

USAF PT SCORE CHARTS 2026 — QUICK REFERENCE PACK

March 2026 PFRA standards under DAFMAN 36-2905 · Free printable from usafptscores.com · Unofficial reference — the Fitness Assessment Cell is the scoring authority

HOW SCORING WORKS

COMPONENT	EVENTS	MAX POINTS	FLOOR (60%)
Cardiorespiratory	2-Mile Run or 20m HAMR Shuttle	50	30
Body Composition	Waist-to-Height Ratio (WHtR)	20	12
Strength	Push-Ups or Hand-Release Push-Ups	15	9
Core Endurance	Sit-Ups, Reverse Crunch, or Plank	15	9

Pass = composite ≥ 75.0 AND every component at or above its 60% floor. Performance at the Min earns 60% of component points, at the Max earns 100%; between them points interpolate linearly.

WHtR — BODY COMPOSITION (20 PTS)

WAIST $\div$ HEIGHT	POINTS	RISK CATEGORY
≤ 0.50	20 (max)	Low
0.51 – 0.59	19.9 $\rightarrow$ 0.1 (interpolated)	Moderate
≥ 0.60	0 (component failure)	High

2-MILE RUN (50 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	16:22 / 13:30	18:56 / 15:24
30–39	16:57 / 13:54	19:47 / 16:06
40–49	17:47 / 14:30	20:55 / 17:00
50–59	19:01 / 15:24	22:35 / 18:18
60+	21:09 / 16:30	25:16 / 20:12

Run: Min = slowest passing time (earns 30 pts), Max = time earning the full 50. Between the two, points interpolate linearly.

HAMR SHUTTLE (50 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	40 / 81	25 / 60
30–39	36 / 75	22 / 55
40–49	31 / 67	18 / 48
50–59	26 / 58	15 / 40
60+	21 / 49	12 / 32

PUSH-UPS · 1 MIN (15 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	33 / 67	18 / 47
30–39	27 / 57	14 / 41
40–49	21 / 47	11 / 35
50–59	15 / 37	9 / 29
60+	10 / 27	6 / 20

HR PUSH-UPS · 2 MIN (15 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	25 / 55	12 / 35
30–39	22 / 49	10 / 31
40–49	18 / 41	8 / 27
50–59	13 / 33	6 / 22

60+	8 / 23	4 / 16
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SIT-UPS · 1 MIN (15 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	33 / 58	29 / 54
30–39	27 / 53	25 / 49
40–49	22 / 47	20 / 43
50–59	16 / 41	14 / 37
60+	12 / 35	10 / 31

CROSS-LEG REVERSE CRUNCH · 2 MIN (15 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	40 / 75	36 / 70
30–39	35 / 68	31 / 63
40–49	28 / 60	25 / 55
50–59	22 / 50	19 / 45
60+	16 / 40	13 / 35

FOREARM PLANK (15 PTS)

AGE GROUP	MALE — MIN (60%) / MAX (100%)	FEMALE — MIN (60%) / MAX (100%)
Under 30	1:45 / 3:55	1:35 / 3:35
30–39	1:35 / 3:40	1:25 / 3:20
40–49	1:25 / 3:20	1:15 / 3:00
50–59	1:10 / 2:55	1:00 / 2:35
60+	1:00 / 2:30	0:50 / 2:10

Compute exact scores at usafptscores.com (free calculator + mock PT test). Official sources: DAFMAN 36-2905 & AFPC PFRA Scoring Charts via e-publishing.af.mil. Generated July 2026.