

Presidential Patch Fitness Test Scores: Girls

Age	1 Min Curl ups	Shuttle Run (Sec)	Sit and Reach Centimeters	Mile Run	Push Ups Cadence
6	32	12.4	32	11:20	9
7	34	12.1	32	10:36	14
8	38	11.8	33	10:02	17
9	39	11.1	33	9:30	18
10	40	10.8	33	9:19	20
11	42	10.5	34	9:02	19
12	45	10.4	36	8:23	20

National Patch Test Scores: Girls

Age	1 min Curl Ups	Shuttle Run (Sec)	Sit and Reach (centimeters)	Mile Run	Push Ups Cadence
6	23	13.8	27	13:12	6
7	25	13.2	27	12:56	8
8	29	12.9	28	12:30	9
9	30	12.5	28	11:52	12
10	35	12.1	28	11:22	13
11	37	11.5	29	11:17	11
12	40	11.3	30	11:05	10