ARMY COMBAT FITNESS TEST SCORECARD												FOR OFFICIAL USE ONLY							
							Direct agency is TRAL				NAME (Last	First, N	AI)						
NOTE: To convert r at https://w	rsion tables posted to	the Army Combat Fitness Test website SEX MALE FEMALE																	
Body Composition at least 7 days before						T. To	avoid illness and inju	ry, height and weig	ould be	recorded	UNIT/LOCA								
							PRIVACY ACT	STATEMENT											
AUTHORITY:	10 six	USC 7013, years of co	Department o	of the Ai ervice c	rmy; 10 USC 671 or found not qualit	, Mer fied fo	nbers not to be assig or promotion to first lie	gned outside United States before completing training; 10 USC 14503, Discharge of officers with less than ieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.											
PRINCIPAL PURP	OSE: The of F	e Army Con Records No	nbat Fitness T tice 0005, Def	est (AC	CFT) assesses a raining Records, I	Soldie	er's combat fitness ca	apability. Fitness tes .gov/documents/20	st sta 20/12	ndards 2/28/202	are adjuste 0-26548/p	ed for age an	d sex. F <u>1974-sy</u>	or additional info	ormatic	n, see the System			
								e subject to a number of proper and necessary routine uses identified in the system of records notice(s)											
DISCLOSURE:	Vol	untary. Ho	wever, failure	to provi	ide identifying info	ormat	ion may prevent abilit	y to remain in the n	nilitar	ту.									
		TEST TWO																	
DATE (YYYYMMD	D) MC	MOS PA		AY GR	GRADE AGE			DATE (YYYYMMDD) MOS		S	F	PAY GRADE		AGE					
BODY COMPOSIT		:						BODY COMPOSI	ITION	N DATE:									
HEIGHT (inches)		WEIGHT			E	BODY	′ FAT	HEIGHT (inches)		WE		GHT			FAT				
. ,		lbs GO [		NOGO%			GO 🗌 NOGO					🗌 GO 🗌 NOGO		%		GO 🗌 NOGO			
:	3 REPETITI	ON MAXIMU	JM DEADLIFT (	weight lif	fted - check heavies	t (lbs.)	))	3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))											
1ST ATTEMPT 2ND ATTEMPT POINTS				GRADER INITIALS			1ST ATTEMPT 2ND ATTEMPT				POINTS		GRADER INITIALS						
STAN		ER THROW	(distance throw	n - chec	k longest (meters : d	centim	eters))	STANDING POWER THROW (distance thrown - check longest (meters : centimeters))							eters))				
1ST THROW 2ND THROW F			POINTS GRADER INITIALS					1ST THROW 2ND THROW			POINTS GRADER INI			<b>FIALS</b>					
	HAND-RE	LEASE PUS	H-UP (number	of correc	tly performed repeti	tions)		HAND-RELEASE PUSH-UP (number of correctly performed repetitions)											
REPETITIONS		POINTS			GRADER INITIALS			REPETITIONS			POINTS		GRADER INITIALS						
	SPRINT	- DRAG - C	ARRY (overall (	event tim	e (minutes : second	(s))				SPRINT	- DRAG - C	ARRY (overall	event tim	ne (minutes : secono	ds))				
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))   TIME POINTS GRADER INITIALS							TIME			DIRAC O	POINTS	ovent un	GRADER INITI	.,					
PLANK (maintain proper straight line position (minutes : seconds))							PLANK (maintain proper straight line position (minutes : seconds))												
TIME		POINTS		GRADER INITI	ALS		TIME				POINTS	POINTS GRADER INITI			IALS				
	2	- MILE RUN	overall event t	ime (min	utes : seconds))					2 -	MILE RUN	(overall event	time (min	nutes : seconds))					
TIME POINTS				GRADER INITIALS			TIME			POINTS		GRADER INITIALS							
5K ROW / 1K SWIM / 12	K BIKE / 2.5MI	WALK [(circle	or use the drop do	vn list) (ov	verall time to reach requi	ired dis	tance (minutes : seconds))]	5K ROW / 1K SWIM / 1	2K BI	KE / 2.5MI	NALK [(circle	or use the drop do	wn list) (ov	verall time to reach requ	ired dist	ance (minutes : seconds))]			
TIME GO POINTS (60/0)					GRADER INITIALS							POINTS (6	0/0)	GRADER INITIALS					
SOLDIER SIGNATURE DATE						TOTAL POINTS	SOLDIER SIGNATURE					DATE		TOTAL POINTS					
OIC/NCOIC NAME (Last, First, MI) PAY GRADE							OIC/NCOIC NAM	OIC/NCOIC NAME (Last, First, MI) PAY GRADE											
OIC/NCOIC SIGNATURE DATE								OIC/NCOIC SIGNATURE DATE											

												FOR OFFICIAL USE ONLY							
ARMY COMBAT FITNESS TEST SCORECARD For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.											NAME (Last,	First, N	<i>11)</i>						
NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to at <u>https://www.army.mil/acft.</u>									Army Combat Fit	ness Tes	website	SEX MALE FEMALE							
Body Composition at least 7 days before						T. To	avoid illness and inju	ıry, ł	neight and weight	should be	recorded	UNIT/LOCATION							
							PRIVACY ACT	т ѕт	TATEMENT										
AUTHORITY:	10 six	USC 7013, years of co	Department mmissioned	of the Ar service c	my; 10 USC 671 or found not quali	, Mer fied fo	mbers not to be assign or promotion to first lie	gned outside United States before completing training; 10 USC 14503, Discharge of officers with less than eutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.											
PRINCIPAL PURF	POSE: The of F	e Army Cor Records No	nbat Fitness <sup>.</sup> tice 0005, De	Test (AC efense Tr	FT) assesses a raining Records,	Soldi https:	er's combat fitness ca //www.federalregister	apability. Fitness test standards are adjusted for age and sex. For additional information, see the System r.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records.											
								e subject to a number of proper and necessary routine uses identified in the system of records notice(s)											
DISCLOSURE:	Vol	untary. Ho	wever, failure	e to provi	de identifying info	ormat	ion may prevent abilit	ty to	remain in the mili	tary.									
		TEST FOUR																	
DATE (YYYYMMD	D) MC	MOS P/		PAY GR	AY GRADE			DA	ATE (YYYYMMDL	DD) MOS		PAY GR		ADE AG					
BODY COMPOSIT	ION DATE	:							DDY COMPOSITI	ON DATE	:								
HEIGHT (inches)		WE	IGHT		BODY FAT			HEIGHT (inches)			WE	IGHT		BODY FAT					
		lbs. GO NOG			%		] GO 🗌 NOGO			lbs.		GO 🗌 NOGO		%	GO 🗌 NOGO				
	<b>3 REPETITI</b>	ΟΝ ΜΑΧΙΜΙ	JM DEADLIFT	(weight lif	ited - check heavies	st (lbs.	))	3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))											
1ST ATTEMPT 2ND ATTEMPT POINTS				GRADER INITIALS			1ST ATTEMPT 2ND ATTEMPT			POINTS		GRADER INITIALS							
STANDING POWER THROW (distance thrown - check longest (meters : centimeters))									STANDING POWER THROW (distance thrown - check longest (meters : centimeters))							eters))			
1ST THROW 2ND THROW			POINTS	GRADER INITI	GRADER INITIALS			ST THROW	THROW 2ND THROW			POINTS GRADER		DER INITIALS					
	HAND-RELEASE PUSH-UP (number of correctly performed repetitions)									HAND-RELEASE PUSH-UP (number of correctly performed repetitions)									
REPETITIONS		POINTS			GRADER INITIALS			RE	EPETITIONS			POINTS		GRADER INITIALS					
	SPRINT	- DRAG - C	ARRY (overall	event tim	e (minutes : second	ds))		SPRINT - DRAG - CARRY (overall event time (minutes : seconds))											
TIME POINTS					GRADER INITIALS				ME			POINTS GRADER			DER INITIALS				
PLANK (maintain proper straight line position (minutes : seconds))								PLANK (maintain proper straight line position (minutes : seconds))											
TIME POINTS					GRADER INITIALS				ME			POINTS GRADER IN			ITIALS				
		2 - MILE RUN (overall event time (minutes : seconds))																	
TIME POINTS					GRADER INITIALS				ME			POINTS	GRADER INITI	GRADER INITIALS					
5K ROW / 1K SWIM / 12K BIKE / 2.5MI WALK [(circle or use the drop down list) (overall time to reach required distance (minutes : seconds)]								5K ROW / 1K SWIM / 12K BIKE / 2.5MI WALK [(circle or use the drop down list) (overall time to reach required distance (minutes : seconds)]											
TIME GO POINTS (60/0)					GRADER INITIALS				T		POINTS (60	GRADER INITI	RINITIALS						
SOLDIER SIGNATURE					DATE	ATE TOTAL POINTS			OLDIER SIGNATU		1		DATE		TOTAL POINTS				
OIC/NCOIC NAME (Last, First, MI)								OIC/NCOIC NAME (Last, First, MI)				PAY GRADE							
OIC/NCOIC SIGNATURE DATE							OIC/NCOIC SIGNATURE DATE												
								L						100					