



**NATIONAL BLUEPRINT:**  
Increasing Physical Activity Among Adults Aged 50 and Older

**6- Minute Walk**  
Aerobic Endurance



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**8 Foot Up – and – Go**  
Physical Agility



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**Chair Sit & Reach**  
Lower Body Flexibility



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**Normal Range of Scores for Women**

	60-64	65-69	70-74	75-79	80-84	85-89
<b>Chair stand test</b> (# of stands)	12-17	11-16	10-15	10-15	9-14	8-13
<b>Arm curl test</b> (# of reps)	13-19	12-18	12-17	11-17	10-16	10-15
<b>6-minute walk test**</b> (# of yd)	545-660	500-635	480-615	435-585	385-540	340-510
<b>2-minute step test</b> (# of steps)	75-107	73-107	68-101	68-100	60-90	55-85
<b>Chair sit-and-reach test<sup>†</sup></b> (in. +/-)	-0.5+5.0	-0.5+4.5	-1.0+4.0	-1.5+3.5	-2.0+3.0	-2.5+2.5
<b>Back scratch test<sup>†</sup></b> (in. +/-)	-3.0+1.5	-3.5+1.5	-4.0+1.0	-5.0+0.5	-5.5+0.0	-7.0-1.0
<b>8-foot up-and-go test</b> (sec)	6.0-4.4	6.4-4.8	7.1-4.9	7.4-5.2	8.7-5.7	9.6-6.2

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**Back Scratch**  
Upper Body Flexibility



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**Normal Range of Scores for Men**

	60-64	65-69	70-74	75-79	80-84	85-89
<b>Chair stand test</b> (# of stands)	14-19	12-18	12-17	11-17	10-15	8-14
<b>Arm curl test</b> (# of reps)	16-22	15-21	14-21	13-19	13-19	11-17
<b>6-minute walk test**</b> (# of yd)	610-735	560-700	545-680	470-640	445-605	380-570
<b>2-minute step test</b> (# of steps)	87-115	86-116	80-110	73-109	71-103	59-91
<b>Chair sit-and-reach test<sup>†</sup></b> (in. +/-)	-2.5+4.0	-3.0+3.0	-3.0+3.0	-4.0+2.0	-5.5+1.5	-5.5+0.5
<b>Back scratch test<sup>†</sup></b> (in. +/-)	-6.5+0.0	-7.5-1.0	-8.0-1.0	-9.0-2.0	-9.5-2.0	-9.5-3.0
<b>8-foot up-and-go test</b> (sec)	5.6-3.8	5.9-4.3	6.2-4.4	7.2-4.6	7.6-5.2	8.9-5.5

\* Normal range of scores is defined as the middle 50 percent of each age group. Scores above the range would be considered "above average" and those below the range would be "below average."  
\*\* Scores are rounded to the nearest four yards.  
† Scores are rounded to the nearest half inch.

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**Chair Stand Test (Women)**

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	21	19	19	19	18	17	16
90	20	18	18	17	17	15	15
85	19	17	17	16	16	14	13
80	18	16	16	15	15	14	12
75	17	15	15	14	13	12	11
70	16	14	14	13	12	11	9
65	15	13	13	12	11	10	8
60	14	12	12	11	10	9	7
55	13	11	11	10	9	8	6
50	12	10	10	9	8	7	5
45	11	9	9	8	7	6	4
40	10	8	8	7	6	5	3
35	9	7	7	6	5	4	2
30	8	6	6	5	4	3	1
25	7	5	5	4	3	2	0
20	6	4	4	3	2	1	0
15	5	3	3	2	1	0	0
10	4	2	2	1	0	0	0
5	3	1	1	0	0	0	0

**Age Group Percentile Norms**  
**Chair Stand Test (Women)**

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**Personal Profile Form**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Test Date: 2/12/07

Test Item	Score	Below Average	Normal Range	Above Average	Notes	Comments
Chair Stand (10s of stands)	17			75%		Keep up good work!
Arm Curl (10s of repetitions)	20			70%		Keep good!
3-Minute Walk (yd or 2-Minute Step (steps))	740 yd			70%		Excellent! Keep up your walking program!
Chair Sit-to-Stand (10s of sit-to-stand)	44.0			50%		Flexibility work with cold stretches for only and hamstring muscles.
Back Scratch (10s of sit-to-stand)	4.5			20%		Stretch all muscles for shoulder flexibility.
10-Minute Sit-to-Go (10s of sit)	8.2			60%		Keep good mobility!
Body Mass Index (over 180 chart)	14.67	15.5	18.5	24		0-12: Underweight may affect loss of muscle or bone 15-24: Healthy range 25-27: Overweight may cause increase risk of disability/disease

Figure 1. Sample personal profile form.  
\*Always compare your test results to the norms in the chart. If performance is below the norm, you may need to consult with a health professional.

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**Chair Stand Test (Men)**

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	23	21	21	21	19	19	16
90	22	21	20	20	18	17	15
85	21	20	19	18	16	16	14
80	20	19	18	18	16	15	13
75	19	18	17	17	15	14	12
70	18	17	16	16	14	13	11
65	17	16	15	15	13	12	10
60	16	15	14	14	12	11	9
55	15	14	13	13	11	10	8
50	14	13	12	12	10	9	7
45	13	12	11	11	9	8	6
40	12	11	10	10	8	7	5
35	11	10	9	9	7	6	4
30	10	9	8	8	6	5	3
25	9	8	7	7	5	4	2
20	8	7	6	6	4	3	1
15	7	6	5	5	3	2	0
10	6	5	4	4	2	1	0
5	5	4	3	3	1	0	0

**Age Group Percentile Norms**  
**Chair Stand Test (Men)**

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**Scorecard: Senior Fitness Test**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Test Item	Norm 1	Norm 2	Comments
1. Chair Stand Test (10s of stands)	N/A	N/A	
2. Arm Curl Test (10s of repetitions)	N/A	N/A	
3. 3-Minute Step Test (yd or 2-Minute Step (steps))	N/A	N/A	
4. Chair Sit-to-Stand Test (10s of sit-to-stand)	N/A	N/A	
5. Back Scratch Test (10s of sit-to-stand)	N/A	N/A	
6. 10-Minute Sit-to-Go Test (10s of sit)	N/A	N/A	

**Scorecard: Senior Fitness Test**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Test Item	Norm 1	Norm 2	Comments
1. Chair Stand Test (10s of stands)	N/A	N/A	
2. Arm Curl Test (10s of repetitions)	N/A	N/A	
3. 3-Minute Step Test (yd or 2-Minute Step (steps))	N/A	N/A	
4. Chair Sit-to-Stand Test (10s of sit-to-stand)	N/A	N/A	
5. Back Scratch Test (10s of sit-to-stand)	N/A	N/A	
6. 10-Minute Sit-to-Go Test (10s of sit)	N/A	N/A	

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**Performance Charts**

Legend:  
 Range: [shaded area]  
 Norm: [line]  
 75th percentile: [line with square]  
 25th percentile: [line with circle]

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**Summary**

- Conducting research
- Evaluating individuals and identifying risk factors
- Planning programs
- Educating and Setting goals