



General Physical Preparedness (GPP) Chart for Males: 21-25 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	109	92	8:15
3 Star Coach	90	102	86	9:00
2 Star Coach	75	90	76	9:45
1 Star Coach	60	62	51	11:00

GPP Chart for Females: 21-25 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	109	51	9:29
3 Star Coach	90	102	47	11:30
2 Star Coach	75	90	42	12:30
1 Star Coach	60	62	24	13:30

General Physical Preparedness (GPP) Chart for Males: 26-30 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	105	87	8:30
3 Star Coach	90	98	81	9:15
2 Star Coach	75	87	71	10:30
1 Star Coach	60	58	47	12:00

GPP Chart for Females: 26-30 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	105	48	9:47
3 Star Coach	90	98	44	11:30
2 Star Coach	75	87	39	13:15
1 Star Coach	60	58	21	14:15

General Physical Preparedness (GPP) Chart for Males: 31-35 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	101	84	8:55
3 Star Coach	90	95	77	9:38
2 Star Coach	75	84	67	10:52
1 Star Coach	60	54	44	12:53



GPP Chart for Females: 31-35 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	101	46	10:17
3 Star Coach	90	95	43	11:45
2 Star Coach	75	84	37	13:23
1 Star Coach	60	54	19	14:53

General Physical Preparedness (GPP) Chart for Males: 36-40 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	98	80	9:20
3 Star Coach	90	92	74	10:00
2 Star Coach	75	81	64	11:15
1 Star Coach	60	51	41	13:45

GPP Chart for Females: 36-40 Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	98	44	10:46
3 Star Coach	90	92	41	12:00
2 Star Coach	75	81	35	13:30
1 Star Coach	60	51	17	15:30

General Physical Preparedness (GPP) Chart for Males: 41+ Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	95	76	9:25
3 Star Coach	90	88	70	10:08
2 Star Coach	75	78	60	11:23
1 Star Coach	60	47	37	14:08

GPP Chart for Females: 41+ Years of Age

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run
4 Star Coach	100	95	43	10:51
3 Star Coach	90	88	39	12:08
2 Star Coach	75	78	34	13:45
1 Star Coach	60	47	14	15:53



Steps used to determine your overall score:

1. Determine the points you achieved for each event.
2. Add the points for each individual event.
3. Divide the total points by three to get an average.
4. Assign performance category-level.