7	1.5
<b>NOTES:</b>						6	3.5	6	1.0
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						5	3.0	≤ 5	0.0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						4	2.0		
						3	1.0		
						≤ 2	0.0		
<b>* Minimum Component Values</b>									
Run time ≤ 19:43 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 9 repetitions/one minute / Sit-ups ≥ 20 repetitions/one minute									
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

**GUAM POST COMMISSION FITNESS CHARTS AND SCORING SHEETS**

**Female - Age: 60+**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Unit: \_\_\_\_\_  
 SSN: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
 Profile: Y / N Date: \_\_\_\_\_

Component	Time/Reps/Measurement	Score	Minimum Value Met
1.5-Mile Run/ 1.0-Mile Walk			≤ 22:28 Y / N
Push-ups			≥ 7 Y / N
Sit-ups			≥ 11 Y / N
Body Composition	1: _____ 2: _____ 3: _____ Avg: _____		≤ 35.5 Y / N
	Total Score: _____ of _____	Category:	Excellent Satisfactory Unsatisfactory

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 14:00	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 21	10.0	≥ 31	10.0
14:01 - 14:52	Low-Risk	59.8	29.5	Low Risk	20.0	19	9.5	28	9.5
14:53 - 15:20	Low-Risk	59.5	30.0	Low Risk	20.0	18	9.4	27	9.4
15:21 - 15:50	Low-Risk	59.1	30.5	Low Risk	20.0	17	9.0	26	9.0
15:51 - 16:22	Low-Risk	58.6	31.0	Low Risk	20.0	16	8.8	25	8.9
16:23 - 16:57	Low-Risk	57.9	31.5	Low Risk	20.0	15	8.5	24	8.8
16:58 - 17:34	Low-Risk	57.0	32.0	Moderate Risk	17.6	14	8.0	23	8.7
17:35 - 18:14	Low-Risk	55.8	32.5	Moderate Risk	17.1	13	7.5	22	8.6
18:15 - 18:56	Low-Risk	54.2	33.0	Moderate Risk	16.5	12	7.0	21	8.5
18:57 - 19:43	Low-Risk	52.1	33.5	Moderate Risk	15.9	11	6.5	20	8.4
19:44 - 20:33	Moderate Risk	49.3	34.0	Moderate Risk	15.2	10	6.0	19	8.3
20:34 - 21:28	Moderate Risk	45.6	34.5	Moderate Risk	14.5	9	5.7	18	8.2
21:29 - 22:28 *	Moderate Risk	40.8	35.0	Moderate Risk	13.7	8	5.3	17	8.0
22:29 - 23:34	High Risk	34.4	35.5 *	Moderate Risk	12.8	7 *	5.0	16	7.8
23:35 - 24:46	High Risk	26.0	36.0	High Risk	11.8	6	4.5	15	7.5
24:47 - 26:06	High Risk	14.8	36.5	High Risk	10.7	5	4.0	14	7.3
≥ 26:07	High Risk	0.0	37.0	High Risk	9.6	4	3.0	13	7.0
			37.5	High Risk	8.3	3	2.0	12	6.5
			38.0	High Risk	6.9	2	1.0	11 *	6.0
			38.5	High Risk	5.4	<1	0.0	10	5.5
			39.0	High Risk	3.8			9	5.3
			39.5	High Risk	2.0			8	4.5
			≥ 40.0	High Risk	0.0			7	4.3
								6	4.0
<b>NOTES:</b>								5	3.5
Health Risk Category = low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems								4	2.5
								3	2.0
								2	1.5
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points								≤ 1	0.0
<b>* Minimum Component Values:</b>									
Run time ≤ 22:28 mins:secs / Abd Circ ≤ 35.5 inches									
Push-ups ≥ 7 repetitions/one minute / Sit-ups ≥ 11 repetitions/one minute									
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									