CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS - MALE

	20-	m Shutt	le Run Te	Curl-Up (no. completed)				Push-Up (no. completed)				
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	32–44	45–57	58–71	72 +	18–23	24–29	30–35	36 +	10–12	13–15	16–19	20 +
13	41–54	55–68	69–82	83 +	21–26	27–32	33–39	40 +	12–15	16–19	20–24	25 +
14	41–54	55–68	69–82	83 +	24–30	31–37	38–44	45 +	14–18	19–23	24–29	30 +
15	51–64	65–78	79–93	94 +	24–30	31–38	39–46	47 +	16–21	22–27	28–34	35 +
16	61–71	72–82	83–93	94 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
17	61–75	76–90	91–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
18	72–82	83–93	94–105	106 +	24–30	31–38	39–46	47 +	18–22	23–28	29–34	35 +
_	Back Saver Sit and Reach (in cm)				Shoulder Stretch							
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.				
12	20	20	20	20								
13	20	20	20	20								
14	20	20	20	20	Cadets must be able to touch							
15	20	20	20	20	their fing	gertips toge	ther behin	d their				
16	20	20	20	20	back on	both the ric	ght and left					
17	20	20	20	20								
18	20	20	20	20								

Figure B1-1 Cadet Fitness Assessment Incentive Level Standards – Male

Note. Created by Director Cadets 3, 2009, Ottawa, ON: Department of National Defence. [Based on FITNESSGRAM Standards for Healthy Fitness Zone (HFZ).]

CADET FITNESS ASSESSMENT INCENTIVE LEVEL STANDARDS – FEMALE

	20	-m Shutt	le Run Te	Curl-Up (no. completed)				Push-Up (no. completed)				
Age	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.	Bronze	Silver	Gold	Exc.
12	15–22	23–31	32–40	41 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
13	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
14	23–31	32–40	41–50	51 +	18–21	22–26	27–31	32 +	7–8	9–11	12–14	15 +
15	32–37	38–43	44–50	51 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
16	32–40	41–50	51–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
17	41–46	47–53	54–60	61 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
18	41–50	51–60	61–71	72 +	18–22	23–28	29–34	35 +	7–8	9–11	12–14	15 +
	Back Saver Sit and Reach (in cm)				Shoulder Stretch							
	Вас			each	Ş	Shoulder	Stretch					
Age	Bac Bronze			Exc.	Bronze	Shoulder Silver	Stretch Gold	Exc.				
Age		(in	cm)					Exc.				
	Bronze	(in Silver	cm) Gold	Exc.				Exc.				
12	Bronze 25	(in Silver 25	Cm) Gold 25	Exc. 25	Bronze	Silver						
12 13	Bronze 25 25	(in Silver 25 25	Gold 25 25	Exc. 25 25	Bronze Cade their fine	Silver ets must be gertips tog	Gold e able to to ether behin	uch ad their				
12 13 14	Bronze 25 25 25	(in Silver 25 25 25	Cm) Gold 25 25 25	Exc. 25 25 25	Bronze Cade their fine	Silver ets must be gertips tog	Gold	uch ad their				
12 13 14 15	Bronze 25 25 25 30	(in Silver 25 25 25 30	Gold 25 25 25 30	Exc. 25 25 25 30	Bronze Cade their fine	Silver ets must be gertips tog	Gold e able to to ether behin	uch ad their				

Figure B2-1 Cadet Fitness Assessment Incentive Level Standards – Female

Note. Created by Director Cadets 3, 2009, Ottawa, ON: Department of National Defence. [Based on FITNESSGRAM Standards for Healthy Fitness Zone (HFZ).]