

ACHIEVEMENT SCALES

| SIT-UPS | | PULL-UPS | | SHUTTLE-RUN | | Sum of Scores | P. F. R. | |
|---------|-------|----------|-------|-------------|-------|---------------|-----------|-----------|
| No. | Score | No. | Score | Sec. | Score | | | |
| 114 | 100 | 24 | 100 | 34 | 100 | 300 | EXCELLENT | 100 |
| 108 | 98 | 23 | 98 | 35 | 98 | 294 | | 98 |
| 102 | 96 | 22 | 96 | 36 | 96 | 288 | | 96 |
| 96 | 95 | 21 | 95 | 37 | 95 | 285 | | 95 |
| 90 | 93 | 20 | 93 | 38 | 93 | 279 | | 93 |
| 85 | 90 | 19 | 90 | 39 | 90 | 270 | | 90 |
| 81 | 85 | 18 | 85 | 40 | 85 | 255 | | 85 |
| 77 | 81 | 17 | 81 | 41 | 81 | 243 | | 81 |
| 73 | 78 | 16 | 78 | 42 | 78 | 234 | | 78 |
| 69 | 75 | 15 | 75 | 43 | 75 | 225 | | 75 |
| 66 | 74 | | | | | 222 | 74 | |
| 64 | 73 | | | 44 | 73 | 219 | 73 | |
| 62 | 72 | 14 | 72 | 45 | 71 | 216 | 72 | |
| 60 | 70 | | | | | 210 | 70 | |
| 58 | 68 | 13 | 68 | 46 | 67 | 204 | 68 | |
| 56 | 66 | | | | | 198 | 66 | |
| 54 | 65 | 12 | 65 | 47 | 65 | 195 | 65 | |
| 52 | 64 | | | | | 192 | 64 | |
| 50 | 63 | 11 | 62 | 48 | 63 | 189 | GOOD | 63 |
| 48 | 61 | | | | | 183 | | 61 |
| 47 | 60 | | | 49 | 60 | 180 | | 60 |
| 45 | 58 | 10 | 58 | 50 | 58 | 174 | | 58 |
| 44 | 57 | | | 51 | 56 | 171 | | 57 |
| 42 | 55 | | | | | 165 | | 55 |
| 40 | 54 | 9 | 54 | 52 | 54 | 162 | | 54 |
| 38 | 52 | | | 53 | 52 | 156 | | 52 |
| 36 | 50 | 8 | 49 | 54 | 50 | 150 | | 50 |
| 33 | 48 | | | 55 | 48 | 144 | | 48 |
| 31 | 47 | | | | | 141 | 47 | |
| 30 | 46 | | | 56 | 46 | 138 | POOR | 46 |
| 29 | 45 | 7 | 45 | | | 135 | | 45 |
| 28 | 44 | | | 57 | 44 | 132 | | 44 |
| 27 | 42 | 6 | 41 | 58 | 42 | 126 | | 42 |
| 26 | 40 | | | 59 | 40 | 120 | | 40 |
| 25 | 38 | 5 | 38 | 60 | 38 | 114 | | 38 |
| 24 | 36 | | | 61 | 36 | 108 | | 36 |
| 22 | 35 | 4 | 35 | | | 105 | | 35 |
| 21 | 34 | | | 62 | 34 | 102 | | 34 |
| 19 | 33 | 3 | 32 | 63 | 32 | 99 | | VERY POOR |
| 17 | 30 | | | 64 | 30 | 90 | 30 | |
| 15 | 27 | 2 | 26 | 65 | 27 | 81 | 27 | |
| 12 | 23 | | | 66 | 23 | 69 | 23 | |
| 9 | 20 | | | 67 | 20 | 60 | 20 | |
| 6 | 17 | 1 | 17 | 68 | 17 | 51 | 17 | |
| 3 | 15 | | | 69 | 15 | 45 | 15 | |
| 1 | 10 | | | 70 | 10 | 30 | 10 | |