

Height		Body Mass Index																	
		Underweight		Healthy Weight					Overweight				Obese - Class 1					2	3
Ft	In	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	40
6	4	156	164	172	180	189	197	205	213	221	230	238	246	254	262	270	278	287	328
6	3	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	319
6	2	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	311
6	1	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	302
6	0	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	294
5	11	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	286
5	10	132	139	146	153	160	167	174	181	188	195	202	207	216	222	229	236	243	278
5	9	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	270
5	8	125	131	138	144	151	158	164	171	177	184	190	197	203	210	217	223	230	262
5	7	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	255
5	6	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	247
5	5	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	240
5	4	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	232
5	3	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	225
5	2	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	218
5	1	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	211
5	0	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	204
4	11	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	198
4	10	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	191
Ft	In	Weight in Pounds																	

Height		Body Mass Index																	
		Underweight		Healthy Weight					Overweight				Obese - Class 1					2	3
Ft	In	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	40
6	4	156	164	172	180	189	197	205	213	221	230	238	246	254	262	270	278	287	328
6	3	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	319
6	2	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	311
6	1	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	258	265	302
6	0	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	294
5	11	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	286
5	10	132	139	146	153	160	167	174	181	188	195	202	207	216	222	229	236	243	278
5	9	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	270
5	8	125	131	138	144	151	158	164	171	177	184	190	197	203	210	217	223	230	262
5	7	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	218	223	255
5	6	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	247
5	5	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	240
5	4	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	232
5	3	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	225
5	2	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	218
5	1	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	211
5	0	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	204
4	11	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	198
4	10	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	191
Ft	In	Weight in Pounds																	

Waist Circumference in Inches																		
Gender	Underweight		Healthy Weight					Overweight				Obese - Class 1					2	3
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	40
Men	28	29	30	31	32	33	34	35	36	38	39	40	41	42	43	44	45	50
Women	23	24	25	26	27	28	29	30	31	33	34	35	36	37	38	39	40	45

Med-Fit Test			Phase 1						Phase 2											
Walk/Jog	Tread-mill	3.0 mph	3.0 mph	4.0 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	
		< 10 min	10 min	7.5 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	
	Track	220 yards for Time						880 yards for Time												
		> 2:30	> 2:00	> 1:30	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	
Squats			30 Squats for Time (1-Min Cap)						1-Min Squat AMRAP											
			< 10	< 20	< 30	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+
Leg-Raises			25 Leg-Raises for Time (1-Min Cap)						1-Min Leg-Raise AMRAP											
			< 12	< 18	< 25	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+
Push-Ups			20 Push-Ups for Time (1-Min Cap)						1-Min Push-Up AMRAP											
			< 10	< 15	< 20	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+
Score			0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5

Waist Circumference in Inches																		
Gender	Underweight		Healthy Weight					Overweight				Obese - Class 1					2	3
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	40
Men	28	29	30	31	32	33	34	35	36	38	39	40	41	42	43	44	45	50
Women	23	24	25	26	27	28	29	30	31	33	34	35	36	37	38	39	40	45

Med-Fit Test			Phase 1						Phase 2											
Walk/Jog	Tread-mill	3.0 mph	3.0 mph	4.0 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	5.0 mph	6.0 mph	7.5 mph	
		< 10 min	10 min	7.5 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	6 min	5 min	4 min	
	Track	220 yards for Time						880 yards for Time												
		> 2:30	> 2:00	> 1:30	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	< 6:00	< 5:00	< 4:00	
Squats			30 Squats for Time (1-Min Cap)						1-Min Squat AMRAP											
			< 10	< 20	< 30	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+	< 15	< 30	30+
Leg-Raises			25 Leg-Raises for Time (1-Min Cap)						1-Min Leg-Raise AMRAP											
			< 12	< 18	< 25	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+	< 15	< 25	25+
Push-Ups			20 Push-Ups for Time (1-Min Cap)						1-Min Push-Up AMRAP											
			< 10	< 15	< 20	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+	< 10	< 20	20+
Score			0	1	2	3	4	5	0	1	2	3	4	5	0	1	2	3	4	5