

2026 PRESIDENTIAL FITNESS TEST

CLASS SCORE ROSTER

School/Teacher: _____ Class/Period: _____
Test Window: _____ to: _____ Grade: _____

#	Student Name	Date	Sex	Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec - mode*)	20-Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (# - mode**)	Notes (modification or accommodation details***)
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											

*1-Mile Run: record R (ran), W (walked), WH (wheeled) as mode.

**Pull-Ups: record P (pull-ups) or C (chin-ups) as mode.

***Briefly describe if a modification, adaptation, or alternative test was used. See the “Conducting the Presidential Fitness Test for Students with Disabilities or Health Concerns” guide for definitions and options. Award standards: See the following pages for Presidential/National benchmarks by sex and age.

2026 PRESIDENTIAL FITNESS TEST AWARD STANDARDS: MALE

◆ PRESIDENTIAL AWARD

	Core Strength		Cardiovascular Endurance		Upper-Body Strength	
Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec)	20-Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (#)
6	33	73	10:15	27	9	2
7	36	90	9:22	32	14	4
8	40	95	8:48	39	17	5
9	41	109	8:31	47	18	5
10	45	119	7:57	55	22	6
11	47	119	7:32	60	27	6
12	50	127	7:11	65	31	7
13	53	134	6:50	70	39	7
14	56	134	6:26	75	40	10
15	57	156	6:20	81	42	11
16	57	156	6:08	84	44	11
17+	57	156	6:06	84	53	13

A student earns an award by meeting the benchmark in at least one test in each of the three categories (Core Strength: Sit-Ups or Plank, Cardiovascular Endurance: 1-Mile Run or 20-Meter Beep Test, Upper-Body Strength: Push-Ups or Pull-Ups) at the same tier.

2026 PRESIDENTIAL FITNESS TEST AWARD STANDARDS: MALE

◆ NATIONAL AWARD

	Core Strength		Cardiovascular Endurance		Upper-Body Strength	
Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec)	20-Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (#)
6	22	42	12:36	10	7	1
7	28	50	11:40	14	8	1
8	31	63	11:05	19	9	1
9	32	63	10:30	23	12	2
10	35	65	9:48	26	14	2
11	37	71	9:20	31	15	2
12	40	71	8:40	37	18	2
13	42	83	8:06	42	24	3
14	45	90	7:44	44	24	5
15	45	98	7:30	46	30	6
16	45	98	7:10	48	30	7
17+	45	98	7:04	50	37	8

A student earns an award by meeting the benchmark in at least one test in each of the three categories (Core Strength: Sit-Ups or Plank, Cardiovascular Endurance: 1-Mile Run or 20-Meter Beep Test, Upper-Body Strength: Push-Ups or Pull-Ups) at the same tier.

2026 PRESIDENTIAL FITNESS TEST AWARD STANDARDS: FEMALE

◆ PRESIDENTIAL AWARD

	Core Strength		Cardiovascular Endurance		Upper-Body Strength	
Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec)	20-Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (#)
6	32	71	11:20	22	9	2
7	34	92	10:36	25	14	2
8	38	92	10:02	29	17	2
9	39	105	9:30	35	18	2
10	40	105	9:19	41	20	3
11	42	105	9:02	46	20	3
12	45	127	8:23	49	20	3
13	46	127	8:13	50	21	3
14	47	134	7:59	50	21	3
15	48	145	7:59	50	21	3
16	48	145	7:59	50	24	3
17+	48	145	7:59	50	25	3

A student earns an award by meeting the benchmark in at least one test in each of the three categories (Core Strength: Sit-Ups or Plank, Cardiovascular Endurance: 1-Mile Run or 20-Meter Beep Test, Upper-Body Strength: Push-Ups or Pull-Ups) at the same tier.

2026 PRESIDENTIAL FITNESS TEST AWARD STANDARDS: FEMALE

◆ NATIONAL AWARD

	Core Strength		Cardiovascular Endurance		Upper-Body Strength	
Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec)	20-Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (#)
6	23	41	13:12	10	6	1
7	25	56	12:56	12	8	1
8	29	60	12:30	15	9	1
9	30	66	11:52	18	12	1
10	30	66	11:22	21	13	1
11	32	67	11:17	24	13	1
12	35	69	11:05	26	13	1
13	37	69	10:23	26	13	1
14	37	79	10:06	27	13	1
15	37	79	9:58	28	15	1
16	37	79	9:58	28	15	1
17+	37	79	9:58	28	16	1

A student earns an award by meeting the benchmark in at least one test in each of the three categories (Core Strength: Sit-Ups or Plank, Cardiovascular Endurance: 1-Mile Run or 20-Meter Beep Test, Upper-Body Strength: Push-Ups or Pull-Ups) at the same tier.