

Table 1A: Push Up Scoring Table for Male

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
50	25				
49	24				
48	24	25			
47	23	24			
46	23	24			
45	22	23			
44	22	23	25		
43	21	22	24		
42	21	22	24	25	
41	20	21	23	24	
40	20	21	23	24	25
39	19	20	22	23	24
38	19	20	22	23	24
37	18	19	21	22	23
36	18	19	21	22	23
35	17	18	20	21	22
34	17	18	20	21	22
33	16	17	19	20	21
32	16	17	19	20	21
31	15	16	18	19	20
30	15	16	18	19	20
29	14	15	17	18	19
28	14	15	17	18	19
27	13	14	16	17	18
26	12	13	16	17	18
25	11	12	15	16	17
24	10	11	15	16	17
23	9	10	14	15	16
22	8	9	13	15	16
21	7	8	12	14	15
20	6	7	11	13	15
19	5	6	10	12	14
18	4	5	9	11	13
17	3	4	8	10	12
16	2	3	7	9	11
15	1	2	6	8	10
14	0	1	5	7	9
13	0	0	4	6	8
12	0	0	3	5	7
11	0	0	2	4	6
10	0	0	1	3	5
9	0	0	0	2	4
8	0	0	0	1	3
7	0	0	0	0	2
6	0	0	0	0	1
5	0	0	0	0	0
4	0	0	0	0	0
3	0	0	0	0	0
2	0	0	0	0	0
1	0	0	0	0	0

Table 1B: Push Up Scoring Table for Female

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
40	25				
39	24				
38	24	25			
37	23	24	25		
36	23	24	24	25	
35	22	23	24	24	25
34	22	23	23	24	24
33	21	22	23	23	24
32	21	22	22	23	23
31	20	21	22	22	23
30	20	21	21	22	22
29	19	20	21	21	22
28	19	20	20	21	21
27	18	19	20	20	21
26	18	19	19	20	20
25	17	18	19	19	20
24	17	18	18	19	19
23	16	17	18	18	19
22	16	17	17	18	18
21	15	16	17	17	18
20	15	16	16	17	17
19	14	15	16	16	17
18	14	15	15	16	16
17	13	14	15	15	16
16	12	13	14	15	15
15	11	12	13	14	15
14	10	11	12	13	14
13	9	10	11	12	13
12	8	9	10	11	12
11	7	8	9	10	11
10	6	7	8	9	10
9	5	6	7	8	9
8	4	5	6	7	8
7	3	4	5	6	7
6	2	3	4	5	6
5	1	2	3	4	5
4	0	1	2	3	4
3	0	0	1	2	3
2	0	0	0	1	2
1	0	0	0	0	1

Legend	
Superior	Light Blue
Excellent	Light Green
Good	Light Yellow
Fair	Light Orange
Poor	Light Red
Very Poor	Red

*Please note that the number in each coloured box represents the number of points a participant can earn, with the highest number of points a participant can earn at one station being 25. i.e. If a 25 year old male participant does 24 push ups, he will earn 10 points.

Table 2A: Sit Up Scoring Table for Male

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
55	25				
54	24				
53	23				
52	23				
51	22				
50	22	25			
49	21	24			
48	21	23			
47	20	23			
46	19	22			
45	19	22	25		
44	18	21	24		
43	18	21	23		
42	17	20	23	25	
41	17	19	22	24	
40	16	19	22	23	25
39	16	18	21	22	24
38	15	18	21	21	23
37	14	17	20	21	22
36	14	17	19	20	21
35	13	16	19	19	21
34	13	16	18	19	20
33	12	15	18	18	19
32	12	14	17	18	19
31	11	14	17	17	18
30	11	13	16	17	18
29	10	13	16	16	17
28	10	12	15	16	17
27	9	12	14	15	16
26	9	11	14	14	16
25	8	11	13	14	15
24	8	10	13	13	14
23	7	10	12	13	14
22	7	9	12	12	13
21	6	8	11	12	13
20	6	7	10	11	12
19	5	6	9	10	11
18	4	5	8	10	11
17	3	4	7	9	11
16	2	3	6	8	10
15	1	2	5	7	10
14	0	1	4	6	9
13	0	0	3	5	8
12	0	0	2	5	7
11	0	0	1	4	6
10	0	0	0	3	5
9	0	0	0	2	5
8	0	0	0	1	4
7	0	0	0	0	3
6	0	0	0	0	2
5	0	0	0	0	1
4	0	0	0	0	0
3	0	0	0	0	0
2	0	0	0	0	0
1	0	0	0	0	0

Table 2B: Sit Up Scoring Table for Female

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
50	25				
49	24				
48	24				
47	23				
46	23				
45	22	25			
44	22	24			
43	21	24			
42	21	23	25		
41	20	23	24		
40	20	22	24		
39	19	22	23		
38	18	21	23		
37	17	21	22	25	
36	16	20	22	24	
35	15	20	21	24	
34	15	19	21	23	25
33	14	18	20	23	24
32	14	17	20	22	24
31	13	16	19	22	23
30	12	15	18	21	23
29	11	15	17	21	22
28	10	14	16	20	22
27	10	14	15	20	21
26	9	13	15	19	21
25	9	12	14	18	20
24	8	11	14	17	20
23	8	10	13	16	19
22	7	10	12	15	18
21	7	9	11	15	17
20	6	9	10	14	16
19	5	8	10	14	15
18	4	8	9	13	15
17	3	7	9	12	14
16	2	7	8	11	14
15	1	6	8	10	13
14	0	5	7	10	12
13	0	4	7	9	11
12	0	3	6	8	10
11	0	2	5	7	10
10	0	1	4	6	9
9	0	0	3	5	8
8	0	0	2	5	7
7	0	0	1	4	6
6	0	0	0	3	5
5	0	0	0	2	4
4	0	0	0	1	3
3	0	0	0	0	2
2	0	0	0	0	1
1	0	0	0	0	0

Legend	
Superior	Dark Green
Excellent	Light Green
Good	Yellow-Green
Fair	Yellow
Poor	Orange
Very Poor	Red

*Please note that the number in each coloured box represents the number of points a participant can earn, with the highest number of points a participant can earn at one station being 25. i.e. if a 25 year old male participant does 30 sit ups, he will earn 11 points.

Table 3A: Squats Scoring Table for Male

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
50	25				
49	24	25			
48	24	24			
47	23	24			
46	23	24			
45	22	23			
44	22	23	25		
43	21	22	24		
42	21	22	24		
41	20	21	24		
40	20	21	23		
39	19	20	23		
38	18	20	22	25	
37	17	19	22	24	
36	16	19	21	24	
35	15	18	21	23	
34	14	18	20	23	25
33	13	17	20	22	24
32	12	17	19	22	24
31	11	16	19	21	23
30	10	15	18	21	23
29	9	14	18	20	22
28	8	13	17	20	22
27	7	12	16	19	21
26	6	11	15	19	21
25	5	10	14	18	20
24	4	9	13	17	19
23	3	8	12	16	18
22	2	7	11	15	17
21	1	6	10	14	16
20	0	5	9	13	15
19	0	4	8	12	14
18	0	3	7	11	13
17	0	2	6	10	12
16	0	1	5	9	11
15	0	0	4	8	10
14	0	0	3	7	9
13	0	0	2	6	8
12	0	0	1	5	7
11	0	0	0	4	6
10	0	0	0	3	5
9	0	0	0	2	4
8	0	0	0	1	3
7	0	0	0	0	2
6	0	0	0	0	1
5	0	0	0	0	0
4	0	0	0	0	0
3	0	0	0	0	0
2	0	0	0	0	0
1	0	0	0	0	0

Table 3B: Squats Scoring Table for Female

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions	Total Score				
45	25				
44	24				
43	24	25			
42	23	24			
41	23	24			
40	22	23			
39	22	23			
38	21	22			
37	21	22	25		
36	20	21	24		
35	20	21	24		
34	19	20	23		
33	18	20	23		
32	17	19	22	25	
31	16	19	22	24	
30	15	18	21	24	
29	14	18	21	23	25
28	13	17	20	23	24
27	12	17	20	22	24
26	11	16	19	22	23
25	10	15	19	21	23
24	9	14	18	20	22
23	8	13	18	19	21
22	7	12	17	18	20
21	6	11	16	17	19
20	5	10	15	16	18
19	4	9	14	15	17
18	3	8	13	14	16
17	2	7	12	13	15
16	1	6	11	12	14
15	0	5	10	11	13
14	0	4	9	10	12
13	0	3	8	9	11
12	0	2	7	8	10
11	0	1	6	7	9
10	0	0	5	6	8
9	0	0	4	5	7
8	0	0	3	4	6
7	0	0	2	3	5
6	0	0	1	2	4
5	0	0	0	1	3
4	0	0	0	0	2
3	0	0	0	0	1
2	0	0	0	0	0
1	0	0	0	0	0

Legend	
Superior	Light Green
Excellent	Light Blue
Good	Light Yellow
Fair	Yellow
Poor	Orange
Very Poor	Red

*Please note that the number in each coloured box represents the number of points a participant can earn, with the highest number of points a participant can earn at one station being 25. i.e. If a 25 year old male participant does 32 squats, he will earn 12 points.

Table 4A: Shuttle Run Scoring Table for Male

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions					
Total Score					
<10.2	25				
10.2 - 10.29	24				
10.3 - 10.39	23				
10.4 - 10.49	22	25			
10.5 - 10.59	21	24			
10.6 - 10.69	20	23			
10.7 - 10.79	19	22			
10.8 - 10.89	18	21	25		
10.9 - 10.99	17	20	24		
11.0 - 11.09	16	19	23		
11.1 - 11.19	15	18	22		
11.2 - 11.29	14	17	21	25	
11.3 - 11.39	13	16	20	24	
11.4 - 11.49	12	15	19	23	
11.5 - 11.59	11	14	18	22	
11.6 - 11.69	10	13	17	21	
11.7 - 11.79	9	12	16	20	25
11.8 - 11.89	8	11	15	19	24
11.9 - 11.99	7	10	14	18	23
12.0 - 12.1	6	9	13	17	22
12.2 - 12.3	5	8	12	16	21
12.4 - 12.5	4	7	11	15	20
12.6 - 12.7	3	6	10	14	19
12.8 - 12.9	2	5	9	13	18
13.0 - 13.2	1	4	8	12	17
13.3 - 13.5	0	3	7	11	16
13.6 - 13.8	0	2	6	10	15
13.9 - 14.1	0	1	5	9	14
14.2 - 14.4	0	0	4	8	13
14.5 - 14.7	0	0	3	7	12
14.8 - 15.0	0	0	2	6	11
15.1 - 15.3	0	0	1	5	10
15.4 - 15.6	0	0	0	4	9
15.7 - 15.9	0	0	0	3	8
16.0 - 16.2	0	0	0	2	7
16.3 - 16.5	0	0	0	1	6
16.6 - 16.8	0	0	0	0	5
16.9 - 17.1	0	0	0	0	4
17.2 - 17.4	0	0	0	0	3
17.5 - 17.7	0	0	0	0	2
17.8 - 18.0	0	0	0	0	1

Table 4B: Shuttle Run Scoring Table for Female

Age Group	20-29	30-39	40-49	50-59	>60
Repetitions					
Total Score					
<11.6	25				
11.6 - 11.69	24				
11.7 - 11.79	23				
11.8 - 11.89	22	25			
11.9 - 11.99	21	24			
12.0 - 12.09	20	23			
12.1 - 12.19	19	22			
12.2 - 12.29	18	21	25		
12.3 - 12.39	17	20	24		
12.4 - 12.49	16	19	23		
12.5 - 12.59	15	18	22		
12.6 - 12.69	14	17	21	25	
12.7 - 12.79	13	16	20	24	
12.8 - 12.89	12	15	19	23	
12.9 - 12.99	11	14	18	22	
13.0 - 13.2	10	13	17	21	
13.3 - 13.5	9	12	16	20	
13.6 - 13.8	8	11	15	19	25
13.9 - 14.1	7	10	14	18	24
14.2 - 14.4	6	9	13	17	23
14.5 - 14.7	5	8	12	16	22
14.8 - 15.0	4	7	11	15	21
15.1 - 15.3	3	6	10	14	20
15.4 - 15.6	2	5	9	13	19
15.7 - 15.9	1	4	8	12	18
16.0 - 16.2	0	3	7	11	17
16.3 - 16.5	0	2	6	10	16
16.6 - 16.8	0	1	5	9	15
16.9 - 17.1	0	0	4	8	14
17.2 - 17.4	0	0	3	7	13
17.5 - 17.7	0	0	2	6	12
17.8 - 18.0	0	0	1	5	11
18.1 - 18.3	0	0	0	4	10
18.4 - 18.6	0	0	0	3	9
18.7 - 18.9	0	0	0	2	8
19.0 - 19.2	0	0	0	1	7
19.3 - 19.5	0	0	0	0	6
19.6 - 19.8	0	0	0	0	5
19.9 - 20.1	0	0	0	0	4
20.2 - 20.4	0	0	0	0	3
20.5 - 20.7	0	0	0	0	2
20.9 - 21.0	0	0	0	0	1

Legend	
Superior	
Excellent	
Good	
Fair	
Poor	
Very Poor	

*Please note that the number in each coloured box represents the number of points a participant can earn, with the highest number of points a participant can earn at one station being 25. i.e. if a 25 year old male participant finishes his shuttle run in 11.2 seconds, he will earn 14 point

Table 5A: 3-min Step Test Scoring Table for Male

Age Group	18-25	26-35	36-45	46-55	56-65
Heart Rate	Total Score				
<50	25				
51-52	24	25			
53-54	24	24			
55-56	23	24	25		
57-58	23	23	24		
59-60	22	23	24	25	
61-62	22	22	23	24	
63-64	21	22	23	24	
65-66	21	21	22	23	25
67-68	20	21	22	23	24
69-70	20	20	21	22	24
71-72	19	20	21	22	23
73-74	19	19	20	21	23
75-76	18	19	20	21	22
77-78	18	18	19	20	22
79-80	17	18	19	20	21
81-82	17	17	18	19	21
83-84	16	17	18	19	20
85-86	16	16	17	18	20
87-88	15	16	17	18	19
89-90	15	15	16	17	19
91-92	14	15	16	17	18
93-94	14	14	15	16	18
95-96	13	14	15	16	17
97-98	13	13	14	15	17
99-100	12	13	14	15	16
101-102	12	12	13	14	16
103-104	11	12	13	14	15
105-106	11	11	12	13	15
107-108	10	11	12	13	14
109-110	10	10	11	12	14
111-112	9	10	11	12	13
113-114	9	9	10	11	13
115-116	8	9	10	11	12
117-118	8	8	9	10	12
119-120	7	8	9	10	11
121-122	7	7	8	9	11
123-124	6	7	8	9	10
125-126	6	7	7	8	10
127-128	6	6	7	8	9
129-130	5	6	7	7	9
131-132	5	6	6	7	8
133-134	5	5	6	7	8
135-136	4	5	6	6	7
137-138	4	5	5	6	7
139-140	4	4	5	6	7
141-142	3	4	5	5	6
143-144	3	4	4	5	6
145-146	3	3	4	5	6
147-148	2	3	4	4	5
149-150	2	3	3	4	5
151-152	2	2	3	4	5
153-154	1	2	3	3	4
155-156	1	2	2	3	4
157-158	1	1	2	3	4
159-160	0	1	2	2	3
161-162	0	1	1	2	3
163-164	0	0	1	2	3
165-166	0	0	1	1	2
167-168	0	0	0	1	2
169-170	0	0	0	1	2
171-172	0	0	0	0	1
173-174	0	0	0	0	1
175-176	0	0	0	0	1
177-178	0	0	0	0	0
179-180	0	0	0	0	0

Table 5B: 3-min Step Test Scoring Table for Female

Age Group	18-25	26-35	36-45	46-55	56-65
Heart Rate	Total Score				
<55	25				
55-56	24	25			
57-58	24	24			
59-60	23	24	25		
61-62	23	23	24		
63-64	22	23	24	25	
65-66	22	22	23	24	
67-68	21	22	23	24	
69-70	21	21	22	23	25
71-72	20	21	22	23	24
73-74	20	20	21	22	24
75-76	19	20	21	22	23
77-78	19	19	20	21	23
79-80	18	19	20	21	22
81-82	18	18	19	20	22
83-84	17	18	19	20	21
85-86	17	17	18	19	21
87-88	16	17	18	19	20
89-90	16	16	17	18	20
91-92	15	16	17	18	19
93-94	15	15	16	17	19
95-96	14	15	16	17	18
97-98	14	14	15	16	18
99-100	13	14	15	16	17
101-102	13	13	14	15	17
103-104	12	13	14	15	16
105-106	12	12	13	14	16
107-108	11	12	13	14	15
109-110	11	11	12	13	15
111-112	10	11	12	13	14
113-114	10	10	11	12	14
115-116	9	10	11	12	13
117-118	9	9	10	11	13
119-120	8	9	10	11	12
121-122	8	8	9	10	12
123-124	7	8	9	10	11
125-126	7	7	8	9	11
127-128	7	7	8	9	10
129-130	6	7	7	8	10
131-132	6	6	7	8	9
133-134	6	6	7	7	9
135-136	5	6	6	7	8
137-138	5	5	6	7	8
139-140	5	5	6	6	7
141-142	4	5	5	6	7
143-144	4	4	5	6	7
145-146	4	4	5	5	6
147-148	3	4	4	5	6
149-150	3	3	4	5	6
151-152	3	3	4	4	5
153-154	2	3	3	4	5
155-156	2	2	3	4	5
157-158	2	2	3	3	4
159-160	1	2	2	3	4
161-162	1	1	2	3	4
163-164	1	1	2	2	3
165-166	0	1	1	2	3
167-168	0	0	1	2	3
169-170	0	0	1	1	2
171-172	0	0	0	1	2
173-174	0	0	0	1	2
175-176	0	0	0	0	1
177-178	0	0	0	0	1
179-180	0	0	0	0	1

Legend	
Superior	
Excellent	
Good	
Fair	
Poor	
Very Poor	

*Please note that the number in each coloured box represents the number of points a participant can earn, with the highest number of points a participant can earn at one station being 25. i.e. If a 25 year old male participant's heart rate is 92, he will earn 14 points.

SCORING MATRIX

Pre-Test Banding	Baseline HP Awarded		Improvement in FA Scores (Culmulative)						Max possible health points awarded
			5	10	15	20	25	>25	
<26	300	Additional Health Points Awarded (Cumulative)	20	40	60	80	100	150	450
26-50	400		20	40	60	80	100	150	550
51 - 75	500		20	40	60	80	100	150	650
76 - 99	600		20	40	60	80	100	150	750
>99	700		10*	20*	30*	40*	50	NA	750

* 50 health points will be awarded once participant achieves 125 points for the FA test.