## USAF Physical Fitness Readiness Assessment Scoring

### FOREARM PLANK SCORING STANDARDS (min:sec)

| Points | Under 25 | | 25-29 | | 30-34 | | 35-39 | | 40-44 | | 45-49 | | 50-54 | | 55-59 | | 60 and Over | | Points |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | M | F | |
| 15.0 | ≥ 3:40 | ≥ 3:35 | ≥ 3:35 | ≥ 3:30 | ≥ 3:30 | ≥ 3:25 | ≥ 3:25 | ≥ 3:20 | ≥ 3:20 | ≥ 3:15 | ≥ 3:15 | ≥ 3:10 | ≥ 3:10 | ≥ 3:05 | ≥ 3:05 | ≥ 3:00 | ≥ 3:00 | ≥ 2:55 | 15.0 |
| 14.5 | 3:35 | 3:30 | 3:30 | 3:25 | 3:25 | 3:20 | 3:20 | 3:15 | 3:15 | 3:10 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 14.5 |
| 14.0 | 3:30 | 3:25 | 3:25 | 3:20 | 3:20 | 3:15 | 3:15 | 3:10 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 14.0 |
| 13.5 | 3:25 | 3:20 | 3:20 | 3:15 | 3:15 | 3:10 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 13.5 |
| 13.0 | 3:20 | 3:15 | 3:15 | 3:10 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 13.0 |
| 12.5 | 3:15 | 3:10 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 12.5 |
| 12.0 | 3:10 | 3:05 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 12.0 |
| 11.5 | 3:05 | 3:00 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 11.5 |
| 11.0 | 3:00 | 2:55 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 11.0 |
| 10.5 | 2:55 | 2:50 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 10.5 |
| 10.0 | 2:50 | 2:45 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 10.0 |
| 9.5 | 2:45 | 2:40 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 9.5 |
| 9.0 | 2:40 | 2:35 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 9.0 |
| 8.5 | 2:35 | 2:30 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 8.5 |
| 8.0 | 2:30 | 2:25 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 8.0 |
| 7.5 | 2:25 | 2:20 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 7.5 |
| 7.0 | 2:20 | 2:15 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 7.0 |
| 6.5 | 2:15 | 2:10 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 6.5 |
| 6.0 | 2:10 | 2:05 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 6.0 |
| 5.5 | 2:05 | 2:00 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 5.5 |
| 5.0 | 2:00 | 1:55 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 1:20 | 1:15 | 5.0 |
| 4.5 | 1:55 | 1:50 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 1:20 | 1:15 | 1:15 | 1:10 | 4.5 |
| 4.0 | 1:50 | 1:45 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 1:20 | 1:15 | 1:15 | 1:10 | 1:10 | 1:05 | 4.0 |
| 3.5 | 1:45 | 1:40 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 1:20 | 1:15 | 1:15 | 1:10 | 1:10 | 1:05 | 1:05 | 1:00 | 3.5 |
| 3.0 | 1:40 | 1:35 | 1:35 | 1:30 | 1:30 | 1:25 | 1:25 | 1:20 | 1:20 | 1:15 | 1:15 | 1:10 | 1:10 | 1:05 | 1:05 | 1:00 | 1:00 | :55 | 3.0 |
| 2.5 | 1:35* | 1:30* | 1:30* | 1:25* | 1:25* | 1:20* | 1:20* | 1:15* | 1:15* | 1:10* | 1:10* | 1:05* | 1:05* | 1:00* | 1:00* | :55* | :55* | :50* | 2.5 |
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