

119TH CONGRESS
1ST SESSION

H. CON. RES. 20

Establishing the Congressional Fitness Challenge, and for other purposes.

IN THE HOUSE OF REPRESENTATIVES

MARCH 24, 2025

Mr. HAMADEH of Arizona submitted the following concurrent resolution;
which was referred to the Committee on House Administration

CONCURRENT RESOLUTION

Establishing the Congressional Fitness Challenge, and for
other purposes.

1 *Resolved by the House of Representatives (the Senate*
2 *concurring),*

3 **SECTION 1. CONGRESSIONAL FITNESS CHALLENGE.**

4 There is established a national recognition program,
5 to be known as the Congressional Fitness Challenge (in
6 this concurrent resolution referred to as the “Challenge”),
7 to promote physical fitness and personal achievement
8 among eligible participants through voluntary, perform-
9 ance-based fitness tests.

1 **SEC. 2. TESTS.**

2 The Challenge shall be comprised of the following
3 tests to be administered to eligible participants:

4 (1) 1-mile run or walk, which shall be assessed
5 based on the time taken to run or walk 1 mile.

6 (2) Pull-ups or flexed arm hang, which shall be
7 assessed based on the maximum number of contin-
8 uous pull-ups or flexed arm hangs completed with
9 proper form.

10 (3) Curl-ups or sit-ups, which shall be assessed
11 based on the number of curl-ups or sit-ups com-
12 pleted in 60 seconds.

13 (4) Shuttle run, which shall be assessed based
14 on the time taken to run 30 feet back and forth be-
15 tween 2 parallel lines, picking up a block of wood or
16 similar object twice at 1 such line, for a total of 120
17 feet.

18 (5) Sit-and-reach, which shall be assessed based
19 on the maximum distance reached.

20 **SEC. 3. ADMINISTRATION OF CHALLENGE.**

21 (a) CHALLENGE SPONSORS.—The following entities
22 may sponsor the Challenge:

23 (1) A public or private school that provides edu-
24 cation in any grade from kindergarten through
25 grade 12.

1 (2) A Member of the House of Representatives
2 or Senator who organizes a community-based event.

3 (3) An independent entity that provides testing
4 for an eligible participant that attends a home
5 school.

6 (b) TEST ADMINISTRATORS.—The tests under sec-
7 tion 2 shall be administered by a certified fitness profes-
8 sional.

9 **SEC. 4. BENCHMARKS.**

10 (a) IN GENERAL.—The covered committees shall con-
11 sult with fitness organizations or certified fitness profes-
12 sionals to finalize and publish benchmarks that set a per-
13 formance standard for each test under section 2 based on
14 age and gender. In finalizing such benchmarks, such com-
15 mittees shall take into account the historical standards
16 used in the Presidential Physical Fitness Test.

17 (b) ADAPTIVE STANDARDS.—Such benchmarks shall
18 include adaptive standards for eligible participants with
19 disabilities.

20 **SEC. 5. DATA COLLECTION.**

21 (a) IN GENERAL.—An entity sponsoring the Chal-
22 lenge under section 3(a) shall submit to the covered com-
23 mittees the data of all eligible participants who participate
24 in the Challenge sponsored by such entity.

1 (b) DATA AGGREGATION.—The covered committees
 2 shall aggregate such data based on the gender and age
 3 group of such participants across the United States for
 4 each 1-year period.

5 **SEC. 6. RECOGNITION.**

6 (a) IN GENERAL.—An eligible participant who per-
 7 forms at or above the benchmarks under section 4 in the
 8 gender and age group of such participant for each test
 9 under section 2 may receive a certificate that is signed
 10 by—

11 (1) the Speaker of the House of Representa-
 12 tives;

13 (2) the President pro tempore of the Senate;

14 (3) the Member of the House of Representa-
 15 tives who represents the congressional district in
 16 which such participant resides; and

17 (4) the Senator of the State in which such par-
 18 ticipant resides.

19 (b) RECOGNITION LEVELS.—For an eligible partici-
 20 pant who performs at or above the following percentiles
 21 in the gender and age group of such participant for each
 22 test under section 2, a certificate under subsection (a)
 23 shall indicate the lowest recognition level achieved on any
 24 such test as follows:

1 (1) Gold level: Top 85th percentile of eligible
2 participants who participated in the Challenge.

3 (2) Silver level: Top 75th percentile of eligible
4 participants who participated in the Challenge.

5 (3) Bronze level: Top 50th percentile of eligible
6 participants who participated in the Challenge.

7 **SEC. 7. ADMINISTRATION AND OVERSIGHT.**

8 (a) REGULATIONS AND GUIDANCE.—The covered
9 committees shall jointly—

10 (1) prescribe regulations to oversee the Chal-
11 lenge, including—

12 (A) testing protocols;

13 (B) mechanisms to report any information
14 needed for recognition under section 6 to the
15 Member of the House of Representatives who
16 represents the congressional district in which an
17 eligible participant resides and the Senator of
18 the State in which such participant resides;

19 (C) regulations to protect the privacy of el-
20 igible participants who participate in the Chal-
21 lenge and address the liability risks of sponsors
22 under section 3(a); and

23 (D) uniform standards for submitting data
24 to the covered committees under section 5; and

25 (2) issue guidance on the use of—

(A) a Members' Representational Allowance by a Member of the House of Representatives under subsection (b); and

(B) a Senators' Official Personnel and Office Expense Account by a Senator under subsection (b).

(b) FUNDING SOURCES.—

(1) IN GENERAL.—

(A) MEMBERS' REPRESENTATIONAL ALLOWANCE.—A Member of the House of Representatives may use amounts provided under the Members' Representational Allowance of such Member under section 101 of the House of Representatives Administrative Reform Technical Corrections Act (2 U.S.C. 5341) to carry out activities related to the Challenge.

(B) SENATORS' OFFICIAL PERSONNEL AND OFFICE EXPENSE ACCOUNT.—A Senator may use amounts provided under the Senators' Official Personnel and Office Expense Account of such Senator under the first section of Public Law 100–137 (2 U.S.C. 6313) to carry out activities related to the Challenge.

(2) ALTERNATIVE FUNDING.—Not later than 1 year after the date of enactment of this Act, the

1 Subcommittees on the Legislative Branch of the
2 Committees on Appropriations of the House of Rep-
3 resentatives and the Senate shall publish a report on
4 the feasibility and desirability of using other funds
5 of the House of Representatives and Senate in cov-
6 ering expenses incurred in carrying out the Chal-
7 lenge.

8 **SEC. 8. DEFINITIONS.**

9 In this concurrent resolution:

10 (1) CERTIFIED FITNESS PROFESSIONAL.—The
11 term “certified fitness professional” means a fitness
12 professional with a relevant certification, as deter-
13 mined by a sponsor under section 3(a), such as—

14 (A) a physical education teacher at a pub-
15 lic or private school that provides education in
16 a grade from kindergarten through grade 12,
17 but only with respect to eligible participants
18 who are in an age group for which such teacher
19 is qualified to administer the tests under sec-
20 tion 2; or

21 (B) a physical trainer with a certification
22 from the National Academy of Sports Medicine,
23 the American Council on Exercise, or a similar
24 entity.

1 (2) COVERED COMMITTEES.—The term “cov-
2 ered committees” means the Committee on House
3 Administration of the House of Representatives and
4 the Committee on Rules and Administration of the
5 Senate.

6 (3) ELIGIBLE PARTICIPANT.—The term “eligi-
7 ble participant” means a student, including a stu-
8 dent attending a public, private, or home school,
9 aged 6 through 17.

10 (4) MEMBER OF THE HOUSE OF REPRESENTA-
11 TIVES.—The term “Member of the House of Rep-
12 resentatives” means a Representative in, or a Dele-
13 gate or Resident Commissioner to, the Congress.

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