

# 2022 BLM Fitness Challenge

Points	1		OR	2		3		4		Points				
	Pull ups			Flexed Arm Hang		Push-ups		Plank			1.5 mi Run		3 mi Run	
	Male	Female		Male	Female	Male	Female	Male	Female		Male	Female	Male	Female
100	25	15		1:40	1:40	120	70	5:00	5:00	8:00	9:00	16.45	19:00	100
99				1:39	1:39	118	69	4:57	4:57	8:02	9:02	16.52	19:07	99
98	24			1:38	1:38	117	68	4:54	4:54	8:04	9:04	16.59	19:14	98
97				1:37	1:37	115	67	4:51	4:51	8:05	9:05	17.06	19:21	97
96				1:36	1:36	113	66	4:48	4:48	8:07	9:07	17.13	19:28	96
95				1:35	1:35	112	65	4:45	4:45	8:09	9:09	17.20	19:35	95
94	23	14		1:34	1:34	110	64	4:41	4:41	8:11	9:11	17.26	19:42	94
93				1:33	1:33	108	63	4:38	4:38	8:13	9:13	17.33	19:49	93
92				1:32	1:32	106	62	4:35	4:35	8:14	9:14	17.40	19:56	92
91	22			1:31	1:31	105	61	4:32	4:32	8:16	9:16	17.47	20:03	91
90				1:30	1:30	103	60	4:29	4:29	8:18	9:18	17.54	20:10	90
89				1:29	1:29	101	59	4:26	4:26	8:20	9:20	18.01	20:17	89
88	21	13		1:28	1:28	100	58	4:23	4:23	8:22	9:22	18.08	20:24	88
87				1:27	1:27	98	57	4:20	4:20	8:23	9:23	18.15	20:31	87
86				1:26	1:26	96	56	4:17	4:17	8:25	9:25	18.22	20:38	86
85				1:25	1:25	95	55	4:14	4:14	8:27	9:27	18.29	20:45	85
84	20			1:24	1:24	93	54	4:11	4:11	8:29	9:29	18.35	20:51	84
83				1:23	1:23	91	53	4:08	4:08	8:31	9:31	18.42	20:58	83
82				1:22	1:22	89	52	4:05	4:05	8:32	9:32	18.49	21:05	82
81	19	12		1:21	1:21	88	51	4:02	4:02	8:34	9:34	18.56	21:12	81
80				1:20	1:20	86	50	3:59	3:59	8:36	9:36	19.03	21:19	80
79				1:19	1:19	84	49	3:56	3:56	8:38	9:38	19.10	21:26	79
78	18			1:18	1:18	83	48	3:53	3:53	8:40	9:40	19.17	21:34	78
77				1:17	1:17	81	47	3:50	3:50	8:41	9:41	19.24	21:41	77
76				1:16	1:16	79	46	3:47	3:47	8:43	9:43	19.31	21:48	76
75				1:15	1:15	78	45	3:44	3:44	8:45	9:45	19.38	21:56	75
74	17	11		1:14	1:14	76	44	3:41	3:41	8:47	9:47	19.44	22:03	74
73				1:13	1:13	74	43	3:38	3:38	8:49	9:49	19.51	22:07	73
72				1:12	1:12	72	42	3:35	3:35	8:50	9:50	19.58	22:14	72
71	16			1:11	1:11	71	41	3:32	3:32	8:52	9:52	20.05	22:21	71
70				1:10	1:10	69	40	3:29	3:29	8:54	9:54	20.12	22:28	70
69				1:09	1:09	67	39	3:26	3:26	8:56	9:56	20.19	22:35	69
68	15			1:08	1:08	66	38	3:23	3:23	8:58	9:58	20.26	22:42	68
67		10		1:07	1:07	64	37	3:20	3:20	8:59	9:59	20.33	22:49	67
66				1:06	1:06	62	36	3:17	3:17	9:01	10:01	20.40	22:56	66
65				1:05	1:05	61	35	3:14	3:14	9:03	10:03	20.47	23:04	65
64	14			1:04	1:04	59	34	3:11	3:11	9:05	10:05	20.53	23:10	64
63				1:03	1:03	57	33	3:08	3:08	9:07	10:07	21.00	23:17	63
62				1:02	1:02	55	32	3:05	3:05	9:08	10:08	21.07	23:24	62
61	13			1:01	1:01	54	31	3:02	3:02	9:10	10:10	21.14	23:31	61
60		9		1:00	1:00	52	30	2:59	2:59	9:12	10:12	21.21	23:38	60
59				0:59	0:59	50	29	2:56	2:56	9:14	10:14	21.28	23:45	59
58	12			0:58	0:58	49	28	2:53	2:53	9:16	10:16	21.35	23:52	58
57				0:57	0:57	47	27	2:50	2:50	9:17	10:17	21.42	23:59	57
56				0:56	0:56	45	26	2:47	2:47	9:19	10:19	21.49	24:06	56
55				0:55	0:55	44	26	2:44	2:44	9:21	10:21	21.56	24:13	55
54	11			0:54	0:54	42	25	2:41	2:41	9:23	10:23	22.02	24:20	54
53		8		0:53	0:53	40	24	2:38	2:38	9:25	10:25	22.09	24:27	53
52				0:52	0:52	38	23	2:35	2:35	9:26	10:26	22.16	24:34	52
51				0:51	0:51	37	22	2:32	2:32	9:28	10:28	22.23	24:41	51
50	10			0:50	0:50	35	21	2:29	2:29	9:30	10:30	22.30	24:48	50
49				0:49	0:49		20	2:26	2:26	9:33	10:33	22.36	24:54	49
48				0:48	0:48			2:23	2:23	9:37	10:37	22.43	25:01	48
47				0:47	0:47	34		2:20	2:20	9:41	10:41	22.47	25:08	47

46		7			0:46	0:46		19	2:17	2:17	9:44	10:44			22.50	25:11	46
45					0:45	0:45			2:14	2:14	9:48	10:48			22.57	25:18	45
44					0:44	0:44	33		2:11	2:11	9:52	10:52			23.04	25:25	44
43					0:43	0:43			2:08	2:08	9:55	10:55			23.11	25:32	43
42	9				0:42	0:42	32		2:05	2:05	9:59	10:59			23.18	25:39	42
41					0:41	0:41		18	2:02	2:02	10:02	11:02			23.26	25:47	41
40					0:40	0:40			1:59	1:59	10:06	11:06			23.33	25:54	40
39		6			0:39	0:39	31		1:56	1:56	10:10	11:10			23.40	26:01	39
38					0:38	0:38			1:53	1:53	10:13	11:13			23.47	26:08	38
37					0:37	0:37	30		1:50	1:50	10:17	11:17			23.54	26:15	37
36					0:36	0:36		17	1:47	1:47	10:20	11:20			24.01	26:22	36
35					0:35	0:35			1:44	1:44	10:24	11:24			24.08	26:29	35
34	8				0:34	0:34	29		1:41	1:41	10:28	11:28			24.15	26:36	34
33					0:33	0:33			1:38	1:38	10:31	11:31			24.23	26:44	33
32		5			0:32	0:32	28		1:35	1:35	10:35	11:35			24.27	26:48	32
31					0:31	0:31		16	1:32	1:32	10:38	11:38			24.30	26:51	31
30					0:30	0:30			1:29	1:29	10:42	11:42			24.44	26:58	30
29					0:29	0:29	27		1:26	1:26	10:46	11:46			24.51	27:05	29
28					0:28	0:28		15	1:23	1:23	10:49	11:49			24.58	27:12	28
27					0:27	0:27	26		1:20	1:20	10:53	11:53			25.05	27:19	27
26					0:26	0:26			1:17	1:17	10:56	11:56			25.12	27:26	26
25	7	4			0:25	0:25	25		1:14	1:14	11:00	12:00			25.20	27:34	25
24					0:24	0:24		14	1:11	1:11	11:10	12:10			25.36	27:40	24
23					0:23	0:23	24		1:08	1:08	11:20	12:20			25.53	27:57	23
22					0:22	0:22			1:05	1:05	11:30	12:30			26.10	28:14	22
21	6				0:21	0:21	23		1:02	1:02	11:40	12:40			26.26	28:30	21
20					0:20	0:20		13	0:59	0:59	11:50	12:50			26.43	28:47	20
19					0:19	0:19	22		0:56	0:56	12:00	13:00			27.00	29:04	19
18	5	3			0:18	0:18			0:53	0:53	12:10	13:10			27.16	29:20	18
17					0:17	0:17			0:50	0:50	12:20	13:20			27.33	29:37	17
16					0:16	0:16	21		0:47	0:47	12:30	13:30			27.50	29:54	16
15					0:15	0:15		12	0:44	0:44	12:40	13:40			28.06	30:10	15
14	4				0:14	0:14	20		0:41	0:41	12:50	13:50			28.23	30:27	14
13					0:13	0:13		11	0:38	0:38	13:00	14:00			28.40	30:44	13
12					0:12	0:12			0:35	0:35	13:10	14:10			28.57	31:01	12
11	3	2			0:11	0:11	19		0:32	0:32	13:20	14:20			29.13	31:17	11
10					0:10	0:10			0:29	0:29	13:30	14:30			29.30	31:34	10
9					0:09	0:09	18		0:26	0:26	13:40	14:40			29.47	31:51	9
8					0:08	0:08		10	0:23	0:23	13:50	14:50			30.03	32:07	8
7	2				0:07	0:07	17		0:20	0:20	14:00	15:00			30.20	32:24	7
6					0:06	0:06			0:17	0:17	14:10	15:10			30.37	32:41	6
5					0:05	0:05			0:14	0:14	14:20	15:20			30.53	32:57	5
4	1	1			0:04	0:04	16		0:11	0:11	14:30	15:30			31.10	33:14	4
3					0:03	0:03		9	0:08	0:08	14:40	15:40			31.27	33:31	3
2					0:02	0:02	15		0:05	0:05	14:50	15:50			31.43	33:47	2
1					0:01	0:01			0:03	0:03	15:00	16:00			32.00	34:00	1
	<b>Male</b>	<b>Female</b>	<b>OR</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>	<b>OR</b>	<b>Male</b>	<b>Female</b>	
	<b>Pull ups</b>			<b>Flexed Arm Hang</b>		<b>Push-ups</b>		<b>Plank</b>		<b>1.5 mi Run</b>			<b>3 mi Run</b>				

The 2022 BLM Fitness Challenge is composed of a combined point total from 4 exercise categories: (1) Pull-ups or flexed-arm hang, (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 a Microsoft Form or the Excel Spreadsheet available at: <https://www.nifc.gov/about-us/our-partners/blm/training/fitness-challenge>.

Updates to the 2022 BLM Fitness Challenge include: (1) separate scoring tables for males and females and (2) introduction of the plank, in place of sit-ups, and the (2) flexed-arm hang, as an alternative to pull-ups. Those who participate in this program should consider 2022 as a trial to collect data representative of the wildland fire community.