Source: PFRA Scoring Charts, effective March 1, 2026
Last verified October 21, 2026

AIR FORCE PFRA QUICK REFERENCE

Components, passing standards, categories, and the minimum result for each event by age group.

COMPONENTS

- **Cardio (50 points):** 2-mile run or 20-meter HAMR
- **Body composition (20 points):** waist-to-height ratio, no minimum
- **Strength (15 points):** push-ups or hand-release push-ups
- **Core (15 points):** sit-ups, cross-leg reverse crunch, or forearm plank

PASSING AND CATEGORIES

- Meet the minimum in strength, core, and cardio, with a composite of at least 75
- **Excellent:** 90 and above
- **Satisfactory:** 75 to 89.9
- **Unsatisfactory:** below 75 or any minimum missed
- A waist-to-height ratio of 0.49 or less earns all 20 points

MINIMUM RESULT IN EACH EVENT, BY AGE GROUP

Men

Event	Under 25	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Push-ups (1 min)	30	28	26	23	21	19	17	14	12
Hand-release push-ups	27	25	23	21	19	17	15	13	11
Sit-ups (1 min)	33	31	29	27	25	23	21	19	17
Reverse crunch	35	33	31	29	27	25	23	21	19
Forearm plank	1:35	1:30	1:25	1:20	1:15	1:10	1:05	1:00	0:55
2-mile run	19:45	19:55	20:44	21:16	22:04	22:27	22:50	23:36	24:00
20-m HAMR	42	42	38	36	32	31	30	27	26

Women

Event	Under 25	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Push-ups (1 min)	15	14	12	11	10	8	7	5	3
Hand-release push-ups	17	15	13	11	9	7	5	3	1
Sit-ups (1 min)	29	25	20	18	16	10	9	7	6
Reverse crunch	33	31	29	27	25	23	21	19	17
Forearm plank	1:30	1:25	1:20	1:15	1:10	1:05	1:00	0:55	0:50
2-mile run	25:23	25:40	26:15	26:30	26:52	27:15	28:05	28:40	29:40
20-m HAMR	21	20	19	18	17	16	14	13	11

Score your PFRA
militaryfitness.org/air-force-pfra-calculator/

Veteran career resources
hireaveteran.org/

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