

The Diocese of Wichita Fitness Testing Healthy Fitness Zone Standards

	Abdominal Strength & Endurance	Trunk Extensor Strength & Flexibility	Upper body Strength & Endurance	Flexibility of Hamstrings	Progressive Aerobic Cardiovascular Endurance Run
	Curl Up	Trunk Lift	90 degree Push Up	Sit & Reach	Pacer
	# completed Up to max of 80	# of inches Up to max of 12	# completed Up to max of 80	# of inches Up to max of 12	# of laps completed Up to max of 247
Female					
3rd Grade	≥ 9	≥ 6	≥ 6	≥ 9	≥ 1
4th Grade	≥ 12	≥ 9	≥ 7	≥ 9	≥ 8
5th Grade	≥ 15	≥ 9	≥ 7	≥ 10	≥ 15
6th Grade	≥ 18	≥ 9	≥ 7	≥ 10	≥ 19
7th Grade	≥ 18	≥ 9	≥ 7	≥ 10	≥ 23
Male					
3rd Grade	≥ 9	≥ 6	≥ 6	≥ 8	≥ 1
4th Grade	≥ 12	≥ 9	≥ 7	≥ 8	≥ 12
5th Grade	≥ 15	≥ 9	≥ 8	≥ 8	≥ 23
6th Grade	≥ 18	≥ 9	≥ 10	≥ 8	≥ 32
7th Grade	≥ 21	≥ 9	≥ 12	≥ 8	≥ 41

