						(2001, 7 11 01, 1111)								
			s Test Sco		GEND	ER								
For use	or this form, see	9 TC 3-22.20; the	proponent agency	IS TRADUC.	UNIT									
ТІ	EST ONE		,	TEST TWO		1	EST THREE		TEST FOUR					
	RADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE			
HEIGHT (IN INCHES)	BODY COMF	POSITION BODY FAT:	HEIGHT (IN INCHES)	BODY COMF WEIGHT:	POSITION BODY FAT:	HEIGHT (IN INCHES)	BODY COM WEIGHT:	POSITION BODY FAT:	HEIGHT (IN INCHES)	BODY COM WEIGHT:	POSITION BODY FAT:			
-	Ibs	GO / NO-GO		lbs GO / NO-GO	GO / NO-GO		Ibs GO / NO-GO	GO / NO-GO		Ibs GO / NO-GO	GO / NO-GO			
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS			
SU RAW SCORE	U RAW SCORE INITIALS		SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	: INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS			
2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORI	E INITIALS	POINTS	2MR RAW SCOR	RE INITIALS	POINTS	2MR RAW SCOR	E INITIALS	POINTS			
ALTERNATE AEROE EVENT TIME NO	BIC EVENT	TOTAL POINTS	ALTERNATE AER EVENT TIME GO	OBIC EVENT	TOTAL POINTS	ALTERNATE AER EVENT TIME GO	ROBIC EVENT	TOTAL POINTS	ALTERNATE AER EVENT TIME GO	ROBIC EVENT	TOTAL POINTS			
NCOIC/OIC SIGNATI	TURE	-	NCOIC/OIC SIGNA	ATURE	-	NCOIC/OIC SIGN			NCOIC/OIC SIGN	ATURE				
COMMENTS			COMMENTS			COMMENTS			COMMENTS					

LEGEND: PU - PUSH UPS SU - SIT UPS DA FORM 705, MAY 2010 2MR - 2 MILE RUN APFT - ARMY PHYSICAL FITNESS TEST

PREVIOUS EDITIONS ARE OBSOLETE.

APD PE v1.00ES

		. DI	-1 =:4	- T4 O					(27.07, 77.7.07.7.7			- <i>)</i>						
	-	-		s Test Sco				GEND	ER									
								UNIT										
	TE	ST FIVE			T	EST SIX				Т	ES	T SEVEN		TEST EIGHT				
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HEIGHT (IN		BODY COM	POSITION	HEIGHT (IN		BODY COM	POS	ITION	HEIGHT (IN	+		BODY COMP	POSITION	HEIGHT (IN	+	BODY COMF	POSITION	
INCHES)		WEIGHT:	BODY FAT:	INCHES)		WEIGHT:	В	ODY FAT:	INCHES)	'		WEIGHT:	BODY FAT:	INCHES)		WEIGHT:	BODY FAT:	
	GO	lbs / NO-GO	GO / NO-GO		GO [lbs // NO-GO	GO	%) / NO-GO		(GO 	Ibs / NO-GO	GO / NO-GO		GC	lbs D / NO-GO	GO / NO-GO	
PU RAW SCORE		INITIALS	POINTS	PU RAW SCORE		INITIALS	F	POINTS	PU RAW SCOR	E	٦	INITIALS	POINTS	PU RAW SCOR	E	INITIALS	POINTS	
SU RAW SCORE		INITIALS	POINTS	SU RAW SCORE		INITIALS		POINTS	SU RAW SCOR	E		INITIALS	POINTS	SU RAW SCOR	E	INITIALS	POINTS	
2MR RAW SCOR	RE	INITIALS	POINTS	2MR RAW SCOF	E	INITIALS	F	POINTS	2MR RAW SCO	RE	:	INITIALS	POINTS	2MR RAW SCO	RE	INITIALS	POINTS	
ALTERNATE AEF	ROB	IC EVENT	TOTAL POINTS	ALTERNATE AEI	ROB	IC EVENT		FOTAL POINTS	ALTERNATE AE	RC	OBI	C EVENT	TOTAL POINTS	ALTERNATE AE	ROBIC EVENT		TOTAL POINTS	
TIME	NO	-GO		TIME	NC	o-GO			TIME	1	NO-	GO		TIME	NC)-G0		
NCOIC/OIC SIGN	IATU	RE		NCOIC/OIC SIGN	ATL	JRE			NCOIC/OIC SIG	NA	TUI	RE		NCOIC/OIC SIG	VATU	JRE	·	
COMMENTS				COMMENTS					COMMENTS					COMMENTS				
	J - Pl	ION: USE INK USH UPS IT UPS	2MR - 2 MILE F	RUN PHYSICAL FITNE	SS 1	EST												

DA FORM 705, MAY 2010

PREVIOUS EDITIONS ARE OBSOLETE.

APD PE v1.00ES

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AGE GROUP 17-21 22-26 27-31 32-36 37-41 AGE GROUP 42-46 47-51 52-56 57-61 62+ AGE GROUP	Repetitions	М	F	М	F	М	F	М	F	М	F	Repetitions	М	F	М	F	М	F	М	F	М	F	Repetitions
	AGE GROUP	17	-21	22	-26	27	31	32-	36	37	-41	AGE GROUP	42	46	47-	-51	52	-56	57	-61	62	2+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldiers appropriate age column. Record that number in the Push-Up points block on the front of the scorecard.

					SIT-U	P STAND	ARDS					
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79	400	99	97			79						79
78 77	100	97 96	96 95			78 77						78
76	98 97	95	94	100	100	76						77
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73						73
72	90	89	89	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	86	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	96	97	60
59	70	72	75	80	82	59	87	92	93	95 94	96 95	59
58 57	68 66	71 69	74 73	79 78	81 80	58 57	86 85	91 90	92 91	82	34	58 57
56	65	68	72	76	79	56	84	89	89	91	92	56
55	63	67	71	75	78	55	83	88	88	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	76	53	81	86	86	88	89	53
52	58	63	68	72	75	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
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38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	64	66	68	69	34
33	28	37	47	49	55	33	61	63	65	66	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
25	15	27	38	40	46	25	53	54	57	58	59	25
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23 21	35 34	36 35	43 42	22 21	50 49	51 50	54 53	55 54	56 55	22 21
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
AGE GROUP					37-41	AGE GROUP	42-46	47-51				AGE GROUP
AGE GROUP	17-21	22-26	27-31	32-36	31-41	AGE GROUP	42-40	47-51	52-56	57-61	62+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldiers appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

								2.	-MII	E F	RUN STAI	NDA	RD	S								
AGE GROUP	17-	21	22	-26	27-	-31	32-		37-		AGE GROUP	42-		47	-51	52·	-56	57	-61	62	2+	AGE GROUP
Time	М	F	М	F	М	F	М	F	М	F	Time	М	F	М	F	М	F	М	F	М	F	Time
12:54											12:54											12:54
13:00	100		100								13:00								_			13:00
13:06	99		99								13:06				_							13:06
13:12 13:18	97 96		98 97	_	100		100			<u> </u>	13:12 13:18		_		_				-		<u> </u>	13:12 13:18
13:24	94		96		99		99				13:24											13:24
13:30	93		94		98		98			\vdash	13:30				\vdash							13:30
13:36	92		93		97		97		100		13:36											13:36
13:42	90		92		96		96		99		13:42											13:42
13:48	89		91		95		95		98		13:48											13:48
13:54	88		90		94		95		97	_	13:54											13:54
14:00 14:06	86 85		89	_	92 91	_	94		97 96	_	14:00 14:06	100	_		_		_		_	_	-	14:00 14:06
14:12	83		87		90		92		95		14:12	99										14:12
14:18	82		86		89		91		94		14:18	98										14:18
14:24	81		84		88		90		93		14:24	97		100								14:24
14:30	79		83		87		89		92		14:30	97		99								14:30
14:36	78		82		86		88		91		14:36	96		98								14:36
14:42	77		81		85		87		91	<u> </u>	14:42	95		98		100			<u> </u>		<u> </u>	14:42
14:48 14:54	75 74		80 79		84		86 85		90		14:48 14:54	94	-	97 96	-	99 98						14:48 14:54
15:00	72		78	\vdash	82		85		88		15:00	92	\vdash	95	\vdash	98						15:00
15:06	71		77	l	81		84		87		15:06	91		95	\vdash	97						15:06
15:12	70		76		79		83		86		15:12	90		94		96						15:12
15:18	68		74		78		82		86		15:18	90		93		95		100				15:18
15:24	67		73	<u> </u>	77		81		85	_	15:24	89	<u> </u>	92	<u> </u>	95	<u> </u>	99	<u> </u>		_	15:24
15:30 15:36	66 64	100	72 71	100	76 75	_	80 79		84	\vdash	15:30 15:36	88 87	\vdash	91 91	\vdash	94	\vdash	98 97	\vdash		\vdash	15:30 15:36
15:36	63	99	70	99	74	-	79		82		15:36	86	 	90	\vdash	93		97	\vdash	100	 	15:36
15:48	61	98	69	98	73	100	77		81		15:48	85		89		91		96		99		15:48
15:54	60	96	68	97	72	99	76	100	80		15:54	84		88		91		95		98		15:54
16:00	59	95	67	96	71	98	75	99	80		16:00	83		87		90		94		97		16:00
16:06	57	94	66	95	70	97	75	99	79		16:06	83		87	<u> </u>	89	_	93		96		16:06
16:12	56 54	93	64	94	69	97	74	98	78	<u> </u>	16:12	82	_	86 85	<u> </u>	88 87		92	_	95	_	16:12
16:18 16:24	53	92	63 62	93 92	68 66	96 95	73 72	97 97	77 76		16:18 16:24	81 80	-	84	-	87		91 91		94		16:18 16:24
16:30	52	89	61	91	65	94	71	96	75		16:30	79		84		86		90*		93		16:30
16:36	50	88	60	90	64	93	70	95	74		16:36	78		83		85		89		92		16:36
16:42	49	87	59	89	63	92	69	94	74		16:42	77		82		84		88		91		16:42
16:48	48	85	58	88	62	91	68	94	73		16:48	77		81		84		87		90		16:48
16:54 17:00	46 45	84	57 56	87 86	61 60	91 90	67 66	93	72 71	100	16:54 17:00	76 75	-	80	-	83 82		86 85	-	89 88	-	16:54 17:00
17:06	43	82	54	85	59	89	65	92	70	99	17:06	74	 	79	\vdash	81		84		87		17:06
17:12	42	81	53	84	58	88	65	91	69	99	17:12	73		78		80		83		86		17:12
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17:24	39	78	51	82	56	86	63	90	68	97	17:24	71	100	76		79		82		84		17:24
17:30	38	77	50	81	55	86	62	89	67	96	17:30	70	99	76	400	78		81	<u> </u>	83	_	17:30
17:36 17:42	37 35	76 75	49 48	80 79	54 52	85 84	61	88	66 65	96 95	17:36 17:42	70 69	99	75 74	100 99	77 76		80 79		82 81		17:36 17:42
17:48	34	73	47	78	51	83	59	87	64	94	17:48	68	97	73	99	76		78		80		17:48
17:54	32	72	46	77	50	82	58	86	63	94	17:54	67	97	73	98	75		77		80		17:54
18:00	31	71	44	76	49	81	57	86	63	93	18:00	66	96	72	97	74		77		79		18:00
18:06	30	70	43	75	48	80	56	85	62	92	18:06	65	96	71	97	73		76	$ldsymbol{oxed}$	78		18:06
18:12	28	68	42	74	47	80	55	84	61	92	18:12	64	95	70	96	73	<u> </u>	75	\vdash	77	⊢	18:12
18:18 18:24	27 26	67 66	41	73 72	46 45	79 78	55 54	83	60 59	91 90	18:18 18:24	63 63	94	69 69	96 95	72 71	-	74 73	-	76 75		18:18 18:24
18:30	24	65	39	71	44	77	53	82	58	89	18:30	62	93	68	94	70		72		74		18:30
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18:42	21	62	37	69	42	75	51	81	57	88	18:42	60	92	66	93	69		70		72		18:42
18:48	20	61	36	68	41	74	50	80	56	87	18:48	59	91	65	92	68	<u> </u>	70		71		18:48
18:54	19	60	34	67	39	74	49	79	55	87	18:54	58	90	65	92	67	100	69	\vdash	70	\vdash	18:54
19:00 19:06	17 16	59 58	33	66 65	38 37	73 72	48 47	79 78	54 53	86 85	19:00 19:06	57 57	90 89	64 63	91 91	66 65	100 99	68 67	\vdash	69 68	\vdash	19:00 19:06
19:12	14	56	31	64	36	71	46	77	52	85	19:12	56	89	62	90	65	99	66		67		19:12
19:18	13	55	30	63	35	70	45	77	51	84	19:18	55	88	62	89	64	98	65		67		19:18
19:24	12	54	29	62	34	69	45	76	51	83	19:24	54	87	61	89	63	97	64		66		19:24
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19:42 19:48	8	50 49	26 24	59 58	31 30	67 66	42 41	74 73	48	81 80	19:42 19:48	51 50	85 85	58 58	87 86	61 60	95 94	62 61	100 99	63 62	\vdash	19:42 19:48
19:48	5	49	23	57	29	65	40	72	46	80	19:48	50	84	57	86	59	93	60	98	61		19:48
20:00	3	47	22	56	28	64	39	72	46	79	20:00	49	83	56	85	58	93	59	98	60	100	20:00
20:06	2	45	21	55	26	63	38	71	45	78	20:06	48	83	55	84	58	92	58	97	59	99	20:06
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20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30 Time	M	41 F	17 M	51 F	22 M	60 F	35 M	68 F	41 M	75 F	20:30 Time	44 M	80 F	52 M	82 F	55 M	89 F	55 M	94 F	55 M	96 F	20:30 Time
AGE GROUP	17-		22		27-	_	32-		37-		AGE GROUP	42-		_	-51	52			-61	62	_	AGE GROUP

								2	NAII	E G	DIINI CTAI	ND 4	BD									
AGE GROUP	17-	04	20	-26	27-	04	32-		_	ILE RUN STANDARDS 87-41 AGE GROUP 42-46 47-51 52-56 57-61 62+											AGE GROUP	
Time	M	-21 F	M	-26 F	M	-31 F	32- M	-36 F	M	-41 F	Time	42· M	-46 F	M	-51 F	M SZ-	-56 F	M	-61 F	M 6.	2+ F	Time
20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30
20:36		39	16	50	21	59	34	68	40	75	20:36	43	80	51	81	54	88	54	93	54	95	20:36
20:42		38	14	49	20	58	33	67	40	74	20:42	43	79	51	81	53	87	53	92	53	94	20:42
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20:54		36 35	12	47 46	18	57 56	31	66 65	38	73	20:54	41	78	49	79 79	51	86 85	51 50	91 90	52 51	93 92	20:54
21:00		33	11	45	17 16	55	30 29	64	36	72 71	21:00 21:06	39	77 77	48	78	51 50	84	50	89	50	91	21:00 21:06
21:12		32	9	44	15	54	28	63	35	71	21:12	38	76	47	77	49	84	49	88	49	90	21:12
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21:30		28	6	41	11	51	25	61	33	68	21:30	36	74	44	76	47	81	46	86	46	88	21:30
21:36		27	4	40	10	51	25	61	32	68	21:36	35	73	44	75	46	81	45	85	45	87	21:36
21:42		26	3	39	9	50	24	60	31	67	21:42	34	73	43	74	45	80	44	84	44	86	21:42
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22:00		21	U	36 35	6 5	46	21	58	29	64	22:00 22:06	31	71 70	40	72	43	78 77	42 41	82	41	84	22:00
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23:00		10 9		26 25		39	12	51 50	20 19	58 57	23:00 23:06	23	64	33	66 66	35 34	70 70	33	74 73	32	76 75	23:00 23:06
23:12		8	_	24		37	10	49	18	56	23:12	21	63	31	65	33	69	31	73	30	74	23:12
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23:36		3		20		34	6	47	15	54	23:36	17	61	28	62	30	66	28	69	27	71	23:36
23:42		2		19		33	5	46	14	53	23:42	17	60	27	62	29	65	27	69	26	70	23:42
23:48		1		18		32	5	46	13	52	23:48	16	59	26	61	29	64	26	68	25	70	23:48
23:54		0		17		31	4	45	12	52	23:54	15	59	25	61	28	64	25	67	24	69	23:54
24:00 24:06				16 15		30 29	2	44	11	51 50	24:00 24:06	14	58 57	25 24	60 59	27 26	63 62	24	66 65	23	68 67	24:00 24:06
24:12			_	14		29	1	43	10	49	24:12	12	57	23	59	25	61	23	65	21	66	24:12
24:18				13		28	0	42	9	49	24:18	11	56	22	58	25	61	22	64	20	66	24:18
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24:54		\vdash		7		23		38	4	45	24:54	6	52	18	54	20	56 56	17	59	14	61	24:54
25:00 25:06		\vdash		6 5		22		37	2	44	25:00 25:06	5 4	52 51	17 16	54 53	19 18	56 55	16 15	58 58	13	60 59	25:00 25:06
25:12		\vdash		4		20		36	1	42	25:12	3	50	15	52	18	54	14	57	12	58	25:12
25:18				3		19		35	0	42	25:18	3	50	15	52	17	53	13	56	11	58	25:18
25:24				2		18		34		41	25:24	2	49	14	51	16	53	12	55	10	57	25:24
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25:42						16		32		39	25:42		47	11	49	14	50	10	53	7	54	25:42
25:48		L_		<u> </u>		15		32	<u> </u>	38	25:48		47	11	49	13	50	9	52	6	54	25:48
25:54		\vdash		\vdash		14		31		38	25:54		46	10	48	12	49	8	51	5	53	25:54
26:00 26:06		\vdash		-		13 12		30		37 36	26:00 26:06		45 45	9	47 47	11	48 47	7 6	51 50	3	52 51	26:00 26:06
26:06		\vdash		\vdash		11		29		35	26:06		45	7	46	10	47	5	49	2	50	26:06
26:18		\vdash				11		28		35	26:18		43	7	46	9	46	4	48	1	50	26:18
26:24				T		10		28		34	26:24		43	6	45	8	45	3	47	0	49	26:24
26:30						9		27		33	26:30		42	5	44	7	44	3	47	0	48	26:30
Time	М	F	М	F	М	F	М	F	М	F	Time	М	F	М	F	М	F	М	F	М	F	Time
AGE GROUP	JP 17-21		17-21 22-		27-	27-31		36	37	-41	AGE GROUP	42	-46	47	-51	52-	-56	57-	-61	6	2+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldiers appropriate age column. In all cases, when a time falls between two point values, the lower point value is used. Record that number in the 2MR points block on the front of the scorecard.