

Fitness, Body Fat Percentage & Weight-Height Guides

The following physical readiness charts provide simple reference points to help you gauge your relative fitness level and set goals. Due to space constraints, only the standards for one age group is provided on this page. If your age falls outside the 30 to 39-year range, [download the charts for other age groups here](#). Regardless of your age, if you are a beginner or otherwise not yet in shape, you should start slowly, set goals and work on improving your performance gradually. Consult a physician, particularly if you have conditions that require medical attention, and work with fitness professionals to design a fitness plan that you can stick with.

Source: US Navy Physical Readiness Test Standards, May 2000

Males: Age 30-39 years						
Performance	Level	Curl-Ups (time: 2 min)	Push-Ups (time: 2 min)	Run (1.5 miles or 2400m or 6 laps)	Swim (500 yd)	Swim (450m)
Outstanding	High	98+	80+	9:20 min or less	6:45 min or less	6:35 min or less
	Medium	97	78	9:45	7:15	7:05
	Low	92	74	10:00	7:45	7:35
Excellent	High	88	69	10:45	8:15	8:05
	Medium	85	67	11:00	8:30	8:20
	Low	81	64	11:15	9:00	8:50
Good	High	73	57	12:00	9:45	9:35
	Medium	59	48	13:00	10:45	10:35
	Low	51	41	13:45	11:45	11:35
Satisfactory	High	47	38	14:00	12:15	12:05
	Medium	44	35	14:15	12:30	12:20
	Low	40	31	14:30	13:15	13:05

Females: Age 30-39 years						
Performance	Level	Curl-Ups (time: 2 min)	Push-Ups (time: 2 min)	Run (1.5 miles or 2400m or 6 laps)	Swim (500 yd)	Swim (450m)
Outstanding	High	98+	44+	10:45 min or less	7:30 min or less	7:20 min or less
	Medium	97	43	11:45	8:30	8:20
	Low	92	41	12:00	9:15	9:05
Excellent	High	88	39	12:45	9:45	9:35
	Medium	85	37	13:15	10:15	10:05
	Low	81	35	13:30	10:30	10:20
Good	High	73	28	14:30	11:30	11:20
	Medium	59	24	15:15	12:45	12:35
	Low	51	17	15:30	13:45	13:35
Satisfactory	High	47	15	15:45	14:00	13:50
	Medium	44	13	16:15	14:30	14:20
	Low	40	11	16:45	15:00	14:50

Body Fat Percentage Standards:

	Male	Female
Age Group	Max. Allowable Body Fat %	Max. Allowable Body Fat %
17-21	20	28
21-27	22	30
28-39	24	32
40 & Older	26	34

Estimate your Body Mass Index [here](#). (Caution: Most Internet-based BMI calculators or body fat analyzers are not intended for professional athletes or bodybuilders who have significantly above average muscle mass. If you are in this category, consult a fitness professional for more accurate measurements.)

Height-Weight Standards:

Source: Metropolitan Life Insurance Company Ideal Height-Weight Chart

Males: All Ages			
Height in Shoes with 1" Heels	Small Frame	Medium Frame	Large Frame
6'4"	162 to 176 lb	171 to 187 lb	181 to 207 lb
6'3"	158 to 172 lb	167 to 182 lb	176 to 202 lb
6'2"	155 to 168 lb	164 to 178 lb	172 to 197 lb
6'1"	152 to 164 lb	160 to 174 lb	168 to 192 lb
6'	149 to 160 lb	157 to 170 lb	164 to 188 lb
5'11"	146 to 157 lb	154 to 166 lb	161 to 184 lb
5'10"	144 to 154 lb	151 to 163 lb	158 to 180 lb
5'9"	142 to 151 lb	148 to 160 lb	155 to 176 lb
5'8"	140 to 148 lb	145 to 157 lb	152 to 172 lb
5'7"	138 to 145 lb	142 to 154 lb	149 to 168 lb
5'6"	136 to 142 lb	139 to 151 lb	146 to 164 lb
5'5"	134 to 140 lb	137 to 148 lb	144 to 160 lb
5'4"	132 to 138 lb	135 to 145 lb	142 to 156 lb
5'3"	130 to 136 lb	133 to 143 lb	140 to 153 lb
5'2"	128 to 134 lb	131 to 141 lb	138 to 150 lb
Females: All Ages			
Height in Shoes with 1" Heels	Small Frame	Medium Frame	Large Frame
6'	138 to 151 lb	148 to 162 lb	158 to 179 lb
5'11"	135 to 148 lb	145 to 159 lb	155 to 176 lb
5'10"	132 to 145 lb	142 to 156 lb	152 to 173 lb
5'9"	129 to 142 lb	139 to 153 lb	149 to 170 lb
5'8"	126 to 139 lb	136 to 150 lb	146 to 167 lb
5'7"	123 to 136 lb	133 to 147 lb	143 to 163 lb
5'6"	120 to 133 lb	130 to 144 lb	140 to 159 lb
5'5"	117 to 130 lb	127 to 141 lb	137 to 155 lb
5'4"	114 to 127 lb	124 to 138 lb	134 to 151 lb
5'3"	111 to 124 lb	121 to 135 lb	131 to 147 lb
5'2"	108 to 121 lb	118 to 132 lb	128 to 143 lb
5'1"	106 to 118 lb	115 to 129 lb	125 to 140 lb
5'	104 to 115 lb	113 to 126 lb	122 to 137 lb
4'11"	103 to 113 lb	111 to 123 lb	120 to 134 lb
4'10"	102 to 111 lb	109 to 121 lb	118 to 131 lb