

Crunch Test Chart (Women)

	AGE				
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>70	>55	>50	>48	>40
Good	37-69	34-54	34-49	23-47	23-39
Average	27-36	21-33	25-33	9-22	13-22
Fair	17-26	12-20	14-24	0-8	3-12
Poor	0-16	0-11	0-13	0	0-2