

Physical Fitness Test (PFT) Score Sheet

MaleMile	Points	FemaleMile	Points	Plank	Points	Pushup	Points	Hang	Points	Pullup	Points
6:00	100	7:00	100	3:25	100	60	100	:50	100	20	100
6:01	99	7:01	99	3:24	99	59	98	:49	98	19	95
6:02	98	7:02	99	3:23	99	58	96	:48	96	18	90
6:03	98	7:03	98	3:22	98	57	94	:47	94	17	85
6:04	97	7:04	97	3:21	98	56	92	:46	92	16	80
6:05	96	7:05	96	3:20	97	55	90	:45	90	15	75
6:06	95	7:06	95	3:19	97	54	88	:44	88	14	70
6:07	94	7:07	94	3:18	96	53	86	:43	86	13	65
6:08	92	7:08	92	3:17	96	52	84	:42	84	12	60
6:09	91	7:09	91	3:16	95	51	82	:41	82	11	55
6:10	90	7:10	90	3:15	95	50	80	:40	80	10	50
6:11	89	7:11	89	3:14	94	49	78	:39	78	9	45
6:12	88	7:12	88	3:13	94	48	76	:38	76	8	40
6:13	87	7:13	87	3:12	93	47	74	:37	74	7	35
6:14	86	7:14	86	3:11	93	46	72	:36	72	6	30
6:15	85	7:15	85	3:10	92	45	70	:35	70	5	25
6:16	84	7:16	84	3:09	92	44	68	:34	68	4	20
6:17	83	7:17	83	3:08	91	43	66	:33	66	3	15
6:18	82	7:18	82	3:07	91	42	65	:32	64	2	10
6:19	81	7:19	81	3:06	90	41	64	:31	62		
6:20	80	7:20	80	3:05	90	40	63	:30	60		
6:21	79	7:21	79	3:04	89	39	62	:29			
6:22	78	7:22	78	3:03	89	38	61	:28	56		
6:23	77	7:23	77	3:02	88	37	60	:27	54		
6:24	77	7:24	77	3:01	88	36	59	:26	52		
6:25	76	7:25	76	3:00	87	35	58	:25	50		
6:26	76	7:26	76	2:59	87	34	57	:24	48		
6:27	76	7:27	76	2:58	86	33	56	:23	46		
6:28	75	7:28	75	2:57	86	32	55	:22	44		
6:29	75	7:29	75	2:56	85	31	54	:21	42		
6:30	74	7:30	74	2:55	85	30	53	:20	40		
6:31	74	7:31	74	2:54	84	29	52	:19	38		
6:32	74	7:32	73	2:53	84	28	51	:18	36		
6:33	73	7:33	73	2:52	83	27	50	:17	34		
6:34	73	7:34	72	2:51	83	26	49	:16	32		
6:35	72	7:35	72	2:50	82	25	48	:15	30		
6:36	72	7:36	72	2:49	82	24	47				
6:37	72	7:37	71	2:48	81	23	46				
6:38	71	7:38	71	2:47	81	22	45				
6:39	71	7:39	70	2:46	80	21	44				
6:40	70	7:40	70	2:45	80	20	43				
6:41	70	7:41	70	2:44	79	19	42				
6:42	69	7:42	69	2:43	79	18	41				
6:43	69	7:43	69	2:42	78	17	40				

Male	Mile	Points	Female	Mile	Points	Plank	Points	Pushup	Points
6:44	68	7:44	68	2:41	78	16	38		
6:45	68	7:45	68	2:40	77	15	36		
6:46	68	7:46	68	2:39	77				
6:47	67	7:47	67	2:38	76				
6:48	67	7:48	67	2:37	76				
6:49	66	7:49	66	2:36	75				
6:50	66	7:50	66	2:35	75				
6:51	66	7:51	66	2:34	74				
6:52	65	7:52	65	2:33	74				
6:53	65	7:53	65	2:32	73				
6:54	64	7:54	64	2:31	73				
6:55	64	7:55	64	2:30	72				
6:56	64	7:56	64	2:29	72				
6:57	63	7:57	63	2:28	71				
6:58	63	7:58	63	2:27	71				
6:59	62	7:59	62	2:26	70				
7:00	62	8:00	62	2:25	70				
7:01	62	8:01	62	2:24	69				
7:02	61	8:02	61	2:23	69				
7:03	61	8:03	61	2:22	68				
7:04	60	8:04	60	2:21	68				
7:05	60	8:05	60	2:20	67				
7:06	60	8:06	60	2:19	67				
7:07	59	8:07	59	2:18	66				
7:08	59	8:08	59	2:17	66				
7:09	58	8:09	58	2:16	65				
7:10	58	8:10	58	2:15	65				
7:11	58	8:11	58	2:14	64				
7:12	57	8:12	57	2:13	64				
7:13	57	8:13	57	2:12	63				
7:14	56	8:14	56	2:11	63				
7:15	56	8:15	56	2:10	62				
7:16	56	8:16	56	2:09	62				
7:17	55	8:17	55	2:08	61				
7:18	55	8:18	55	2:07	61				
7:19	54	8:19	54	2:06	60				
7:20	54	8:20	54	2:05	60				
7:21	54	8:21	54	2:04	59				
7:22	53	8:22	53	2:03	59				
7:23	53	8:23	53	2:02	58				
7:24	52	8:24	52	2:01	58				
7:25	52	8:25	52	2:00	57				
7:26	52	8:26	52	1:59	57				
7:27	51	8:27	51	1:58	56				
7:28	51	8:28	51	1:57	56				
7:29	50	8:29	50	1:56	55				
7:30	50	8:30	50	1:55	55				

MaleMile	Points	FemaleMile	Points	Plank	Points
7:31	50	8:31	50	1:54	54
7:32	49	8:32	49	1:53	54
7:33	49	8:33	49	1:52	53
7:34	48	8:34	48	1:51	53
7:35	48	8:35	48	1:50	52
7:36	48	8:36	48	1:49	52
7:37	47	8:37	47	1:48	51
7:38	47	8:38	47	1:47	51
7:39	46	8:39	46	1:46	50
7:40	46	8:40	46	1:45	50
7:41	46	8:41	46	1:44	49
7:42	45	8:42	45	1:43	49
7:43	45	8:43	45	1:42	48
7:44	44	8:44	44	1:41	48
7:45	43	8:45	43	1:40	47
7:46	43	8:46	43	1:39	47
7:47	42	8:47	43	1:38	46
7:48	42	8:48	42	1:37	46
7:49	41	8:49	42	1:36	45
7:50	41	8:50	41	1:35	45
7:51	41	8:51	41	1:34	44
7:52	40	8:52	40	1:33	44
7:53	40	8:53	40	1:32	43
7:54	39	8:54	39	1:31	43
7:55	39	8:55	39	1:30	42
7:56	39	8:56	39	1:29	42
7:57	38	8:57	38	1:28	41
7:58	38	8:58	38	1:27	41
7:59	37	8:59	37	1:26	40
8:00	37	9:00	37	1:25	40
8:01	37	9:01	37	1:24	39
8:02	36	9:02	36	1:23	39
8:03	36	9:03	36	1:22	38
8:04	35	9:04	35	1:21	38
8:05	35	9:05	35	1:20	37
8:06	35	9:06	35	1:19	37
8:07	34	9:07	34	1:18	36
8:08	34	9:08	34	1:17	36
8:09	33	9:09	33	1:16	35
8:10	33	9:10	33	1:15	35
8:11	33	9:11	33	1:14	34
8:12	32	9:12	32	1:13	34
8:13	32	9:13	32	1:12	33
8:14	31	9:14	31	1:11	33
8:15	31	9:15	31	1:10	32
8:16	31	9:16	31	1:09	32
8:17	30	9:17	30	1:08	31

MaleMile	Points	FemaleMile	Points	Plank	Points
8:18	30	9:18	30	1:07	31
8:19	29	9:19	29	1:06	30
8:20	29	9:20	29	1:05	30
8:21	29	9:21	29	1:04	29
8:22	28	9:22	28	1:03	29
8:23	28	9:23	28	1:02	28
8:24	27	9:24	27	1:01	28
8:25	27	9:25	27	1:00	27
8:26	27	9:26	27	0:59	27
8:27	26	9:27	26	0:58	26
8:28	26	9:28	26	0:57	26
8:29	25	9:29	25	0:56	25
8:30	25	9:30	25	0:55	25
8:31	25	9:31	25	0:54	24
8:32	24	9:32	24	0:53	24
8:33	24	9:33	24	0:52	23
8:34	23	9:34	24	0:51	23
8:35	23	9:35	23	0:50	22
8:36	23	9:36	23	0:49	22
8:37	23	9:37	23	0:48	21
8:38	22	9:38	22	0:47	21
8:39	22	9:39	22	0:46	20
8:40	21	9:40	22	0:45	20
8:41	21	9:41	21	0:44	19
8:42	21	9:42	21	0:43	19
8:43	21	9:43	21	0:42	18
8:44	20	9:44	21	0:41	18
8:45	20	9:45	20	0:40	17
8:46	19	9:46	20	0:39	17
8:47	19	9:47	19	0:38	16
8:48	19	9:48	19	0:37	16
8:49	19	9:49	19	0:36	15
8:50	18	9:50	18	0:35	15
8:51	18	9:51	18	0:34	14
8:52	17	9:52	18	0:33	14
8:53	17	9:53	17	0:32	13
8:54	17	9:54	17	0:31	13
8:55	17	9:55	17	0:30	12
8:56	16	9:56	17	0:29	12
8:57	16	9:57	16	0:28	11
8:58	15	9:58	16	0:27	11
8:59	15	9:59	15	0:26	10
9:00	15	10:00	15	0:25	10