

Goal Setting Chart for Aerobic Capacity and PACER Test*

FITNESSGRAM[®] v10

	PACER (20m) Laps		Aerobic Capacity	
Age	Male	Female	Male	Female
10	17	17	40.2	40.2
11	20	20	40.2	40.2
12	23	23	40.3	40.1
13	29	25	41.1	39.7
14	36	27	42.5	39.4
15	42	30	43.6	39.1
16	47	32	44.1	38.9
17	50	35	44.2	38.8
18	54	38	44.3	38.6

This Lookup Table includes the minimal Aerobic Capacity (VO₂max) score and PACER (20m) laps needed for students to achieve the Healthy Fitness Zone[®] (HFZ). Though students can make goals based on the minimum number of PACER laps, teachers are encouraged to discuss the importance of aerobic capacity and to ensure that students understand how the calculated score is influenced by gender and age.

The PACER test in FITNESSGRAM 10.0 is scored based only on PACER laps, and age. The lap numbers shown in the table reflect the minimal number of laps needed for boys and girls to achieve the gender-specific HFZ for aerobic capacity.