ARMY FITNESS TEST SCORECARD

For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.

NOTE: To convert raw scores to scaled scores, refer to the AFT event score conversion tables posted to the Army Fitness Test website at: **https://www.army.mil/aft.**

Body Composition Testing will **NOT** be conducted on the same day as the AFT. To avoid illness and injury, height and weight should be recorded at least 7 days before or at least 7 days after the AFT when feasible.

FOR OFFICIAL USE ONLY

NAME *(Last, First, MI)*

SEX ☐ MALE ☐ FEMALE

UNIT/LOCATION

PRIVACY ACT STATEMENT

AUTHORITY: 10 USC 7013, Department of the Army; 10 USC 671, Members not to be assigned outside United States before completing training; 10 USC 14503, Discharge of officers with less than six years of commissioned service or found not qualified for promotion to first lieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.

PRINCIPAL PURPOSE: The Army Fitness Test (AFT) assesses a Soldier's fitness capability. Fitness test standards are adjusted for combat MOS requirements, age and sex. For additional information, see the System of Records Notice DoD-005, Defense Training Records, https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records.

ROUTINE USES: None.

DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.

TEST ONE

DATE *(YYYYMMDD)*	MOS	PAY GRADE	AGE

BODY COMPOSITION DATE:

HEIGHT *(inches)*	WEIGHT	BODY FAT
	_____ lbs. ☐ GO ☐ NOGO	_____ % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT *(weight lifted - check heaviest (lbs.))*

1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS
☐ _____	☐ _____		

HAND-RELEASE PUSH-UP *(number of correctly performed repetitions)*

REPETITIONS	POINTS	GRADER INITIALS

SPRINT - DRAG - CARRY *(overall event time (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

PLANK *(maintain proper straight line position (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

2 - MILE RUN *(overall event time (minutes : seconds))*

TIME	POINTS	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)]*

	TIME		POINTS (60/0)	GRADER INITIALS
		☐ GO ☐ NOGO		

SOLDIER SIGNATURE	DATE	TOTAL POINTS

OIC/NCOIC NAME *(Last, First, MI)*	PAY GRADE	☐ GO ☐ NOGO

OIC/NCOIC SIGNATURE	DATE

TEST TWO

DATE *(YYYYMMDD)*	MOS	PAY GRADE	AGE

BODY COMPOSITION DATE:

HEIGHT *(inches)*	WEIGHT	BODY FAT
	_____ lbs. ☐ GO ☐ NOGO	_____ % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT *(weight lifted - check heaviest (lbs.))*

1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS
☐ _____	☐ _____		

HAND-RELEASE PUSH-UP *(number of correctly performed repetitions)*

REPETITIONS	POINTS	GRADER INITIALS

SPRINT - DRAG - CARRY *(overall event time (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

PLANK *(maintain proper straight line position (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

2 - MILE RUN *(overall event time (minutes : seconds))*

TIME	POINTS	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))]*

	TIME		POINTS (60/0)	GRADER INITIALS
		☐ GO ☐ NOGO		

SOLDIER SIGNATURE	DATE	TOTAL POINTS

OIC/NCOIC NAME *(Last, First, MI)*	PAY GRADE	☐ GO ☐ NOGO

OIC/NCOIC SIGNATURE	DATE

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ROUTINE USES: None.

DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.

TEST THREE

DATE *(YYYYMMDD)*	MOS	PAY GRADE	AGE

BODY COMPOSITION DATE:

HEIGHT *(inches)*	WEIGHT	BODY FAT
	_____ lbs. ☐ GO ☐ NOGO	_____ % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT *(weight lifted - check heaviest (lbs.))*

1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS
☐ _____	☐ _____		

HAND-RELEASE PUSH-UP *(number of correctly performed repetitions)*

REPETITIONS	POINTS	GRADER INITIALS

SPRINT - DRAG - CARRY *(overall event time (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

PLANK *(maintain proper straight line position (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

2 - MILE RUN *(overall event time (minutes : seconds))*

TIME	POINTS	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)]*

	TIME		POINTS (60/0)	GRADER INITIALS
		☐ GO ☐ NOGO		

SOLDIER SIGNATURE	DATE	TOTAL POINTS

OIC/NCOIC NAME *(Last, First, MI)*	PAY GRADE	☐ GO ☐ NOGO

OIC/NCOIC SIGNATURE	DATE

TEST FOUR

DATE *(YYYYMMDD)*	MOS	PAY GRADE	AGE

BODY COMPOSITION DATE:

HEIGHT *(inches)*	WEIGHT	BODY FAT
	_____ lbs. ☐ GO ☐ NOGO	_____ % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT *(weight lifted - check heaviest (lbs.))*

1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS
☐ _____	☐ _____		

HAND-RELEASE PUSH-UP *(number of correctly performed repetitions)*

REPETITIONS	POINTS	GRADER INITIALS

SPRINT - DRAG - CARRY *(overall event time (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

PLANK *(maintain proper straight line position (minutes : seconds))*

TIME	POINTS	GRADER INITIALS

2 - MILE RUN *(overall event time (minutes : seconds))*

TIME	POINTS	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)]*

	TIME		POINTS (60/0)	GRADER INITIALS
		☐ GO ☐ NOGO		

SOLDIER SIGNATURE	DATE	TOTAL POINTS

OIC/NCOIC NAME *(Last, First, MI)*	PAY GRADE	☐ GO ☐ NOGO

OIC/NCOIC SIGNATURE	DATE