

## Presidential Patch Fitness Test Scores: Boys

Age	1 Min Curl ups	Shuttle Run (Sec)	Sit and Reach Centimeters	Mile Run	Push Ups Cadence
6	33	12.1	31	10:15	9
7	36	11.5	30	9:22	14
8	40	11.1	31	8:48	17
9	41	10.9	31	8:31	18
10	45	10.3	30	7:57	22
11	47	10	31	7:32	27
12	50	9.8	31	7:11	31

## Boys National Patch Test Scores: Boys

Age	1 min Curl Ups	Shuttle Run (Sec)	Sit and Reach (centimeters)	Mile Run	Push Ups Cadence
6	22	13.3	26	12:36	7
7	28	12:8	25	11:40	8
8	31	12:2	25	11:05	9
9	32	11:9	25	10:30	12
10	35	11.5	25	9:48	14
11	37	11.1	25	9:20	15
12	40	10.6	26	8:40	18