

PLAINSBORO TOWNSHIP POLICE DEPARTMENT MEN'S FITNESS STANDARDS

NAME: _____ AGE: _____ WEIGHT: _____ DATE: _____					MAXIMUM PUSH-UPS (1 MIN)				
					Fitness Category	AGE			
						20-29	30-39	40-49	50+
					5	47	39	30	25
					4	37-46	30-38	24-29	19-24
					3	29-36	24-29	18-23	13-18
2	22-28	17-23	11-17	9-12					
1	<22	<17	<11	<9					
Number _____ Score _____									
1.5 MILE RUN									
Fitness Category	AGE				Fitness Category	AGE			
	20-29	30-39	40-49	50+		20-29	30-39	40-49	50+
5	≤10:09	≤10:47	≤11:16	≤12:07	5	47	43	39	35
4	10:10-11:31	10:48-11:56	11:17-12:25	12:08-13:32	4	42-46	39-42	34-38	28-34
3	11:32-12:38	11:57-13:04	12:26-13:49	13:33-15:03	3	38-41	35-38	29-33	24-27
2	12:39-14:06	13:05-14:34	13:50-15:22	15:04-16:46	2	33-37	30-34	24-28	19-23
1	>14:06	>14:34	>15:22	>16:46	1	<33	<30	<24	<23
Time _____ Score _____					Number _____ Score _____				
FLEXIBILITY SIT& REACH									
	Fitness Category	AGE							
		20-29	30-39	40-49	50+				
	5	≥20.5	≥19.5	≥18.5	≥17.5				
	4	18.5-20.4	17.5-19.4	16.3-18.4	15.5-17.4				
	3	16.5-18.4	15.5-17.4	14.3-16.2	13.3-15.4				
	2	14.4-16.4	13-15.4	12-14.2	10.5-13.2				
	1	<14.4	<13	<12	<10.5				
Measure _____ Score _____									

Calculations	*Administrative Use Only*
$\frac{\text{Run/Walk}}{\quad} + \frac{\text{Push-Ups}}{\quad} + \frac{\text{Sit-Ups}}{\quad} + \frac{\text{Sit \& Reach}}{\quad} = \frac{\text{Total}}{\quad}$	
Score (circle one)	
20 = 5.0 19 = 4.75 18 = 4.5 17 = 4.25 16 = 4.0 15 = 3.75 14 = 3.5 13 = 3.25 12 = 3.0 11 = 2.75 Other _____	

Applicant Signature: _____ P.T. Instructor: _____ Reviewed By: _____

PLAINSBORO TOWNSHIP POLICE DEPARTMENT WOMEN'S FITNESS STANDARDS

NAME: _____ AGE: _____ WEIGHT: _____ DATE: _____					MAXIMUM PUSH-UPS (1 MIN)				
					Fitness Category	AGE			
						20-29	30-39	40-49	50+ <i>(modified)</i>
					5	28	23	15	21
					4	21-27	15-22	13-14	17-20
					3	15-20	11-14	9-12	12-16
2	10-14	8-10	6-8	6-11					
1	<10	<8	<6	<6					
Number _____ Score _____									
1.5 MILE RUN									
Fitness Category	AGE				Fitness Category	AGE			
	20-29	30-39	40-49	50+		20-29	30-39	40-49	50+
5	≤11:58	≤12:25	≤13:22	≤14:34	5	44	35	29	24
4	11:59-13:24	12:26-14:04	13:23-14:44	14:35-16:21	4	38-43	29-34	24-28	20-23
3	13:25-14:50	14:05-15:38	14:45-16:21	16:22-18:07	3	32-37	25-28	20-23	14-19
2	14:51-16:46	15:39-17:38	16:22-18:38	18:08-20:32	2	24-31	20-24	14-19	10-13
1	>16:46	>17:38	>18:38	>20:32	1	<24	<20	<14	<13
Time _____ Score _____					Number _____ Score _____				
1 MILE WALK (VO2 MAX)					FLEXIBILITY SIT & REACH				
					Fitness Category	AGE			
						20-29	30-39	40-49	50+
					5	≥22.5	≥21.5	≥20.5	≥20.3
					4	20.5-22.4	20-21.4	19-20.4	18.5-20.2
					3	19.3-20.4	18.3-19.9	17.3-18.9	16.8-18.4
					2	17-19.2	16.5-18.2	15-17.2	14.8-16.7
1	<17	<16.5	<15	<14.8					
Measure _____ Score _____									

Calculations	*Administrative Use Only*
$\frac{\text{Run/Walk}}{\quad} + \frac{\text{Push-Ups}}{\quad} + \frac{\text{Sit-Ups}}{\quad} + \frac{\text{Sit \& Reach}}{\quad} = \frac{\text{Total}}{\quad}$	
Score (circle one)	
20 = 5.0 19 = 4.75 18 = 4.5 17 = 4.25 16 = 4.0 15 = 3.75 14 = 3.5 13 = 3.25 12 = 3.0 11 = 2.75	
Other _____	

Applicant Signature: _____ P.T. Instructor: _____ Reviewed By: _____