

119TH CONGRESS  
1ST SESSION

# H. CON. RES. 20

Establishing the Congressional Fitness Challenge, and for other purposes.

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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

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## 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—

1 (A) a Members' Representational Allow-  
 2 ance by a Member of the House of Representa-  
 3 tives under subsection (b); and

4 (B) a Senators' Official Personnel and Of-  
 5 fice Expense Account by a Senator under sub-  
 6 section (b).

7 (b) FUNDING SOURCES.—

8 (1) IN GENERAL.—

9 (A) MEMBERS' REPRESENTATIONAL AL-  
 10 LOWANCE.—A Member of the House of Rep-  
 11 resentatives may use amounts provided under  
 12 the Members' Representational Allowance of  
 13 such Member under section 101 of the House  
 14 of Representatives Administrative Reform Tech-  
 15 nical Corrections Act (2 U.S.C. 5341) to carry  
 16 out activities related to the Challenge.

17 (B) SENATORS' OFFICIAL PERSONNEL AND  
 18 OFFICE EXPENSE ACCOUNT.—A Senator may  
 19 use amounts provided under the Senators' Offi-  
 20 cial Personnel and Office Expense Account of  
 21 such Senator under the first section of Public  
 22 Law 100–137 (2 U.S.C. 6313) to carry out ac-  
 23 tivities related to the Challenge.

24 (2) ALTERNATIVE FUNDING.—Not later than 1  
 25 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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