



POM 821.65
EFFECTIVE DATE: 1 April 2026

By Order of the Assistant Secretary for Health:

ADM Brian Christine, M.D.

TO: All members of the Regular Corps and the Ready Reserve Corps

SUBJECT: Physical Fitness Test (PFT)

1. This Personnel Operations Memorandum (POM) updates the Physical Fitness Test (PFT) effective 1 April 2026.
2. Public Health Service (PHS) officers are expected to model the highest standards of public health practice, including personal fitness. Officers should engage in daily fitness activities that promote cardiovascular health, strength, mobility, and resilience. Officers should also practice health-supportive nutrition habits and prioritize personal wellness to ensure readiness for duty and deployment. Agencies and supervisors should foster an environment that supports regular physical activity and healthy lifestyle practices. Officers are responsible for sustaining a level of personal fitness that enables them to perform their duties effectively and to be role models for the communities they serve.
3. Regular Corps Officers must complete the PFT biannually, no more than 6 months after their previous PFT. Ready Reserve Corps officers must complete the PFT annually (once every 12 months).
4. The PFT is comprised of three categories: cardiorespiratory endurance, upper body endurance, and core endurance. The details regarding performance and scoring of each category are outlined in the attached Appendix, "Physical Fitness Test Guidance Document." Officers must complete one exercise in each category with a satisfactory score.
 - a. Cardiorespiratory Endurance. Available exercise options are a 1.5-mile run; 450 meter/500 yard swim; 12-minute elliptical exercise; 12-minute stationary bike exercise; or 2000-meter row.
 - b. Upper Body Endurance. The exercise is push-ups.
 - c. Core Endurance. Available exercise options are the plank; side-bridge; or sit-up.
5. Each PFT exercise is scored in one of six levels (Maximum, Outstanding, Excellent, Good, Satisfactory, and Failure) with corresponding point values (100, 90, 75, 60, 45, and 0 points, respectively).

- a. Points are awarded for each exercise at discrete values (100, 90, 75, 60, 45, and 0) based on the performance level achieved. If performance is in between levels, round down to the lower level.
 - b. The overall PFT level is calculated from the average of the cardiorespiratory, upper body, and core endurance exercises. Officers must score satisfactory or higher on each exercise to pass the PFT. For example, if an officer scores maximum on the run (100 points), good on the push-ups (60 points), and excellent on the plank (75 points), the overall PFT score is "excellent" ($100 + 60 + 75 = 235$; then $235 \div 3 = 78$ points).
6. Officers may request a medical waiver for all or part of the PFT (see Commissioned Corps Instruction (CCI) [221.02](#), "Medical Readiness"). Officers must include documentation from their medical care provider when submitting a request for waiver. Officers who are waived for part of the PFT must still complete the remaining exercises.
7. Upon completing the PFT, the officer and testing official must complete and sign [Form PHS-7044](#), "Physical Fitness Test (PFT) Report." Officers must then enter their fitness results into the PFT section of the Officer Self Service application within the Officer Secure Area (the officer must also upload the Form PHS-7044 within this application), and retain Form PHS-7044 for personal records.
8. This POM replaces POM 821.65, "Annual Physical Fitness Test (APFT)," dated 21 April 2024, and will remain in effect until superseded or rescinded.



U.S. PUBLIC HEALTH SERVICE COMMISSIONED CORPS

PHYSICAL FITNESS TEST (PFT) PROCEDURES & INSTRUCTIONS

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GENERAL INSTRUCTIONS

- Officers must perform the Physical Fitness Test (PFT) with another person who evaluates the officer to ensure compliance with these instructions and standards. Officers must perform the PFT in person or virtually with another Public Health Service Officer. If that is not possible, the officer may perform the PFT in person with a federal employee or Uniformed Service member.
- The person evaluating the officer is referred to as the testing official.
- PFT exercises may be performed or repeated in any order provided the entire PFT is completed within the two-hour period. For example, it is not acceptable to complete the run on one day and the push-ups and plank on another day.
- It is the responsibility of the testing official to ensure that the officer performs the exercises in accordance with this procedure manual.
- The testing official may spend as much time as necessary prior to the start of the PFT to review the proper technique for each exercise.
- The testing official must be careful to count only properly performed repetitions and to alert the officer to the count after each repetition.
- [Form PHS-7044](#) (Physical Fitness Test (PFT) Report) should be completed by the testing official after the officer completes each exercise. The form must be signed by the testing official and include the email address of the testing official.
- The officer must enter his/her PFT results into the Officer Self Service application within the Officer Secure Area (where the Form PHS-7044 will also be uploaded) and retain a copy of the completed form.

PHYSICAL FITNESS TEST EXERCISE CATEGORIES

The Physical Fitness Test (PFT) is comprised of indicators of cardiorespiratory endurance, upper body endurance, and core endurance. Each officer must complete one exercise in each category.

Cardiorespiratory Endurance

Cardiorespiratory endurance is determined by the ability of the heart, lungs, and muscles to deliver and use oxygen for sustained work. It is associated with the ability to carry out strenuous activity throughout the day without undue fatigue. The cardiorespiratory endurance PFT exercise is the run, with the swim, bike, elliptical, and row as alternative exercises.

Upper Body Endurance

Strength and endurance in the muscles of the upper body, specifically the chest, shoulders, and triceps, is a good indication of overall fitness and demonstrates the ability to meet some of the physical demands of deployment. The upper body endurance exercise is the push-up.

Core Endurance

Reflecting one of the largest muscle groups in the body, the core includes the muscles of torso, including the abdomen, back, sides, and hips. Core endurance is essential to posture, balance, back injury prevention, and overall fitness. The core endurance PFT exercise is the plank, with side bridge and sit-ups as alternative exercises.

CARDIORESPIRATORY ENDURANCE

Primary Cardiorespiratory Endurance Exercise RUN

Instructions

- **The exercise consists of running or walking (or any combination) 1.5 miles as quickly as**

- possible.
- The run shall be conducted on a track or outdoor course where he or she deems the surface to be flat and solid. The exercise may also be performed on a treadmill.
- The run exercise shall be conducted on a track or outdoor course as follows:
 - All officers shall stand at the start line.
 - The testing official shall signal the start for the officer being tested and call out time intervals until completion of the test.
 - Time is recorded with a stopwatch to the nearest second.
- Officers may conduct the exercise on a treadmill where appropriate facilities and equipment are available. The treadmill shall have ALL of the following features:
 - Motor-driven running surface belt with emergency stop button.
 - Adjustable speed displayed in miles per hour.
 - Inclination adjustment.
 - Odometer that accurately measures distance traveled in miles.
- The exercise shall be conducted on a treadmill as follows:
 - Officer straddles the treadmill belt with the treadmill incline set to 1.0 percent.
 - The testing official shall signal the start and the officer starts the treadmill at the desired rate.
 - The testing official calls out time intervals as requested by the officer until completion of the test.
 - Time is recorded with a stopwatch to the nearest second.
 - Treadmill speed may be adjusted to the officer's comfort anytime during the test.
- The exercise is ended if the officer:
 - Stops running or walking other than to retie a shoelace or remove a foreign object from the shoe (only applies on a track or outdoor course), or
 - Changes the treadmill inclination from 1.0 percent.

Alternate Cardiorespiratory Endurance Exercise
SWIM

Instructions

- The exercise consists of swimming 500 yards or 450 meters in the fastest time possible. Any swim stroke and turn may be used.
- The swim shall only be conducted in a standard 25 or 50 yard/meter swimming pool.
- The swim exercise shall be conducted as follows:
 - Swimmers begin the test in the water.
 - The testing official shall signal the start for the officer being tested and call out time intervals/lengths until completion of the test.
 - Time is recorded with a stopwatch to the nearest second.
 - Swimmers may push off from the sides with hands and feet after each pool length.
 - Resting is permitted by holding the side of the pool, standing, or treading water.
 - Swimmers may use goggles, facemasks, swim caps, and/or ear plugs. Fins, snorkels, flotation, wet suits, and propulsion devices are not allowed.
- The exercise is ended if the officer:
 - Receives or requires assistance from a lifeguard or other person, or
 - Exits the pool for any reason.

Alternate Cardiorespiratory Endurance Exercise
ELLIPTICAL

Instructions

- The exercise consists of 12 minutes on an approved elliptical machine to determine a “score” calculated by a formula using calories burned added to an offset value for the

- machine divided by body weight.
- Only approved elliptical machines may be used for this exercise (see list of approved machines below).
 - Officers are encouraged to train and familiarize themselves with the authorized equipment, including safety measures, start/stop/etc. prior to attempting this exercise.
 - The elliptical exercise shall be conducted as follows:
 - Ensure elliptical machine is “approved” by checking the list below.
 - Ensure machine data is cleared prior to programming for the exercise.
 - Select manual program with the resistance of the officer’s choice.
 - Enter body weight in pounds.
 - Set timer on machine for 12 minutes (adjust as required for machines that utilize automatic cool-down).
 - Begin test. Officers can adjust resistance or stride rate during the exercise to maximize performance. Except for making brief adjustments to resistance setting, hands must remain on handlebars throughout test.
 - At the 12-minute mark, testing official records the number of calories burned from the machine.
 - Calculate “score” using the offset value from the machine and body weight and use that value to determine “score” using Table 4. Standards for Males or Table 5. Standards for Females. See the [Scoring the Elliptical](#) section for offset values and instructions on how to calculate the results for this exercise.
 - The exercise is ended if the officer:
 - Stops to rest,
 - Stops the machine, or
 - Removes hands from the handlebars (other than momentarily, e.g., to adjust the resistance).

Approved Elliptical Machines

LifeFitness 91X / Classic Series (CLSX)

LifeFitness 91Xi

LifeFitness 95Xi (Quiet Drive Version Only)

LifeFitness 95X (Model may be Inspire or Engage)

LifeFitness CT 9500

LifeFitness CT 9500 HR

Nautilus (Model E9 16)

Precor EFX-556NAVY / EFX-556iNAVY

Precor EFX-556i

Precor EFX-576i / EFX-835

Technogym Excite Synchro 700 (Series)

Alternate Cardiorespiratory Endurance Exercise

STATIONARY BIKE

Instructions

- The exercise consists of 12 minutes on an approved stationary bike to determine a “score” calculated by using the Official Navy PFA mobile application (app) based on calories burned during the test.
- Only approved stationary bikes may be used for this exercise (see list of approved machines below).
- Officers are encouraged to train and familiarize themselves with the authorized equipment, including safety measures, start/stop/etc. prior to attempting this exercise.
- The stationary bike exercise shall be conducted as follows:
- **For Stationary Bike (Non-Life Fitness Inc./Integrity Series Upright Bike):**
 - Ensure machine data is cleared prior to programming for the test.
 - Select manual program with the resistance of the officer’s choice.
 - Set timer on machine for 14 minutes (although the actual test duration is 12

- minutes this accounts for machines that utilize automatic cool-down).
- Begin test. Officers can adjust resistance level, pedaling rate or cadence during the exercise to maximize performance. Hands must remain on handlebars throughout test. Officers must remain seated throughout the exercise and may not stand while pedaling.
- At the 12-minute mark, testing official reads, announces, and records the number of calories burned from the stationary bike console. Test is complete when exactly 12 minutes is reached.

- **For Stationary Bike (Life Fitness Inc./Integrity Series Upright Bike):**

- Ensure machine data is cleared prior to programming for the test.



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

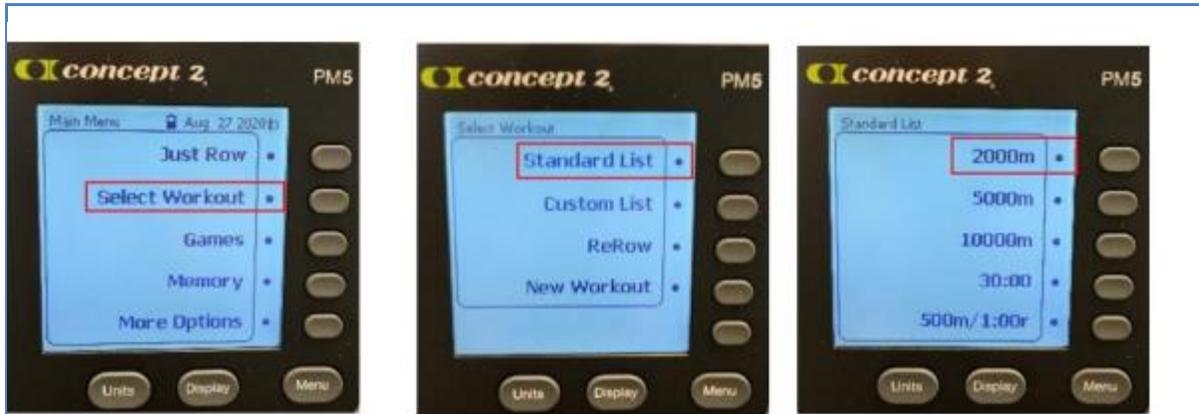
- Program the following items in the order required by specific machine:
 - Using Item 4, select the first button on the left with this (--) symbol. This is your **MANUAL** workout key.
 - Select Item 7 for **TIME**, use the up/down arrow to select time.
- Enter 14 minutes (although the actual test duration is 12 minutes this accounts for machines that utilize automatic cool-down). Indicator 8 will illuminate for time.
 - Select Item 7 to increase or decrease resistance **LEVEL**, use the up/down arrow to adjust resistance level.
 - Select Item 7 to adjust officer's **WEIGHT**, use the up/down arrow to select weight for officer. Indicator 8 will illuminate for weight.
 - Select Item 2 (**GO**) to start the stationary bike test.
- Officer is allowed to vary resistance level, pedaling rate or cadence as appropriate.
- At the 12-minute mark, testing official reads, announces, and records caloric output from stationary bike console (Item 1). Test is complete when exactly 12 minutes is reached.
- Officer may perform cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.
- The exercise is ended if the officer:
 - Stops to rest.
 - Stops the machine.
 - Stands up.
 - Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).
- Calculate "score" for the stationary bike exercise using the instructions in the section.

<i>Approved Stationary Bikes</i>
Life Fitness 95C Inspire
Life Fitness 95Ci Classic Series (CLSC) Upright Bike
Life Fitness 95Ci XXL
Life Fitness ASPC / SL Console Upright Bike
Life Fitness INC / SL Console Upright Bike
Life Fitness INC / Integrity Series Upright Bike
Cybex Series 625C
Cybex Series 750C
Cybex Series 770C
Matrix U5X

Alternate Cardiorespiratory Endurance Exercise ROWER

Instructions

- The exercise consists of completing a 2000-meter row on an approved rower in the fastest time possible.
- Only approved rowers may be used for this exercise (see list of approved machines below).
- Officers are encouraged to train and familiarize themselves with the authorized equipment, including safety measures, start/stop/etc., prior to attempting this exercise.
- The row exercise shall be conducted as follows:
 - Set damper setting on the flywheel of the Officer's choosing. Officer will not be able to adjust the damper setting during the test.
 - Sit on the rower machine then adjust the footplate placements and secure feet using adjustable straps. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing.
 - Grasp the handle with both hands placed along the outer edge of the handle. Once the officer begins pulling on the handle, they should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000-meter test is complete.
 - The testing official will program the rowing machine performance monitor with the following items:
 - From the main menu of the performance monitor, press the "Select Workout" button.
 - Press the "Standard List" button and then select "2000 m."
 - Press "Change Display" until the top line shows "2000m|0 s/m", the third line will show the overall elapsed time (00:00) and the bottom line will show the projected finish time.



- Begin test. The Officer begins the test by pressing with their legs and moving entire body away from the performance monitor. Time starts automatically on the rowing performance monitor display when the Officer starts rowing. The rowing distance display counts down from “2000 m” to “0 m”.



- Once Officer reaches “0 m”, the testing official announces and records elapsed time from performance monitor, rounding the time to the nearest whole second (0.4 and lower, round down; 0.5 and higher, round up).
- The rower exercise ends when the officer:
 - Completes 2000-meters.
 - Stops rowing for a period long enough that the monitor turns off.

Approved Rower Machines

- Concept-2 rowers (Models D and E only with Performance Monitor 3, 4, or 5)

Instructional Video

- See the “PRT Row Demo” in the Official Navy PFA app.

UPPER BODY ENDURANCE

Upper Body Endurance Exercise PUSH-UPS

Images



Instructions

- The exercise consists of repeating as many correct push-ups as possible within a two-minute time period.
- Push-ups shall be conducted on a firm or suitably padded, level surface. Shoes are optional.
- Push-ups shall be conducted as follows:
 - Begin in the "front-leaning rest" position, hands placed on floor directly under the shoulders, or slightly wider than shoulder width, both feet together on the floor.
 - The back, buttocks, and legs shall be straight from shoulders to heels and must remain so throughout the test.
 - Toes and hands shall remain in contact with the floor, not a wall or other vertical support surface.
 - The testing official shall signal the start and call out 15-second time intervals until the completion of the exercise.
 - Officers shall lower the entire body as a single unit by bending the elbows until the upper arms, shoulders, and lower back are aligned and parallel to the floor.
 - Officers shall return to the starting position by extending the elbows, raising the body as a single unit until the arms are straight. This completes one repetition.
 - Officers may rest only in the up position while maintaining the arms, back, buttocks, and legs in a straight position.
- Push-ups are repeated as many times as possible in two minutes. The testing official monitors the officer for correct form and counts only the correctly performed push-ups.
- Incorrect push-ups shall not be counted. Incorrect push-ups include:
 - Failing to maintain the hands directly beneath the shoulders or slightly wider than shoulder width,
 - Failing to lower the body until the upper arms, shoulders, and lower back are aligned and parallel to the floor, or
 - Failing to raise the body until the arms are completely straight.
- The exercise is ended when time expires or if the officer:
 - Rests any part of the body except hands and feet on the floor,
 - Raises one or both feet or hands off the floor or ground, or

- Fails to maintain a straight line from shoulders to heels.

Instructional Video

- See the “PRT Push-ups Demo” in the Official Navy PFA app.

CORE ENDURANCE

Primary Core Endurance Exercise PLANK

Images



Instructions

- The exercise consists of maintaining a plank position for as long as possible.
- The plank shall be conducted on a firm or suitably padded, level surface. If using a mat or blanket, the entire body should be entirely on or off mat/blanket. Shoes are optional.
- The plank should be conducted as follows:
 - Begin in push-up position with feet hip-width apart. Elbows should be bent and lowered to the ground so that the forearms are lying flat on the ground. Elbows should be aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down. Hands cannot be clasped together.
 - Hips should be lifted off the ground with feet flexed and the bottom of the toes on the ground.
 - The back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test.
 - Toes, forearms, and fists/palms shall remain in contact with the floor, not a wall or other vertical support surface.
 - Officers should look at the floor to keep the head in line with the shoulders, back and legs.
 - Hold this position for as long as possible.
- Once the officer is in the correct position, the testing official shall signal the start and call out 15-second time intervals until the completion of the exercise. Time is recorded with a stopwatch to the nearest second.
- The exercise is ended if the officer:
 - Touches the floor with any part of the body except the elbows, forearms, fists/palms and toes,
 - Raises one or both feet or hands off the floor, or
 - Fails to maintain the back, buttocks, and legs in a straight line from head to heels.

Instructional Video

- See the “PRT Forearm Plank Demo” in the Official Navy PFA app.

Alternate Core Endurance Exercise
SIDE BRIDGE**Image****Instructions**

- The exercise consists of maintaining a side-bridge for as long as possible.
- The side bridge shall be conducted on a firm or suitably padded, level surface. Shoes are optional.
- The side bridge exercise shall be conducted as follows:
 - Begin by moving to the side-lying position on the dominate side, supported by the elbow, forearm, fist (or palm) and legs. The foot of the bottom leg (leg closest to the ground) is then wrapped behind the ankle of the top leg so that the inner edge of the foot of the top leg is contacting the ground.
 - Firmly press into the ground with the supporting arm, and then raise the trunk and pelvis straight upward until they form a straight line with the legs. The trunk should not rotate forward or backward or bend at the waist. The sole (bottom) of the supporting foot should not make contact of the ground; only the inner edge should be touching the ground.
 - The non-supporting arm can be placed in any position (e.g. on the hip or across the chest), but must not make contact with the ground or any other surface other than the officer's body.
 - Hold this position as long as possible.
- Once the officer is in the correct position, the testing official shall signal the start for the officer and call out 15-second time intervals until the completion of the exercise. Time is recorded with a stopwatch to the nearest second.
- The exercise is ended if the officer:
 - Touches the floor with any part of the body except the elbow, forearm, fist/palm and foot of the top leg, or
 - Can no longer properly hold the position.

Alternate Core Endurance Exercise
SIT-UPS**Images****Instructions**

- The exercise consists of repeating as many correct sit-ups as possible during a two-minute time period.
- Sit-ups shall be conducted on a firm or suitably padded, level surface. Shoes are optional.
- Sit-ups shall be conducted as follows:
 - Officers shall start by lying flat on their back with knees bent at a 90-degree angle and soles of feet lying flat on the floor. Heels of the feet can be together or slightly separated. Arms shall be folded across and touching the chest, with hands touching upper chest or shoulders.
 - Feet shall be held to floor only by a partner's hands.
 - The testing official shall signal the start for all officers and call out 15-second time intervals until the completion of the exercise.
- The officer curls the body up, touching elbows to thighs while keeping hands in contact with the chest or shoulders.
- After touching elbows to the thighs, the officer lies back, touching lower edge of shoulder blades to floor. This completes one repetition.
- Officers may rest in either the up or down position provided that proper form is maintained.
- Sit-ups are repeated as many times as possible in two minutes. Testing official monitors officer for correct form, and counts only the number of correctly performed sit-ups. Incorrectly performed sit-ups shall not be counted.
- The exercise is ended when time expires or if the officer:
 - Raises one or both feet off the ground/floor,
 - Lifts buttocks off the floor,
 - Fails to keep arms folded across and touching chest, or
 - Fails to keep hands in contact with chest or shoulders.

SCORING AND STANDARDS

SCORING THE PFT

Pass: To pass the PFT, an officer must meet or exceed the satisfactory performance level for one exercise in each of the cardiorespiratory endurance, upper body endurance, and core endurance categories.

Fail: Failure to meet satisfactory requirements in any of the cardiorespiratory, upper body, or core endurance exercise categories constitutes failure of the PFT, regardless of the performance level on the other exercise categories.

INSTRUCTIONS:

1. **Choose the correct table**
 - Use Table 4 for Males
 - Use Table 5 for Females
2. **Find the officer's age range**
 - Across the top of the table, locate the column that matches the participant's age (e.g., 20–24, 25–29, 30–34, etc.).
3. **Locate the exercise being scored**
 - Go to the section of the table for the specific exercise (e.g., 500-yard swim, 450-meter swim, run, push-ups, plank, etc.).
 - See the “Scoring the Stationary Bike” and “Scoring the Elliptical” sections below for additional instructions on these exercises.
4. **Match the officer's performance**
 - In the correct age-range column, find the time or number that the officer achieved for the exercise.
5. **Read the score**
 - Follow the row to the left-hand side column which corresponds to the performance level and score.
 - Cardiorespiratory endurance, upper body endurance, and core endurance exercises have 6 levels (Maximum, Outstanding, Excellent, Good, Satisfactory, Failure) with corresponding point values:
 - Maximum = 100 points
 - Outstanding = 90 points
 - Excellent = 75 points
 - Good = 60 points
 - Satisfactory = 45 points
 - Failure = 0 points
 - If an officer's performance in a single exercise falls between two levels, the testing official rounds down to the lower level and assigns the corresponding number of points for that exercise. For example, a 44-year-old male who does 60 push-ups would have a level of “Excellent” (75 points).
6. **Record the score** on the [Form PHS-7044](#), then repeat the same process for each remaining exercise.
7. **Calculate the overall PFT score** by taking the average of the points earned for cardiorespiratory endurance, upper body endurance, and core endurance exercises. See Table 1. Scoring Examples.
 - Average of points earned and overall PFT level:
 - 100 points (i.e., scored maximum level on each exercise) = Maximum
 - 90-99 points = Outstanding
 - 75-89 points = Excellent
 - 60-74 points = Good
 - 45-59 points = Satisfactory
 - <45 points = Failure

Table 1. Scoring Examples

	<i>Example 1</i>	<i>Example 2</i>	<i>Example 3</i>
Officer Characteristics	45-year-old female	25-year-old female	31-year-old male
Cardiorespiratory Endurance	Run: 10:50 MAXIMUM (100 pts)	Elliptical: 1.0 GOOD (60 pts)	Row: 9:15 SATISFACTORY (45 pts)
Upper body Endurance	Push-ups: 28 GOOD (60 pts)	Push-ups: 46 MAXIMUM (100 pts)	Push-ups: 50 GOOD (45 pts)
Core Endurance	Plank: 130 seconds EXCELLENT (75 pts)	Side bridge: 60 seconds GOOD (60 points)	Sit-ups: 39 FAILURE (0 pts)
Calculation	$100 + 60 + 75 = 235$ $235 \div 3 = 78$ points	$60 + 100 + 60 = 210$ $220 \div 3 = 73$ points	N/A
Overall PFT Score	EXCELLENT	GOOD	FAILURE

SCORING THE STATIONARY BIKE

The Official Navy PFA app must be used to determine the score for the stationary bike. The app is freely available for download, and can be used without authentication or login.

1. Open the Official Navy PFA app. From the Welcome page, select the PFA Calculator tab and click on "Access PFA Calculator."
2. In the Measurements (BCA) tab, select male or female and enter body weight.
 - a. Age, height, abdominal circumference, neck, waist, hips, are not required fields.
3. Select the Physical Readiness Test (PRT) tab. Click on "Cardio Option" and select the bike model used. Click on "Cardio" and enter the number of calories burned during the exercise.
4. The app will display the Navy points and category level in a circle labeled "CALs". The points are based on sex, body weight, and bike model.
5. Determine the PHS-equivalent points and category using Table 2. Scoring the Bike: Navy Output and PHS Equivalent for Scoring Categories.
 - a. For example, if the app displays 80 points and category of EM, that is equivalent to the PHS category of Excellent (75 points) for the cardiorespiratory exercise.

Table 2. Scoring the Bike: Navy Output and PHS Equivalent for Scoring Categories

Navy Output			PHS Equivalent	
Category	Level	Points	Points	Category
Outstanding (O)	High (H)	100	100	Maximum
Outstanding (O)	Medium (M)	95	90	Outstanding
Outstanding (O)	Low (L)	90		
Excellent (E)	High (H)	85	75	Excellent
Excellent (E)	Medium (M)	80		
Excellent (E)	Low (L)	75		
Good (G)	High (H)	70	60	Good
Good (G)	Medium (M)	65		
Good (G)	Low (L)	60		
Satisfactory (S)	High (H)	55	45	Satisfactory
Satisfactory (S)	Medium (M)	50		
Probationary (PR)	Low (L)	45		
Fail	N/A	0	0	Failure

SCORING THE ELLIPTICAL

Only the approved elliptical machines can be used for the elliptical exercise. The goal for the individual being tested is to maximize the amount of calories expended in a 12-minute timed test. The below formula uses the machine's estimated number of calories burned, a machine-specific offset value, and body weight to determine performance.

Table 3. Approved Elliptical Machines and Offset Values

<i>Approved Ellipticals and Offset Values</i>	
Approved Elliptical Machines	Offset Value
LifeFitness 91X / Classic Series (CLSX)	-1.585
LifeFitness 91Xi	-1.585
LifeFitness 95Xi (Quiet Drive Version Only)	-20.743
LifeFitness 95X (Model may be Inspire or Engage)	22.980
LifeFitness CT 9500	-32.947
LifeFitness CT 9500 HR	-32.947
Nautilus (Model E9 16)	-12.855
Precor EFX-556NAVY / EFX-556iNAVY	-24.322
Precor EFX-556i	5.769
Precor EFX-576i / EFX-835	5.769
Technogym Excite Synchro 700 (Series)	-22.502

- Calculate adjusted calories: calories from machine + offset value for respective machine model
- Divide adjusted calories by body weight in pounds: (calories from machine + offset value) ÷ body weight (pounds)
- Calculation =
$$\frac{\text{Calories from machine} + \text{Offset value for that machine}}{\text{Body Weight (lbs)}}$$
- Use Table 4. Standards for Males or Table 5. Standards for Females to determine level obtained and the corresponding number of points.

Example: A 35-year-old male weighing 180 pounds burned an estimated 200 calories on the Nautilus Model E9 16.

- Calculate adjusted calories (calories + offset value) = 200 + (-12.885) = 187.115
- Divide adjusted calories by body weight = 187.115 ÷ 180 pounds = 1.039
- Use Table 4. Standards for Males to determine level obtained. A score of 1.039 corresponds to 60 points or "Good."

TABLE 4. STANDARDS FOR MALES

Age for Males	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
CARDIORESPIRATORY ENDURANCE										
<i>1.5-mile run (minutes)</i>										
Maximum (100 pts)	8:30	8:55	9:20	9:25	9:30	9:33	9:35	10:42	11:21	11:41
Outstanding (90 pts)	9:15	9:38	10:00	10:08	10:15	10:30	10:45	11:25	12:04	12:43
Excellent (75 pts)	10:30	10:52	11:15	11:23	11:45	12:08	12:30	13:12	13:53	14:34
Good (60 pts)	12:00	12:53	13:45	14:08	14:30	14:53	15:15	16:15	17:47	18:13
Satisfactory (45 pts)	15:12	15:12	15:52	15:52	16:28	16:28	17:29	17:29	18:52	20:35
Failure (0 pts)	>15:12	>15:12	>15:52	>15:52	>16:28	>16:28	>17:29	>17:29	>18:52	>20:35
UPPER BODY ENDURANCE										
<i>Push Up (number performed in 2 minutes)</i>										
Maximum (100 pts)	87	84	80	76	72	68	64	60	57	48
Outstanding (90 pts)	81	77	74	70	67	63	59	56	52	44
Excellent (75 pts)	71	67	64	60	56	52	49	46	44	36
Good (60 pts)	47	44	41	37	34	32	30	16	14	10
Satisfactory (45 pts)	37	34	31	27	24	21	19	10	8	4
Failure (0 pts)	<37	<34	<31	<27	<24	<21	<19	<10	<8	<4
CORE ENDURANCE										
<i>Plank (seconds)</i>										
Maximum (100 pts)	180	180	180	180	180	180	180	180	180	180
Outstanding (90 pts)	150	150	150	150	150	150	150	150	150	150
Excellent (75 pts)	120	120	120	120	120	120	120	120	120	120
Good (60 pts)	90	90	90	90	90	90	90	90	90	90
Satisfactory (45 pts)	60	60	60	60	60	60	60	60	60	60
Failure (0 pts)	<60	<60	<60	<60	<60	<60	<60	<60	<60	<60

Age for Males	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
CARDIORESPIRATORY ENDURANCE ALTERNATIVES										
<i>500-yard swim (minutes)</i>										
Maximum (100 pts)	6:30	6:38	6:45	6:53	7:00	7:08	7:15	7:17	7:20	7:25
Outstanding (90 pts)	7:30	7:38	7:45	7:53	8:00	8:08	8:15	8:17	8:20	8:25
Excellent (75 pts)	8:45	8:53	9:00	9:08	9:15	9:23	9:30	9:47	10:05	10:30
Good (60 pts)	11:30	11:38	11:45	11:53	12:00	12:08	12:15	12:33	12:50	13:20
Satisfactory (45 pts)	13:00	13:08	13:15	13:23	13:30	13:38	13:45	13:55	14:05	14:15
Failure (0 pts)	>13:00	>13:08	>13:15	>13:23	>13:30	>13:38	>13:45	>13:55	>14:05	>14:15
<i>450-meter swim (minutes)</i>										
Maximum (100 pts)	6:20	6:28	6:35	6:43	6:50	6:58	7:05	7:07	7:10	7:15
Outstanding (90 pts)	7:20	7:28	7:35	7:43	7:50	7:58	8:05	8:07	8:10	8:15
Excellent (75 pts)	8:35	8:43	8:50	8:58	9:05	9:13	9:20	9:37	9:55	10:20
Good (60 pts)	11:20	11:28	11:35	11:43	11:50	11:58	12:05	12:23	12:40	13:10
Satisfactory (45 pts)	12:50	12:58	13:05	13:13	13:20	13:28	13:35	13:45	13:55	14:05
Failure (0 pts)	>12:50	>12:58	>13:05	>13:13	>13:20	>13:28	>13:35	>13:45	>13:55	>14:05
<i>Elliptical (calculated values based on 12 minutes of exercise)</i>										
Maximum (100 pts)	1.375	1.364	1.353	1.342	1.331	1.320	1.309	1.298	1.287	1.276
Outstanding (90 pts)	1.253	1.242	1.231	1.220	1.209	1.198	1.187	1.176	1.165	1.154
Excellent (75 pts)	1.131	1.120	1.109	1.098	1.087	1.076	1.065	1.054	1.043	1.032
Good (60 pts)	0.929	0.918	0.907	0.896	0.885	0.874	0.864	0.852	0.841	0.830
Satisfactory (45 pts)	0.865	0.854	0.843	0.832	0.821	0.810	0.800	0.788	0.777	0.766
Failure (0 pts)	<0.865	<0.854	<0.843	<0.832	<0.821	<0.810	<0.800	<0.788	<0.777	<0.766
<i>Stationary bike</i> Use the Official Navy PFA mobile application to calculate score and then use Table 2. Scoring the Bike: Navy Output and PHS Equivalent for Scoring Categories to record the PHS equivalent points.										
<i>2000-meter row (minutes)</i>										
Maximum (100 pts)	7:05	7:10	7:15	7:20	7:25	7:30	7:35	7:40	7:45	7:50
Outstanding	7:25	7:30	7:35	7:40	7:45	7:50	7:55	8:00	8:05	8:10

(90 pts)										
Excellent (75 pts)	7:55	8:00	8:05	8:10	8:15	8:20	8:25	8:30	8:35	8:40
Good (60 pts)	8:55	9:00	9:05	9:10	9:15	9:20	9:25	9:30	9:35	9:40
Satisfactory (45 pts)	9:25	9:30	9:35	9:40	9:45	9:50	9:55	10:00	10:05	10:10
Failure (0 pts)	>9:25	>9:30	>9:35	>9:40	>9:45	>9:50	>9:55	>10:00	>10:05	>10:10
Age for Males	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
CORE ENDURANCE ALTERNATIVES										
<i>Side bridge (seconds)</i>										
Maximum (100 pts)	120	120	120	120	120	120	120	120	120	120
Outstanding (90 pts)	94	94	94	94	94	94	94	94	94	94
Excellent (75 pts)	71	71	71	71	71	71	71	71	71	71
Good (60 pts)	60	60	60	60	60	60	60	60	60	60
Satisfactory (45 pts)	44	44	44	44	44	44	44	44	44	44
Failure (0 pts)	<44	<44	<44	<44	<44	<44	<44	<44	<44	<44
<i>Sit-ups (number performed in 2 minutes)</i>										
Maximum (100 pts)	105	101	98	95	92	88	85	81	75	65
Outstanding (90 pts)	98	95	92	88	85	81	78	74	70	60
Excellent (75 pts)	87	84	81	78	76	73	71	62	56	44
Good (60 pts)	58	54	51	47	44	40	37	36	26	20
Satisfactory (45 pts)	46	43	40	37	35	31	29	26	20	10
Failure (0 pts)	<46	<43	<40	<37	<35	<31	<29	<26	<20	<10

TABLE 5. STANDARDS FOR FEMALES

Age for Females	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
CARDIORESPIRATORY ENDURANCE										
<i>1.5-mile run (minutes)</i>										
Maximum (100 pts)	9:47	10:17	10:46	10:51	10:56	10:58	11:00	12:23	13:34	14:45
Outstanding (90 pts)	11:30	11:45	12:00	12:08	12:15	12:30	12:45	13:57	15:08	16:19
Excellent (75 pts)	13:15	13:23	13:30	13:45	14:00	14:08	14:15	15:20	16:25	17:30
Good (60 pts)	14:15	14:53	15:30	15:53	16:15	16:30	16:45	17:48	18:51	19:54
Satisfactory (45 pts)	17:21	17:21	18:00	18:00	18:31	18:31	19:30	19:30	19:43	20:52
Failure (0 pts)	>17:21	>17:21	>18:00	>18:00	>18:31	>18:31	>19:30	>19:30	>19:43	>20:52
UPPER BODY ENDURANCE										
<i>Push Up (number performed in 2 minutes)</i>										
Maximum (100 pts)	48	46	44	43	41	40	38	30	26	22
Outstanding (90 pts)	44	43	41	39	37	35	33	26	22	18
Excellent (75 pts)	39	37	35	34	32	30	28	20	16	12
Good (60 pts)	21	19	17	14	12	11	10	6	5	4
Satisfactory (45 pts)	16	13	11	9	7	5	2	2	2	1
Failure (0 pts)	<16	<13	<11	<9	<7	<5	<2	<2	<2	<1
CORE ENDURANCE										
<i>Plank (seconds)</i>										
Maximum (100 pts)	180	180	180	180	180	180	180	180	180	180
Outstanding (90 pts)	150	150	150	150	150	150	150	150	150	150
Excellent (75 pts)	120	120	120	120	120	120	120	120	120	120
Good (60 pts)	90	90	90	90	90	90	90	90	90	90
Satisfactory (45 pts)	60	60	60	60	60	60	60	60	60	60
Failure (0 pts)	<60	<60	<60	<60	<60	<60	<60	<60	<60	<60

Age for Females	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
CARDIORESPIRATORY ENDURANCE ALTERNATIVES										
500-yard swim (minutes)										
Maximum (100 pts)	7:15	7:23	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15
Outstanding (90 pts)	8:45	9:00	9:15	9:30	9:45	9:53	10:00	10:07	10:15	10:23
Excellent (75 pts)	10:00	10:15	10:30	10:45	11:00	11:08	11:15	11:25	11:35	11:50
Good (60 pts)	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30
Satisfactory (45 pts)	14:30	14:45	15:00	15:15	15:30	15:38	15:45	16:00	16:15	16:30
Failure (0 pts)	>14:30	>14:45	>15:00	>15:15	>15:30	>15:38	>15:45	>16:00	>16:15	>16:30
450-meter swim (minutes)										
Maximum (100 pts)	7:05	7:13	7:20	7:35	7:50	8:05	8:20	8:35	8:50	9:05
Outstanding (90 pts)	8:35	8:50	9:05	9:20	9:35	9:43	9:50	9:57	10:05	10:13
Excellent (75 pts)	9:50	10:05	10:20	10:35	10:50	10:58	11:05	11:15	11:25	11:40
Good (60 pts)	13:05	13:20	13:35	13:50	14:05	14:20	14:35	14:50	15:05	15:20
Satisfactory (45 pts)	14:20	14:35	14:50	15:05	15:20	15:28	15:35	15:50	16:05	16:20
Failure (0 pts)	>14:20	>14:35	>14:50	>15:05	>15:20	>15:28	>15:35	>15:50	>16:05	>16:20
Elliptical (calculated values based on 12 minutes of exercise)										
Maximum (100 pts)	1.306	1.290	1.274	1.260	1.244	1.228	1.213	1.195	1.170	1.163
Outstanding (90 pts)	1.186	1.170	1.154	1.139	1.123	1.107	1.092	1.075	1.059	1.043
Excellent (75 pts)	1.066	1.050	1.034	1.018	1.002	0.986	0.971	0.955	0.939	0.923
Good (60 pts)	0.874	0.858	0.842	0.827	0.811	0.795	0.780	0.763	0.747	0.731
Satisfactory (45 pts)	0.810	0.794	0.778	0.762	0.747	0.731	0.716	0.699	0.683	0.667
Failure (0 pts)	<0.810	<0.794	<0.778	<0.762	<0.747	<0.731	<0.716	<0.699	<0.683	<0.667
Stationary bike										
Use the Official Navy PFA mobile application to calculate score and then use Table 2. Scoring the Bike: Navy Output and PHS Equivalent for Scoring Categories to record the PHS equivalent points.										
2000-meter row (minutes)										
Maximum (100 pts)	8:05	8:10	8:15	8:20	8:25	8:30	8:35	8:40	8:45	8:50

Outstanding (90 pts)	8:25	8:30	8:35	8:40	8:45	8:50	8:55	9:00	9:05	9:10
Excellent (75 pts)	8:55	9:00	9:05	9:10	9:15	9:20	9:25	9:30	9:35	9:40
Good (60 pts)	10:15	10:20	10:25	10:30	10:35	10:40	10:45	10:50	10:55	11:00
Satisfactory (45 pts)	10:45	10:50	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30
Failure (0 pts)	>10:45	>10:50	>10:55	>11:00	>11:05	>11:10	>11:15	>11:20	>11:25	>11:30
Age for Females	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+

CORE ENDURANCE ALTERNATIVES

Side bridge (seconds)

Maximum (100 pts)	120	120	120	120	120	120	120	120	120	120
Outstanding (90 pts)	94	94	94	94	94	94	94	94	94	94
Excellent (75 pts)	71	71	71	71	71	71	71	71	71	71
Good (60 pts)	60	60	60	60	60	60	60	60	60	60
Satisfactory (45 pts)	44	44	44	44	44	44	44	44	44	44
Failure (0 pts)	<44	<44	<44	<44	<44	<44	<44	<44	<44	<44

Sit-ups (number performed in 2 minutes)

Maximum (100 pts)	105	101	98	95	92	88	85	81	75	65
Outstanding (90 pts)	98	95	92	88	85	81	78	74	70	60
Excellent (75 pts)	87	84	81	78	76	73	71	62	56	44
Good (60 pts)	58	54	51	47	44	40	37	36	26	20
Satisfactory (45 pts)	46	43	40	37	35	31	29	26	20	10
Failure (0 pts)	<46	<43	<40	<37	<35	<31	<29	<26	<20	<10