USAF Physical Fitness Readiness Assessment Scoring

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