

Firefighter Recruit Pre-Entry Physical Fitness Training Plan

Physical Fitness Scoring Matrix

Directions for use:

1. Locate the appropriate chart for your gender and age group
2. Locate event that is being scored (curl-ups, push-ups, 1.5 mile run)
3. Locate your time (for run) or number of successful revolutions (curl-ups, push-ups)
4. Locate corresponding points
5. Write down your points for each event
6. Add all three event points together to get total
7. Divide the total points by three
8. This is your final average

Note** Points are scored for each level reached. If you score above the minimum but below the number for the next level you will receive the lesser score.

For Example:

A 36 year old female completes the following:

Curl-ups: 49 / Push-ups:10 / 1.5 Mile Run: 12:53

The scores that she will receive are:

Curl-ups: 75 / Push-ups: 50 / 1.5 Mile Run: 90 Total Score: 71.66

Females Age 35-39					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	43	10:51
Outstanding	Medium	99	93	42	11:53
Outstanding	Low	95	88	39	12:08
Excellent	High	90	85	37	12:53
Excellent	Medium	89	83	35	13:23
Excellent	Low	85	78	34	13:45
Good	High	80	70	26	14:38
Good	Medium	79	55	22	15:30
Good	Low	75	47	14	15:53
Satisfactory	High	70	43	13	16:15
Satisfactory	Medium	69	40	11	16:38
		50	<40	<11	< 16:38

Physical Fitness Qualifications Chart

Male Age 17-19

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	109	92	8:15
Outstanding	Medium	99	107	91	8:45
Outstanding	Low	95	102	86	9:00
Excellent	High	90	98	82	9:15
Excellent	Medium	89	93	79	9:30
Excellent	Low	85	90	76	9:45
Good	High	80	81	68	10:00
Good	Medium	79	71	60	10:30
Good	Low	75	62	51	11:00
Satisfactory	High	70	59	49	12:00
Satisfactory	Medium	69	54	46	12:15
Poor	Low	50	<54	<46	<12:15

Male Age 20-24

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	105	87	8:30
Outstanding	Medium	99	103	86	9:00
Outstanding	Low	95	98	81	9:15
Excellent	High	90	94	77	9:45
Excellent	Medium	89	90	74	10:00
Excellent	Low	85	87	71	10:30
Good	High	80	78	64	10:45
Good	Medium	79	66	55	11:30
Good	Low	75	58	47	12:00
Satisfactory	High	70	54	45	12:45
Satisfactory	Medium	69	50	42	13:15
Poor	Low	50	<50	<42	<13:15



Male Age 25-29					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	101	84	8:55
Outstanding	Medium	99	100	82	9:23
Outstanding	Low	95	95	77	9:38
Excellent	High	90	91	73	10:15
Excellent	Medium	89	87	69	10:30
Excellent	Low	85	84	67	10:52
Good	High	80	75	60	11:23
Good	Medium	79	62	51	12:15
Good	Low	75	54	44	12:53
Satisfactory	High	70	50	41	13:23
Satisfactory	Medium	69	47	38	13:45
Poor	Low	50	<47	<38	<13:45

Male Age 30-34					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	98	80	9:20
Outstanding	Medium	99	97	78	9:45
Outstanding	Low	95	92	74	10:00
Excellent	High	90	88	69	10:30
Excellent	Medium	89	85	67	11:00
Excellent	Low	85	81	64	11:15
Good	High	80	73	57	12:00
Good	Medium	79	59	48	13:00
Good	Low	75	51	41	13:45
Satisfactory	High	70	47	38	14:00
Satisfactory	Medium	69	44	35	14:15
Poor	Low	50	<44	<35	<14:15



Male Age 35-39

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	76	9:25
Outstanding	Medium	99	93	74	9:53
Outstanding	Low	95	88	70	10:08
Excellent	High	90	85	65	10:38
Excellent	Medium	89	83	63	11:08
Excellent	Low	85	78	60	11:23
Good	High	80	70	53	12:23
Good	Medium	79	55	44	13:23
Good	Low	75	47	37	14:08
Satisfactory	High	70	43	35	14:23
Satisfactory	Medium	69	40	33	14:45
Poor	Low	50	<40	<33	<14:45

Male Age 40-44

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	92	72	9:30
Outstanding	Medium	99	90	70	10:00
Outstanding	Low	95	85	67	10:15
Excellent	High	90	83	61	10:45
Excellent	Medium	89	80	59	11:15
Excellent	Low	85	76	56	11:45
Good	High	80	68	50	12:45
Good	Medium	79	51	41	13:45
Good	Low	75	44	34	14:30
Satisfactory	High	70	39	32	14:45
Satisfactory	Medium	69	37	29	15:15
Poor	Low	50	<37	<29	<15:15



Male Age 45-49

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	88	68	9:33
Outstanding	Medium	99	86	66	10:08
Outstanding	Low	95	81	63	10:30
Excellent	High	90	80	57	11:08
Excellent	Medium	89	78	54	11:38
Excellent	Low	85	73	52	12:08
Good	High	80	65	46	13:00
Good	Medium	79	47	37	14:08
Good	Low	75	40	32	14:53
Satisfactory	High	70	35	28	15:15
Satisfactory	Medium	69	33	25	15:45
Poor	Low	50	<33	<25	<15:45

Male Age 50-54

Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	85	64	9:35
Outstanding	Medium	99	84	62	10:15
Outstanding	Low	95	78	59	10:45
Excellent	High	90	77	53	11:30
Excellent	Medium	89	76	51	12:00
Excellent	Low	85	71	49	12:30
Good	High	80	63	43	13:15
Good	Medium	79	44	34	14:30
Good	Low	75	37	30	15:15
Satisfactory	High	70	32	25	15:45
Satisfactory	Medium	69	30	23	16:15
Poor	Low	50	<30	<23	<16:15



Females Age 17-19					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	109	51	9:29
Outstanding	Medium	99	107	50	11:15
Outstanding	Low	95	102	47	11:30
Excellent	High	90	98	45	11:45
Excellent	Medium	89	93	43	12:00
Excellent	Low	85	90	42	12:30
Good	High	80	81	36	12:45
Good	Medium	79	71	30	13:00
Good	Low	75	62	24	13:30
Satisfactory	High	70	59	22	14:15
Satisfactory	Medium	69	54	20	14:45
Poor	Low	50	<54	<20	<14:45

Females Age 20-24					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	105	48	9:47
Outstanding	Medium	99	103	47	11:15
Outstanding	Low	95	98	44	11:30
Excellent	High	90	94	43	12:15
Excellent	Medium	89	90	40	12:45
Excellent	Low	85	87	39	13:15
Good	High	80	78	33	13:30
Good	Medium	79	66	28	13:45
Good	Low	75	58	21	14:15
Satisfactory	High	70	54	20	15:00
Satisfactory	Medium	69	50	17	15:15
Poor	Low	50	<50	<17	<15:15



Females Age 25-29					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	101	46	10:17
Outstanding	Medium	99	100	45	11:30
Outstanding	Low	95	95	43	11:45
Excellent	High	90	91	41	12:30
Excellent	Medium	89	87	39	13:00
Excellent	Low	85	84	37	13:23
Good	High	80	75	30	14:00
Good	Medium	79	62	26	14:30
Good	Low	75	54	19	14:53
Satisfactory	High	70	50	18	15:23
Satisfactory	Medium	69	47	15	15:45
Poor	Low	50	<47	<15	<15:45

Females Age 30-34					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	98	44	10:46
Outstanding	Medium	99	97	43	11:45
Outstanding	Low	95	92	41	12:00
Excellent	High	90	88	39	12:45
Excellent	Medium	89	85	37	13:15
Excellent	Low	85	81	35	13:30
Good	High	80	73	28	14:30
Good	Medium	79	59	24	15:15
Good	Low	75	51	17	15:30
Satisfactory	High	70	47	15	15:45
Satisfactory	Medium	69	44	13	16:15
Poor	Low	50	<44	<13	<16:15



Females Age 35-39					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	95	43	10:51
Outstanding	Medium	99	93	42	11:53
Outstanding	Low	95	88	39	12:08
Excellent	High	90	85	37	12:53
Excellent	Medium	89	83	35	13:23
Excellent	Low	85	78	34	13:45
Good	High	80	70	26	14:38
Good	Medium	79	55	22	15:30
Good	Low	75	47	14	15:53
Satisfactory	High	70	43	13	16:15
Satisfactory	Medium	69	40	11	16:38
Poor	Low	50	<40	<11	<16:38

Females Age 40-44					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	92	41	10:56
Outstanding	Medium	99	90	40	12:00
Outstanding	Low	95	85	37	12:15
Excellent	High	90	83	35	13:00
Excellent	Medium	89	80	33	13:30
Excellent	Low	85	76	32	14:00
Good	High	80	68	24	14:45
Good	Medium	79	51	20	15:45
Good	Low	75	44	12	16:15
Satisfactory	High	70	39	11	16:45
Satisfactory	Medium	69	37	9	17:00
Poor	Low	50	<37	<9	<17:00



Females Age 45-49					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	88	40	10:58
Outstanding	Medium	99	86	39	12:08
Outstanding	Low	95	81	35	12:30
Excellent	High	90	80	33	13:15
Excellent	Medium	89	78	32	13:45
Excellent	Low	85	73	30	14:08
Good	High	80	65	22	15:00
Good	Medium	79	47	18	15:53
Good	Low	75	40	11	16:30
Satisfactory	High	70	35	8	16:53
Satisfactory	Medium	69	33	7	17:08
Poor	Low	50	<33	<7	<17:08

Females Age 50-54					
Performance		Points	Curl-Ups	Push-Ups	1.5 Mile Run
Category	Level				
Outstanding	High	100	85	38	11:00
Outstanding	Medium	99	84	37	12:15
Outstanding	Low	95	78	33	12:45
Excellent	High	90	77	31	13:30
Excellent	Medium	89	76	30	14:00
Excellent	Low	85	71	28	14:15
Good	High	80	63	20	15:15
Good	Medium	79	44	16	16:00
Good	Low	75	37	10	16:45
Satisfactory	High	70	32	6	17:00
Satisfactory	Medium	69	30	5	17:15
Poor	Low	50	<30	<5	<17:15

