

## USWFS Fitness Challenge Points Chart

| MALE   |            |          |          |          |       |
|--------|------------|----------|----------|----------|-------|
| Points | 1.5 mi Run | 3 mi Run | Pull-ups | Push-ups | Plank |
| 100    | 8:00       | 16:45    | 25       | 120      | 5:00  |
| 99     | 8:02       | 16:52    | --       | 118      | 4:57  |
| 98     | 8:04       | 16:59    | 24       | 117      | 4:54  |
| 97     | 8:05       | 17:06    | --       | 115      | 4:51  |
| 96     | 8:07       | 17:13    | --       | 113      | 4:48  |
| 95     | 8:09       | 17:20    | --       | 112      | 4:45  |
| 94     | 8:11       | 17:26    | 23       | 110      | 4:41  |
| 93     | 8:13       | 17:33    | --       | 108      | 4:38  |
| 92     | 8:14       | 17:40    | --       | 106      | 4:35  |
| 91     | 8:16       | 17:47    | 22       | 105      | 4:32  |
| 90     | 8:18       | 17:54    | --       | 103      | 4:29  |
| 89     | 8:20       | 18:01    | --       | 101      | 4:26  |
| 88     | 8:22       | 18:08    | 21       | 100      | 4:23  |
| 87     | 8:23       | 18:15    | --       | 98       | 4:20  |
| 86     | 8:25       | 18:22    | --       | 96       | 4:17  |
| 85     | 8:27       | 18:29    | --       | 95       | 4:14  |
| 84     | 8:29       | 18:35    | 20       | 93       | 4:11  |
| 83     | 8:31       | 18:42    | --       | 91       | 4:08  |
| 82     | 8:32       | 18:49    | --       | 89       | 4:05  |
| 81     | 8:34       | 18:56    | 19       | 88       | 4:02  |
| 80     | 8:36       | 19:03    | --       | 86       | 3:59  |
| 79     | 8:38       | 19:10    | --       | 84       | 3:56  |
| 78     | 8:40       | 19:17    | 18       | 83       | 3:53  |
| 77     | 8:41       | 19:24    | --       | 81       | 3:50  |
| 76     | 8:43       | 19:31    | --       | 79       | 3:47  |
| 75     | 8:45       | 19:38    | --       | 78       | 3:44  |
| 74     | 8:47       | 19:44    | 17       | 76       | 3:41  |
| 73     | 8:49       | 19:51    | --       | 74       | 3:38  |
| 72     | 8:50       | 19:58    | --       | 72       | 3:35  |
| 71     | 8:52       | 20:05    | 16       | 71       | 3:32  |
| 70     | 8:54       | 20:12    | --       | 69       | 3:29  |
| 69     | 8:56       | 20:19    | --       | 67       | 3:26  |
| 68     | 8:58       | 20:26    | 15       | 66       | 3:23  |
| 67     | 8:59       | 20:33    | --       | 64       | 3:20  |
| 66     | 9:01       | 20:40    | --       | 62       | 3:17  |

| FEMALE |            |          |          |          |       |
|--------|------------|----------|----------|----------|-------|
| Points | 1.5 mi Run | 3 mi Run | Pull-ups | Push-ups | Plank |
| 100    | 9:00       | 19:00    | 15       | 70       | 5:00  |
| 99     | 9:02       | 19:07    | --       | 69       | 4:57  |
| 98     | 9:04       | 19:14    | --       | 68       | 4:54  |
| 97     | 9:05       | 19:21    | --       | 67       | 4:51  |
| 96     | 9:07       | 19:28    | --       | 66       | 4:48  |
| 95     | 9:09       | 19:35    | --       | 65       | 4:45  |
| 94     | 9:11       | 19:42    | 14       | 64       | 4:41  |
| 93     | 9:13       | 19:49    | --       | 63       | 4:38  |
| 92     | 9:14       | 19:56    | --       | 62       | 4:35  |
| 91     | 9:16       | 20:03    | --       | 61       | 4:32  |
| 90     | 9:18       | 20:10    | --       | 60       | 4:29  |
| 89     | 9:20       | 20:17    | --       | 59       | 4:26  |
| 88     | 9:22       | 20:24    | 13       | 58       | 4:23  |
| 87     | 9:23       | 20:31    | --       | 57       | 4:20  |
| 86     | 9:25       | 20:38    | --       | 56       | 4:17  |
| 85     | 9:27       | 20:45    | --       | 55       | 4:14  |
| 84     | 9:29       | 20:51    | --       | 54       | 4:11  |
| 83     | 9:31       | 20:58    | --       | 53       | 4:08  |
| 82     | 9:32       | 21:05    | --       | 52       | 4:05  |
| 81     | 9:34       | 21:12    | 12       | 51       | 4:02  |
| 80     | 9:36       | 21:19    | --       | 50       | 3:59  |
| 79     | 9:38       | 21:26    | --       | 49       | 3:56  |
| 78     | 9:40       | 21:34    | --       | 48       | 3:53  |
| 77     | 9:41       | 21:41    | --       | 47       | 3:50  |
| 76     | 9:43       | 21:48    | --       | 46       | 3:47  |
| 75     | 9:45       | 21:56    | --       | 45       | 3:44  |
| 74     | 9:47       | 22:03    | 11       | 44       | 3:41  |
| 73     | 9:49       | 22:07    | --       | 43       | 3:38  |
| 72     | 9:50       | 22:14    | --       | 42       | 3:35  |
| 71     | 9:52       | 22:21    | --       | 41       | 3:32  |
| 70     | 9:54       | 22:28    | --       | 40       | 3:29  |
| 69     | 9:56       | 22:35    | --       | 39       | 3:26  |
| 68     | 9:58       | 22:42    | --       | 38       | 3:23  |
| 67     | 9:59       | 22:49    | 10       | 37       | 3:20  |
| 66     | 10:01      | 22:56    | --       | 36       | 3:17  |

|    |       |       |    |    |      |
|----|-------|-------|----|----|------|
| 65 | 9:03  | 20:47 | -- | 61 | 3:14 |
| 64 | 9:05  | 20:53 | 14 | 59 | 3:11 |
| 63 | 9:07  | 21:00 | -- | 57 | 3:08 |
| 62 | 9:08  | 21:07 | -- | 55 | 3:05 |
| 61 | 9:10  | 21:14 | 13 | 54 | 3:02 |
| 60 | 9:12  | 21:21 | -- | 52 | 2:59 |
| 59 | 9:14  | 21:28 | -- | 50 | 2:56 |
| 58 | 9:16  | 21:35 | 12 | 49 | 2:53 |
| 57 | 9:17  | 21:42 | -- | 47 | 2:50 |
| 56 | 9:19  | 21:49 | -- | 45 | 2:47 |
| 55 | 9:21  | 21:56 | -- | 44 | 2:44 |
| 54 | 9:23  | 22:02 | 11 | 42 | 2:41 |
| 53 | 9:25  | 22:09 | -- | 40 | 2:38 |
| 52 | 9:26  | 22:16 | -- | 38 | 2:35 |
| 51 | 9:28  | 22:23 | -- | 37 | 2:32 |
| 50 | 9:30  | 22:30 | 10 | 35 | 2:29 |
| 49 | 9:33  | 22:36 | -- | -- | 2:26 |
| 48 | 9:37  | 22:43 | -- | -- | 2:23 |
| 47 | 9:41  | 22:47 | -- | 34 | 2:20 |
| 46 | 9:44  | 22:50 | -- | -- | 2:17 |
| 45 | 9:48  | 22:57 | -- | -- | 2:14 |
| 44 | 9:52  | 23:04 | -- | 33 | 2:11 |
| 43 | 9:55  | 23:11 | -- | -- | 2:08 |
| 42 | 9:59  | 23:18 | 9  | 32 | 2:05 |
| 41 | 10:02 | 23:26 | -- | -- | 2:02 |
| 40 | 10:06 | 23:33 | -- | -- | 1:59 |
| 39 | 10:10 | 23:40 | -- | 31 | 1:56 |
| 38 | 10:13 | 23:47 | -- | -- | 1:53 |
| 37 | 10:17 | 23:54 | -- | 30 | 1:50 |
| 36 | 10:20 | 24:01 | -- | -- | 1:47 |
| 35 | 10:24 | 24:08 | -- | -- | 1:44 |
| 34 | 10:28 | 24:15 | 8  | 29 | 1:41 |
| 33 | 10:31 | 24:23 | -- | -- | 1:38 |
| 32 | 10:35 | 24:27 | -- | 28 | 1:35 |
| 31 | 10:38 | 24:30 | -- | -- | 1:32 |
| 30 | 10:42 | 24:44 | -- | -- | 1:29 |
| 29 | 10:46 | 24:51 | -- | 27 | 1:26 |
| 28 | 10:49 | 24:58 | -- | -- | 1:23 |
| 27 | 10:53 | 25:05 | -- | 26 | 1:20 |
| 26 | 10:56 | 25:12 | -- | -- | 1:17 |
| 25 | 11:00 | 25:20 | 7  | 25 | 1:14 |

|    |       |       |    |    |      |
|----|-------|-------|----|----|------|
| 65 | 10:03 | 23:04 | -- | 35 | 3:14 |
| 64 | 10:05 | 23:10 | -- | 34 | 3:11 |
| 63 | 10:07 | 23:17 | -- | 33 | 3:08 |
| 62 | 10:08 | 23:24 | -- | 32 | 3:05 |
| 61 | 10:10 | 23:31 | -- | 31 | 3:02 |
| 60 | 10:12 | 23:38 | 9  | 30 | 2:59 |
| 59 | 10:14 | 23:45 | -- | 29 | 2:56 |
| 58 | 10:16 | 23:52 | -- | 28 | 2:53 |
| 57 | 10:17 | 23:59 | -- | 27 | 2:50 |
| 56 | 10:19 | 24:06 | -- | 26 | 2:47 |
| 55 | 10:21 | 24:13 | -- | -- | 2:44 |
| 54 | 10:23 | 24:20 | -- | 25 | 2:41 |
| 53 | 10:25 | 24:27 | 8  | 24 | 2:38 |
| 52 | 10:26 | 24:34 | -- | 23 | 2:35 |
| 51 | 10:28 | 24:41 | -- | 22 | 2:32 |
| 50 | 10:30 | 24:48 | -- | 21 | 2:29 |
| 49 | 10:33 | 24:54 | -- | 20 | 2:26 |
| 48 | 10:37 | 25:01 | -- | -- | 2:23 |
| 47 | 10:41 | 25:08 | -- | -- | 2:20 |
| 46 | 10:44 | 25:11 | 7  | 19 | 2:17 |
| 45 | 10:48 | 25:18 | -- | -- | 2:14 |
| 44 | 10:52 | 25:25 | -- | -- | 2:11 |
| 43 | 10:55 | 25:32 | -- | -- | 2:08 |
| 42 | 10:59 | 25:39 | -- | -- | 2:05 |
| 41 | 11:02 | 25:47 | -- | 18 | 2:02 |
| 40 | 11:06 | 25:54 | -- | -- | 1:59 |
| 39 | 11:10 | 26:01 | 6  | -- | 1:56 |
| 38 | 11:13 | 26:08 | -- | -- | 1:53 |
| 37 | 11:17 | 26:15 | -- | -- | 1:50 |
| 36 | 11:20 | 26:22 | -- | 17 | 1:47 |
| 35 | 11:24 | 26:29 | -- | -- | 1:44 |
| 34 | 11:28 | 26:36 | -- | -- | 1:41 |
| 33 | 11:31 | 26:44 | -- | -- | 1:38 |
| 32 | 11:35 | 26:48 | 5  | -- | 1:35 |
| 31 | 11:38 | 26:51 | -- | 16 | 1:32 |
| 30 | 11:42 | 26:58 | -- | -- | 1:29 |
| 29 | 11:46 | 27:05 | -- | -- | 1:26 |
| 28 | 11:49 | 27:12 | -- | 15 | 1:23 |
| 27 | 11:53 | 27:19 | -- | -- | 1:20 |
| 26 | 11:56 | 27:26 | -- | -- | 1:17 |
| 25 | 12:00 | 27:34 | 4  | -- | 1:14 |

|    |       |       |    |    |      |
|----|-------|-------|----|----|------|
| 24 | 11:10 | 25:36 | -- | -- | 1:11 |
| 23 | 11:20 | 25:53 | -- | 24 | 1:08 |
| 22 | 11:30 | 26:10 | -- | -- | 1:05 |
| 21 | 11:40 | 26:26 | 6  | 23 | 1:02 |
| 20 | 11:50 | 26:43 | -- | -- | 0:59 |
| 19 | 12:00 | 27:00 | -- | 22 | 0:56 |
| 18 | 12:10 | 27:16 | 5  | -- | 0:53 |
| 17 | 12:20 | 27:33 | -- | -- | 0:50 |
| 16 | 12:30 | 27:50 | -- | 21 | 0:47 |
| 15 | 12:40 | 28:06 | -- | -- | 0:44 |
| 14 | 12:50 | 28:23 | 4  | 20 | 0:41 |
| 13 | 13:00 | 28:40 | -- | -- | 0:38 |
| 12 | 13:10 | 28:57 | -- | -- | 0:35 |
| 11 | 13:20 | 29:13 | 3  | 19 | 0:32 |
| 10 | 13:30 | 29:30 | -- | -- | 0:29 |
| 9  | 13:40 | 29:47 | -- | 18 | 0:26 |
| 8  | 13:50 | 30:03 | -- | -- | 0:23 |
| 7  | 14:00 | 30:20 | 2  | 17 | 0:20 |
| 6  | 14:10 | 30:37 | -- | -- | 0:17 |
| 5  | 14:20 | 30:53 | -- | -- | 0:14 |
| 4  | 14:30 | 31:10 | 1  | 16 | 0:11 |
| 3  | 14:40 | 31:27 | -- | -- | 0:08 |
| 2  | 14:50 | 31:43 | -- | 15 | 0:05 |
| 1  | 15:00 | 32:00 | -- | -- | 0:03 |

|    |       |       |    |    |      |
|----|-------|-------|----|----|------|
| 24 | 12:10 | 27:40 | -- | 14 | 1:11 |
| 23 | 12:20 | 27:57 | -- | -- | 1:08 |
| 22 | 12:30 | 28:14 | -- | -- | 1:05 |
| 21 | 12:40 | 28:30 | -- | -- | 1:02 |
| 20 | 12:50 | 28:47 | -- | 13 | 0:59 |
| 19 | 13:00 | 29:04 | -- | -- | 0:56 |
| 18 | 13:10 | 29:20 | 3  | -- | 0:53 |
| 17 | 13:20 | 29:37 | -- | -- | 0:50 |
| 16 | 13:30 | 29:54 | -- | -- | 0:47 |
| 15 | 13:40 | 30:10 | -- | 12 | 0:44 |
| 14 | 13:50 | 30:27 | -- | -- | 0:41 |
| 13 | 14:00 | 30:44 | -- | 11 | 0:38 |
| 12 | 14:10 | 31:01 | -- | -- | 0:35 |
| 11 | 14:20 | 31:17 | 2  | -- | 0:32 |
| 10 | 14:30 | 31:34 | -- | -- | 0:29 |
| 9  | 14:40 | 31:51 | -- | -- | 0:26 |
| 8  | 14:50 | 32:07 | -- | 10 | 0:23 |
| 7  | 15:00 | 32:24 | -- | -- | 0:20 |
| 6  | 15:10 | 32:41 | -- | -- | 0:17 |
| 5  | 15:20 | 32:57 | -- | -- | 0:14 |
| 4  | 15:30 | 33:14 | 1  | -- | 0:11 |
| 3  | 15:40 | 33:31 | -- | 9  | 0:08 |
| 2  | 15:50 | 33:47 | -- | -- | 0:05 |
| 1  | 16:00 | 34:00 | -- | -- | 0:03 |

Updated January 2026

The BLM Fitness Challenge is composed of a combined point total from 4 exercise categories: (1) Pull-ups, (2) push-ups, (3) plank, and (4) 1.5 or 3.0 mile run. Scoring is based on repetitions or time for each exercise, with a maximum of 100 points in each category. Use the scoring table to calculate scores. Scores may be submitted using the Excel Spreadsheet available at:

<https://www.nifc.gov/about-us/our-partners/blm/training/fitness-challenge>

#### Fitness Challenge Updates:

**2021 and prior**, the BLM Fitness Challenge included push-ups, pull-ups, sit-ups, and run (1.5 or 3-mile option).

**2022** update included: (1) separate scoring tables for males and females, (2) introduction of the plank, replacing sit-ups, and the (3) flexed-arm hang, as an alternative to pull-ups.

**2026** (1) Flexed-arm hang removed. (2) BLM fire program unified with BIA, FWS, NPS as USWFS.