

3 Minute Step Test

Gender	Male (18-25)	Female (18-25)
Excellent	70	72
	72	79
	78	83
Good	82	88
	85	93
	88	97
Above Average	91	100
	94	103
	97	106
Average	101	110
	102	112
	104	116
Below Average	107	118
	110	122
	114	124
Poor	118	128
	121	133
	126	137
Very Poor	131	142
	137	149
	164	155

Based on Y's Way to Physical Fitness: Physical Fitness Evaluation Profile