

VMI FITNESS TEST SCORING



VMI Fitness Test (VFT) Scoring							
PUSH-UP SCORING STANDARDS (reps)							
Points	Under 25		Points	Points	25-29		Points
	M	F			M	F	
20.0	≥ 67	≥ 47	20.0	20.0	≥ 62	≥ 47	20.0
19.8	66	46	19.8	19.7	61	46	19.8
19.6	65	45	19.6	19.4	60	45	19.6
19.4	64	44	19.4	19.0	59	44	19.4
19.2	63	43	19.2	18.8	58	43	19.2
19.0	62	42	19.0	18.6	57	42	19.0
18.8	61	41	18.8	18.4	56	41	18.8
18.6	60	40	18.6	18.2	55	40	18.6
18.4	59	39	18.4	18.0	54	39	18.4
18.2	58	38	18.2	17.8	53	38	18.2
18.0	57	37	18.0	17.6	52	37	18.0
17.8	56	36	17.8	17.5	51	36	17.8
17.7	55	35	17.6	17.4	50	35	17.6
17.6	54	34	17.2	17.2	49	34	17.2
17.4	53	33	17.0	17.0	48	33	17.0
17.2	52	32	16.8	16.8	47	32	16.8
17.0	51	31	16.6	16.6	46	31	16.6
16.8	50	30	16.4	16.2	45	30	16.4
16.6	49	29	16.2	16.0	44	29	16.2
16.2	48	28	16.0	15.6	43	28	16.0
16.0	47	27	15.0	15.4	42	27	15.0
15.6	46	26	14.6	15.0	41	26	14.6
15.4	45	25	14.4	14.6	40	25	14.4
15.0	44	24	14.0	14.4	39	24	14.0
14.6	43	23	13.0	14.0	38	23	13.0
14.4	42	22	12.6	13.6	37	22	12.6
14.0	41	21	12.0	13.0	36	21	12.0
13.6	40	20	11.6	12.6	35	20	11.6
13.0	39	19	11.0	12.0	34	19	11.0
12.6	38	18	10.0	11.6	33	18	10.6
12.0	37	17	7.0	11.0	32	17	10.0
11.6	36	16	4.0	10.6	31	16	7.0
11.0	35	15*	1.0	10.0	30	15	4.0
10.6	34			7.0	29	14*	1.0
10.0	33			4.0	28		
7.0	32			1.0	27*		
4.0	31						
1.0	30*						

VMI Fitness Test (VFT) Scoring							
SIT-UP SCORING STANDARDS (reps)							
Points	Under 25		Points	Points	25-29		Points
	M	F			M	F	
20.0	≥ 58	≥ 54	20.0	20.0	≥ 56	≥ 50	20.0
19.7	57	53	19.7	19.5	55	49	19.7
19.4	56	52	19.4	19.0	54	48	19.4
19.0	55	51	19.0	18.8	53	47	19.0
18.8	54	50	18.8	18.4	52	46	18.8
18.4	53	49	18.4	18.0	51	45	18.4
18.0	52	48	18.0	17.6	50	44	18.0
17.6	51	47	17.6	17.4	49	43	17.6
17.4	50	46	17.4	17.0	48	42	17.4
17.0	49	45	17.0	16.6	47	41	17.0
16.6	48	44	16.6	16.0	46	40	16.6
16.0	47	43	16.0	15.0	45	39	16.0
15.0	46	42	15.0	14.0	44	38	15.0
14.0	45	41	14.0	13.0	43	37	14.0
13.0	44	40	13.0	12.6	42	36	13.0
12.6	43	39	12.6	12.0	41	35	12.6
12.0	42	38	12.0	9.0	40	34	12.0
9.0	41	37	9.0	6.0	39	33	9.0
6.0	40	36	6.0	3.0	38*	32	6.0
3.0	39*	35*	3.0			31*	3.0

FROM THE COMMANDANT OF CADETS

VMI FITNESS TEST SCORING



VMI Fitness Test (VFT) Scoring								
1.5 MILE RUN SCORING STANDARDS (min:sec)								
Points	Under 25		Points	Points	25-29		Points	Health Risk Category
	M	F			M	F		
60.0	≤ 9:12	≤ 10:23	60.0	60.0	≤ 9:22	≤ 10:37	60.0	Low Risk
59.5	9:34	10:51	59.5	59.5	9:45	11:06	59.5	Low Risk
59.0	9:45	11:06	59.0	59.0	9:58	11:22	59.0	Low Risk
58.5	9:58	11:22	58.5	58.5	10:10	11:38	58.5	Low Risk
58.0	10:10	11:38	58.0	58.0	10:23	11:56	58.0	Low Risk
57.5	10:23	11:56	57.5	57.5	10:37	12:14	57.5	Low Risk
57.0	10:37	12:14	57.0	57.0	10:51	12:33	57.0	Low Risk
56.5	10:51	12:33	56.5	56.5	11:06	12:53	56.5	Low Risk
56.0	11:06	12:53	56.0	56.0	11:22	13:14	56.0	Low Risk
55.5	11:22	13:14	55.5	55.5	11:38	13:36	55.5	Low Risk
55.0	11:38	13:36	55.0	55.0	11:56	14:00	55.0	Low Risk
54.5	11:56	14:00	54.5	54.5	12:14	14:25	54.5	Low Risk
54.0	12:14	14:25	54.0	54.0	12:33	14:52	54.0	Low Risk
53.5	12:33	14:52	53.5	53.5	12:53	15:20	53.5	Low Risk
52.0	12:53	15:20	52.0	52.0	13:14	15:50	52.0	Moderate Risk
50.5	13:14	15:50	50.5	50.5	13:36	16:22	50.5	Moderate Risk
49.0	13:36	16:22	49.0	49.0	14:00	16:57	49.0	Moderate Risk
46.5	14:00	16:57	46.0	46.5	14:25	17:34	46.0	High Risk
44.0	14:25	17:34	42.5	44.0	14:52	18:14	42.5	High Risk
41.0	14:52	18:14	39.0	41.0	15:20	18:56	39.0	High Risk
38.0	15:20	18:56*	35.0	38.0	15:50	19:43*	35.0	High Risk
35.0	15:50			35.0	16:22*			High Risk

FROM THE COMMANDANT OF CADETS