USAF Physical Fitness Readiness Assessment Scoring

PUSH-UP SCORING STANDARDS (reps)

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	≥ 67	≥ 50	≥ 63	≥ 47	≥ 60	≥ 44	≥ 56	≥ 42	≥ 52	≥ 39	≥ 49	≥ 36	≥ 45	≥ 34	≥ 42	≥ 31	≥ 38	≥ 28	15.0
14.5	66	49	62	46	59	42	55	41	51	38	47	35	44	33	41	30	37	27	14.5
14.0	64	47	60	44	57	41	53	40	50	37	46	34	43	32	40	29	36	26	14.0
13.5	63	46	59	43	56	40	52	38	49	36	45	33	42	31	39	28	35	25	13.5
13.0	61	44	57	42	55	39	51	37	48	35	44	32	41	30	38	27	34	24	13.0
12.5	60	43	56	40	53	37	49	36	46	33	43	30	39	29	36	26	33	23	12.5
12.0	58	42	55	39	52	36	48	35	45	32	42	29	38	28	35	25	32	22	12.0
11.5	57	40	53	38	51	35	47	33	44	31	40	28	37	26	34	24	31	21	11.5
11.0	55	39	52	36	49	34	45	32	42	30	39	27	36	25	33	23	30	20	11.0
10.5	54	37	50	35	48	32	44	31	41	29	38	26	35	24	32	22	29	19	10.5
10.0	52	36	49	34	47	31	43	30	40	27	37	25	34	23	31	21	28	18	10.0
9.5	51	35	48	32	45	30	41	28	39	26	36	24	33	22	30	20	27	17	9.5
9.0	49	33	46	31	44	29	40	27	37	25	35	23	32	21	29	19	26	16	9.0
8.5	48	32	45	30	43	27	39	26	36	24	33	21	30	20	27	17	24	15	8.5
8.0	46	30	43	29	41	26	38	25	35	23	32	20	29	19	26	16	23	14	8.0
7.5	45	29	42	27	40	25	36	23	33	21	31	19	28	18	25	15	22	13	7.5
7.0	43	28	41	26	39	24	35	22	32	20	30	18	27	17	24	14	21	12	7.0
6.5	42	26	39	25	37	22	34	21	31	19	29	17	26	16	23	13	20	11	6.5
6.0	40	25	38	23	36	21	32	20	30	18	28	16	25	15	22	12	19	10	6.0
5.5	39	23	36	22	35	20	31	18	28	17	26	15	24	13	21	11	18	9	5.5
5.0	37	22	35	21	33	19	30	17	27	15	25	14	23	12	20	10	17	8	5.0
4.5	36	21	34	19	32	17	28	16	26	14	24	12	21	11	18	9	16	7	4.5
4.0	34	19	32	18	31	16	27	15	24	13	23	11	20	10	17	8	15	6	4.0
3.5	33	18	31	17	29	15	26	13	23	12	22	10	19	9	16	7	14	5	3.5
3.0	31	16	29	15	26	14	24	12	22	11	21	9	18	8	15	6	13	4	3.0
2.5	30*	15*	28*	14*	26*	12*	23*	11*	21*	10*	19*	8*	17*	7*	14*	5*	12*	3*	2.5