

WALK TEST - 16 YEAR-OLD MALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:50	17:57	18:04	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:01	19:08	19:15	19:22	19:29	19:36	19:43	19:50	19:58	20:05	20:12	20:19	20:26	20:33
104	16:35	16:42	16:49	16:56	17:03	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:57	19:04	19:11	19:18	19:25	19:32	19:39	19:46	19:53	20:00	20:07	20:14	20:21
108	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:27	17:34	17:41	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:38	18:45	18:52	18:59	19:06	19:13	19:20	19:27	19:35	19:42	19:49	19:56	20:03	20:10
112	16:12	16:19	16:26	16:33	16:40	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:34	18:41	18:48	18:55	19:02	19:09	19:16	19:23	19:30	19:37	19:44	19:51	19:58
116	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:29	18:36	18:43	18:50	18:57	19:04	19:12	19:19	19:26	19:33	19:40	19:47
120	15:49	15:56	16:03	16:10	16:17	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:00	19:07	19:14	19:21	19:28	19:35
124	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:56	19:03	19:10	19:17	19:24
128	15:26	15:33	15:40	15:47	15:54	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:48	17:55	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:51	18:58	19:05	19:12
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140	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:10	18:17	18:24	18:31	18:38
144	14:40	14:47	14:54	15:01	15:08	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:19	16:26	16:33	16:40	16:47	16:54	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26
148	14:29	14:36	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:47	17:54	18:01	18:08	18:15
152	14:17	14:24	14:31	14:38	14:45	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03
156	14:06	14:13	14:20	14:27	14:34	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:24	17:31	17:38	17:45	17:52
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164	13:43	13:50	13:57	14:04	14:11	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:01	17:08	17:15	17:22	17:29
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172	13:20	13:27	13:34	13:41	13:48	13:55	14:02	14:09	14:16	14:23	14:30	14:37	14:44	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:38	16:45	16:52	16:59	17:06
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188	12:34	12:41	12:48	12:55	13:02	13:09	13:16	13:23	13:30	13:37	13:44	13:51	13:58	14:06	14:13	14:20	14:27	14:34	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:59	16:06	16:13	16:20
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200	11:59	12:06	12:13	12:20	12:27	12:34	12:42	12:49	12:56	13:03	13:10	13:17	13:24	13:31	13:38	13:45	13:52	13:59	14:06	14:13	14:20	14:28	14:35	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45

WALK TEST - 15 YEAR-OLD MALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:53	18:00	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:24	19:31	19:39	19:46	19:53	20:00	20:07	20:14	20:21	20:28	20:35	20:42	20:49
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112	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:15	18:22	18:29	18:36	18:43	18:50	18:57	19:04	19:11	19:18	19:25	19:32	19:39	19:46	19:53	20:01	20:08	20:15
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128	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:00	19:07	19:15	19:22	19:29
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140	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:05	16:12	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54
144	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:28	16:35	16:42	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:28	18:36	18:43
148	14:45	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31
152	14:33	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:19	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:13	18:20
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160	14:10	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:42	15:49	15:56	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:50	17:57
164	13:59	14:06	14:13	14:20	14:27	14:34	14:41	14:48	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45
168	13:47	13:55	14:02	14:09	14:16	14:23	14:30	14:37	14:44	14:51	14:58	15:05	15:12	15:19	15:26	15:33	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:27	17:34
172	13:36	13:43	13:50	13:57	14:04	14:11	14:18	14:25	14:33	14:40	14:47	14:54	15:01	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:18	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22
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WALK TEST - 14 YEAR-OLD MALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	17:30	17:37	17:45	17:52	17:59	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55	19:02	19:09	19:16	19:23	19:31	19:38	19:45	19:52	19:59	20:06	20:13	20:20	20:27	20:34	20:41	20:48	20:55	21:02	21:09	21:17
104	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33	19:40	19:47	19:54	20:01	20:08	20:16	20:23	20:30	20:37	20:44	20:51	20:58	21:05
108	17:07	17:14	17:22	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:00	19:08	19:15	19:22	19:29	19:36	19:43	19:50	19:57	20:04	20:11	20:18	20:25	20:32	20:39	20:46	20:53
112	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:24	19:31	19:38	19:45	19:53	20:00	20:07	20:14	20:21	20:28	20:35	20:42
116	16:44	16:51	16:59	17:06	17:13	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:52	18:59	19:06	19:13	19:20	19:27	19:34	19:41	19:48	19:55	20:02	20:09	20:16	20:23	20:30
120	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:01	19:08	19:15	19:22	19:30	19:37	19:44	19:51	19:58	20:05	20:12	20:19
124	16:21	16:28	16:35	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:29	18:36	18:43	18:50	18:57	19:04	19:11	19:18	19:25	19:32	19:39	19:46	19:53	20:00	20:07
128	16:10	16:17	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:38	18:45	18:52	18:59	19:07	19:14	19:21	19:28	19:35	19:42	19:49	19:56
132	15:58	16:05	16:12	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55	19:02	19:09	19:16	19:23	19:30	19:37	19:44
136	15:47	15:54	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:29	18:36	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33
140	15:35	15:42	15:49	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:00	19:07	19:14	19:21
144	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:06	18:13	18:20	18:28	18:35	18:42	18:49	18:56	19:03	19:10
148	15:12	15:19	15:26	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:51	18:58
152	15:01	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:50	17:57	18:05	18:12	18:19	18:26	18:33	18:40	18:47
156	14:49	14:56	15:03	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:28	18:35
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164	14:26	14:33	14:40	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:19	16:26	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12
168	14:15	14:22	14:29	14:36	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:19	17:26	17:33	17:40	17:47	17:54	18:01
172	14:03	14:10	14:17	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:42	15:49	15:56	16:03	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49
176	13:52	13:59	14:06	14:13	14:20	14:27	14:34	14:41	14:48	14:55	15:02	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:56	17:03	17:10	17:17	17:24	17:31	17:38
180	13:40	13:47	13:54	14:02	14:09	14:16	14:23	14:30	14:37	14:44	14:51	14:58	15:05	15:12	15:19	15:26	15:33	15:40	15:47	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26
184	13:29	13:36	13:43	13:50	13:57	14:04	14:11	14:18	14:25	14:32	14:39	14:47	14:54	15:01	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:33	16:40	16:47	16:54	17:01	17:08	17:15
188	13:17	13:24	13:31	13:38	13:46	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:03
192	13:06	13:13	13:20	13:27	13:34	13:41	13:48	13:55	14:02	14:09	14:16	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:10	16:17	16:24	16:31	16:38	16:45	16:52
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200	12:43	12:50	12:57	13:04	13:11	13:18	13:25	13:32	13:39	13:46	13:53	14:01	14:08	14:15	14:22	14:29	14:36	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:47	15:54	16:01	16:08	16:15	16:22	16:29

WALK TEST - 13 YEAR-OLD MALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70
100	18:17	18:24	18:32	18:39	18:46	18:53	19:00	19:07	19:14	19:21	19:28	19:35	19:42	19:49	19:56	20:03	20:10	20:17	20:25	20:32	20:39	20:46	20:53	21:00	21:07	21:14	21:21	21:28	21:35	21:42	21:49	21:56	22:03
104	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55	19:02	19:09	19:17	19:24	19:31	19:38	19:45	19:52	19:59	20:06	20:13	20:20	20:27	20:34	20:41	20:48	20:55	21:03	21:10	21:17	21:24	21:31	21:38	21:45	21:52
108	17:54	18:01	18:08	18:16	18:23	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33	19:40	19:47	19:54	20:02	20:09	20:16	20:23	20:30	20:37	20:44	20:51	20:58	21:05	21:12	21:19	21:26	21:33	21:40
112	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:54	19:01	19:08	19:15	19:22	19:29	19:36	19:43	19:50	19:57	20:04	20:11	20:18	20:25	20:32	20:40	20:47	20:54	21:01	21:08	21:15	21:22	21:29
116	17:31	17:38	17:45	17:53	18:00	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:24	19:31	19:39	19:46	19:53	20:00	20:07	20:14	20:21	20:28	20:35	20:42	20:49	20:56	21:03	21:10	21:17
120	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09	18:16	18:23	18:31	18:38	18:45	18:52	18:59	19:06	19:13	19:20	19:27	19:34	19:41	19:48	19:55	20:02	20:09	20:17	20:24	20:31	20:38	20:45	20:52	20:59	21:06
124	17:08	17:15	17:22	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:01	19:08	19:16	19:23	19:30	19:37	19:44	19:51	19:58	20:05	20:12	20:19	20:26	20:33	20:40	20:47	20:54
128	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:08	18:15	18:22	18:29	18:36	18:43	18:50	18:57	19:04	19:11	19:18	19:25	19:32	19:39	19:46	19:53	20:01	20:08	20:15	20:22	20:29	20:36	20:43
132	16:45	16:52	16:59	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:38	18:45	18:53	19:00	19:07	19:14	19:21	19:28	19:35	19:42	19:49	19:56	20:03	20:10	20:17	20:24	20:31
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140	16:22	16:29	16:36	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33	19:40	19:47	19:54	20:01	20:08
144	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:00	19:07	19:15	19:22	19:29	19:36	19:43	19:50	19:57
148	15:59	16:06	16:13	16:21	16:28	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:24	19:31	19:38	19:45
152	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:06	17:13	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:52	18:59	19:06	19:13	19:20	19:27	19:34
156	15:36	15:43	15:50	15:58	16:05	16:12	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:01	19:08	19:15	19:22
160	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:28	16:35	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:29	18:36	18:43	18:50	18:57	19:04	19:11
164	15:13	15:20	15:27	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:38	18:45	18:52	18:59
168	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:06	18:13	18:20	18:27	18:34	18:41	18:48
172	14:50	14:57	15:04	15:11	15:19	15:26	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:29	18:36
176	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:42	15:49	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:43	17:50	17:57	18:04	18:11	18:18	18:25
180	14:27	14:34	14:41	14:48	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:06	18:13
184	14:16	14:23	14:30	14:37	14:44	14:51	14:58	15:05	15:12	15:19	15:26	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:20	17:27	17:34	17:41	17:48	17:55	18:02
188	14:04	14:11	14:18	14:25	14:33	14:40	14:47	14:54	15:01	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:50
192	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:42	14:49	14:56	15:03	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:04	17:11	17:18	17:25	17:32	17:39
196	13:41	13:48	13:55	14:02	14:10	14:17	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:27
200	13:30	13:37	13:44	13:51	13:58	14:05	14:12	14:19	14:26	14:33	14:40	14:47	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:19	16:26	16:33	16:41	16:48	16:55	17:02	17:09	17:16

WALK TEST - 16 YEAR-OLD FEMALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	16:26	16:33	16:40	16:47	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:41	18:48	18:55	19:02	19:09	19:16	19:23	19:30	19:37	19:44	19:51	19:58	20:05	20:12
104	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:40	17:47	17:54	18:01	18:08	18:15	18:22	18:29	18:36	18:43	18:50	18:57	19:04	19:11	19:18	19:26	19:33	19:40	19:47	19:54	20:01
108	16:03	16:10	16:17	16:24	16:32	16:39	16:46	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:25	18:32	18:39	18:46	18:53	19:00	19:07	19:14	19:21	19:28	19:35	19:42	19:49
112	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:17	17:24	17:31	17:38	17:45	17:52	17:59	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55	19:03	19:10	19:17	19:24	19:31	19:38
116	15:40	15:47	15:54	16:01	16:08	16:16	16:23	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26
120	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:40	18:47	18:54	19:01	19:08	19:15
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132	14:54	15:01	15:08	15:15	15:22	15:30	15:37	15:44	15:51	15:58	16:05	16:12	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40
136	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:01	18:08	18:15	18:22	18:29
140	14:31	14:38	14:45	14:52	14:59	15:07	15:14	15:21	15:28	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17
144	14:20	14:27	14:34	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:38	17:45	17:52	17:59	18:06
148	14:08	14:15	14:22	14:29	14:36	14:44	14:51	14:58	15:05	15:12	15:19	15:26	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54
152	13:57	14:04	14:11	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:29	15:36	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:15	17:22	17:29	17:36	17:43
156	13:45	13:52	13:59	14:06	14:13	14:21	14:28	14:35	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31
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168	13:11	13:18	13:25	13:32	13:39	13:46	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:29	16:36	16:43	16:50	16:57
172	12:59	13:06	13:13	13:20	13:27	13:35	13:42	13:49	13:56	14:03	14:10	14:17	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:28	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45
176	12:48	12:55	13:02	13:09	13:16	13:23	13:30	13:37	13:44	13:51	13:58	14:05	14:12	14:20	14:27	14:34	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:06	16:13	16:20	16:27	16:34
180	12:36	12:43	12:50	12:57	13:04	13:11	13:19	13:26	13:33	13:40	13:47	13:54	14:01	14:08	14:15	14:22	14:29	14:36	14:43	14:50	14:57	15:05	15:12	15:19	15:26	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22
184	12:25	12:32	12:39	12:46	12:53	13:00	13:07	13:14	13:21	13:28	13:35	13:42	13:49	13:57	14:04	14:11	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:43	15:50	15:57	16:04	16:11
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WALK TEST - 15 YEAR-OLD FEMALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	16:30	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:02	18:09	18:16	18:23	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33	19:40	19:48	19:55	20:02	20:09	20:16
104	16:18	16:25	16:32	16:39	16:46	16:54	17:01	17:08	17:15	17:22	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:40	18:47	18:54	19:01	19:08	19:15	19:22	19:29	19:36	19:43	19:50	19:57	20:04
108	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:39	17:46	17:53	18:00	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:25	19:32	19:39	19:46	19:53
112	15:55	16:02	16:09	16:16	16:23	16:31	16:38	16:45	16:52	16:59	17:06	17:13	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09	18:17	18:24	18:31	18:38	18:45	18:52	18:59	19:06	19:13	19:20	19:27	19:34	19:41
116	15:44	15:51	15:58	16:05	16:12	16:19	16:26	16:33	16:40	16:47	16:54	17:01	17:08	17:16	17:23	17:30	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:02	19:09	19:16	19:23	19:30
120	15:32	15:39	15:46	15:53	16:00	16:08	16:15	16:22	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:01	18:08	18:15	18:22	18:29	18:36	18:43	18:50	18:57	19:04	19:11	19:18
124	15:21	15:28	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:39	18:46	18:53	19:00	19:07
128	15:09	15:16	15:23	15:30	15:37	15:44	15:52	15:59	16:06	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:38	17:45	17:52	17:59	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55
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140	14:35	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:07	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:53	18:00	18:07	18:14	18:21
144	14:23	14:30	14:37	14:44	14:51	14:58	15:06	15:13	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37	16:44	16:52	16:59	17:06	17:13	17:20	17:27	17:34	17:41	17:48	17:55	18:02	18:09
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152	14:00	14:07	14:14	14:21	14:28	14:35	14:43	14:50	14:57	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46
156	13:49	13:56	14:03	14:10	14:17	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:28	15:35	15:42	15:49	15:56	16:03	16:10	16:17	16:24	16:31	16:38	16:45	16:52	16:59	17:06	17:14	17:21	17:28	17:35
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164	13:26	13:33	13:40	13:47	13:54	14:01	14:08	14:15	14:22	14:29	14:36	14:43	14:50	14:57	15:05	15:12	15:19	15:26	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:51	16:58	17:05	17:12
168	13:14	13:21	13:28	13:35	13:42	13:49	13:57	14:04	14:11	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28	15:35	15:43	15:50	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00
172	13:03	13:10	13:17	13:24	13:31	13:38	13:45	13:52	13:59	14:06	14:13	14:20	14:27	14:34	14:42	14:49	14:56	15:03	15:10	15:17	15:24	15:31	15:38	15:45	15:52	15:59	16:06	16:13	16:20	16:28	16:35	16:42	16:49
176	12:51	12:58	13:05	13:12	13:19	13:26	13:34	13:41	13:48	13:55	14:02	14:09	14:16	14:23	14:30	14:37	14:44	14:51	14:58	15:05	15:12	15:20	15:27	15:34	15:41	15:48	15:55	16:02	16:09	16:16	16:23	16:30	16:37
180	12:40	12:47	12:54	13:01	13:08	13:15	13:22	13:29	13:36	13:43	13:50	13:57	14:04	14:11	14:19	14:26	14:33	14:40	14:47	14:54	15:01	15:08	15:15	15:22	15:29	15:36	15:43	15:50	15:57	16:05	16:12	16:19	16:26
184	12:28	12:35	12:42	12:49	12:56	13:03	13:11	13:18	13:25	13:32	13:39	13:46	13:53	14:00	14:07	14:14	14:21	14:28	14:35	14:42	14:49	14:56	15:04	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14
188	12:17	12:24	12:31	12:38	12:45	12:52	12:59	13:06	13:13	13:20	13:27	13:34	13:41	13:48	13:56	14:03	14:10	14:17	14:24	14:31	14:38	14:45	14:52	14:59	15:06	15:13	15:20	15:27	15:34	15:42	15:49	15:56	16:03
192	12:05	12:12	12:19	12:26	12:33	12:40	12:47	12:55	13:02	13:09	13:16	13:23	13:30	13:37	13:44	13:51	13:58	14:05	14:12	14:19	14:26	14:33	14:41	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51
196	11:54	12:01	12:08	12:15	12:22	12:29	12:36	12:43	12:50	12:57	13:04	13:11	13:18	13:25	13:33	13:40	13:47	13:54	14:01	14:08	14:15	14:22	14:29	14:36	14:43	14:50	14:57	15:04	15:11	15:19	15:26	15:33	15:40
200	11:42	11:49	11:56	12:03	12:10	12:17	12:24	12:32	12:39	12:46	12:53	13:00	13:07	13:14	13:21	13:28	13:35	13:42	13:49	13:56	14:03	14:10	14:18	14:25	14:32	14:39	14:46	14:53	15:00	15:07	15:14	15:21	15:28

WALK TEST - 14 YEAR-OLD FEMALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
100	16:31	16:38	16:45	16:53	17:00	17:07	17:14	17:21	17:28	17:35	17:42	17:49	17:56	18:03	18:10	18:17	18:24	18:31	18:38	18:46	18:53	19:00	19:07	19:14	19:21	19:28	19:35	19:42	19:49	19:56	20:03	20:10	20:17
104	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:38	17:45	17:52	17:59	18:06	18:13	18:20	18:27	18:34	18:41	18:48	18:55	19:02	19:09	19:16	19:24	19:31	19:38	19:45	19:52	19:59	20:06
108	16:08	16:15	16:22	16:29	16:37	16:44	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:23	18:30	18:37	18:44	18:51	18:58	19:05	19:12	19:19	19:26	19:33	19:40	19:47	19:54
112	15:57	16:04	16:11	16:18	16:25	16:32	16:39	16:46	16:53	17:00	17:07	17:15	17:22	17:29	17:36	17:43	17:50	17:57	18:04	18:11	18:18	18:25	18:32	18:39	18:46	18:53	19:01	19:08	19:15	19:22	19:29	19:36	19:43
116	15:45	15:52	15:59	16:06	16:14	16:21	16:28	16:35	16:42	16:49	16:56	17:03	17:10	17:17	17:24	17:31	17:38	17:45	17:52	18:00	18:07	18:14	18:21	18:28	18:35	18:42	18:49	18:56	19:03	19:10	19:17	19:24	19:31
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128	15:11	15:18	15:25	15:32	15:39	15:46	15:53	16:00	16:07	16:14	16:21	16:29	16:36	16:43	16:50	16:57	17:04	17:11	17:18	17:25	17:32	17:39	17:46	17:53	18:00	18:07	18:14	18:22	18:29	18:36	18:43	18:50	18:57
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136	14:48	14:55	15:02	15:09	15:16	15:23	15:30	15:37	15:44	15:51	15:58	16:05	16:13	16:20	16:27	16:34	16:41	16:48	16:55	17:02	17:09	17:16	17:23	17:30	17:37	17:44	17:51	17:59	18:06	18:13	18:20	18:27	18:34
140	14:36	14:43	14:50	14:57	15:05	15:12	15:19	15:26	15:33	15:40	15:47	15:54	16:01	16:08	16:15	16:22	16:29	16:36	16:43	16:51	16:58	17:05	17:12	17:19	17:26	17:33	17:40	17:47	17:54	18:01	18:08	18:15	18:22
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WALK TEST - 13 YEAR-OLD FEMALE

MAXIMUM WALK TEST TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEART RATE (per minute) •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70
100	16:47	16:54	17:01	17:08	17:15	17:22	17:29	17:37	17:44	17:51	17:58	18:05	18:12	18:19	18:26	18:33	18:40	18:47	18:54	19:01	19:08	19:15	19:23	19:30	19:37	19:44	19:51	19:58	20:05	20:12	20:19	20:26	20:33
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