

ARMY FITNESS TEST SCORECARD				FOR OFFICIAL USE ONLY			
For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.				NAME (Last, First, MI)			
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.				SEX <input type="checkbox"/> MALE <input type="checkbox"/> 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				TEST TWO			
DATE (YYYYMMDD)	MOS	PAY GRADE	AGE	DATE (YYYYMMDD)	MOS	PAY GRADE	AGE
STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL BODY COMPOSITION DATE: _____				STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL BODY COMPOSITION DATE: _____			
HEIGHT (inches)	WEIGHT _____ lbs. <input type="checkbox"/> GO <input type="checkbox"/> NOGO	BODY FAT _____ % <input type="checkbox"/> GO <input type="checkbox"/> NOGO		HEIGHT (inches)	WEIGHT _____ lbs. <input type="checkbox"/> GO <input type="checkbox"/> NOGO	BODY FAT _____ % <input type="checkbox"/> GO <input type="checkbox"/> NOGO	
3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))				3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS	1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)				HAND-RELEASE PUSH-UP (number of correctly performed repetitions)			
REPETITIONS		POINTS	GRADER INITIALS	REPETITIONS		POINTS	GRADER INITIALS
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))				SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME		POINTS	GRADER INITIALS	TIME		POINTS	GRADER INITIALS
PLANK (maintain proper straight line position (minutes : seconds))				PLANK (maintain proper straight line position (minutes : seconds))			
TIME		POINTS	GRADER INITIALS	TIME		POINTS	GRADER INITIALS
2 - MILE RUN (overall event time (minutes : seconds))				2 - MILE RUN (overall event time (minutes : seconds))			
TIME		POINTS	GRADER INITIALS	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))]				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	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)		TIME	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)
SOLDIER SIGNATURE			DATE	TOTAL POINTS			
OIC/NCOIC NAME (Last, First, MI)			PAY GRADE	<input type="checkbox"/> GO <input type="checkbox"/> NOGO			
OIC/NCOIC SIGNATURE			DATE	OIC/NCOIC SIGNATURE			DATE

<h1 style="margin: 0;">ARMY FITNESS TEST SCORECARD</h1> <p style="margin: 0; font-size: 0.9em;">For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.</p>				FOR OFFICIAL USE ONLY			
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UNIT/LOCATION							
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TEST THREE				TEST FOUR			
DATE (YYYYMMDD)		MOS		PAY GRADE		AGE	
STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL				STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL			
BODY COMPOSITION DATE: _____				BODY COMPOSITION DATE: _____			
HEIGHT (inches)		WEIGHT _____ lbs. <input type="checkbox"/> GO <input type="checkbox"/> NOGO		BODY FAT _____ % <input type="checkbox"/> GO <input type="checkbox"/> NOGO		HEIGHT (inches)	
WEIGHT _____ lbs. <input type="checkbox"/> GO <input type="checkbox"/> NOGO		BODY FAT _____ % <input type="checkbox"/> GO <input type="checkbox"/> NOGO		WEIGHT _____ lbs. <input type="checkbox"/> GO <input type="checkbox"/> NOGO		BODY FAT _____ % <input type="checkbox"/> GO <input type="checkbox"/> NOGO	
3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))							
1ST ATTEMPT <input type="checkbox"/> _____		2ND ATTEMPT <input type="checkbox"/> _____		POINTS		GRADER INITIALS	
2ND ATTEMPT <input type="checkbox"/> _____		POINTS		GRADER INITIALS		1ST ATTEMPT <input type="checkbox"/> _____	
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)							
REPETITIONS				POINTS		GRADER INITIALS	
POINTS				GRADER INITIALS		REPETITIONS	
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))							
TIME				POINTS		GRADER INITIALS	
POINTS				GRADER INITIALS		TIME	
PLANK (maintain proper straight line position (minutes : seconds))							
TIME				POINTS		GRADER INITIALS	
POINTS				GRADER INITIALS		TIME	
2 - MILE RUN (overall event time (minutes : seconds))							
TIME				POINTS		GRADER INITIALS	
POINTS				GRADER INITIALS		TIME	
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		<input type="checkbox"/> GO <input type="checkbox"/> NOGO		POINTS (60/0)		GRADER INITIALS	
POINTS (60/0)		GRADER INITIALS		TIME		<input type="checkbox"/> GO <input type="checkbox"/> NOGO	
SOLDIER SIGNATURE				DATE		TOTAL POINTS	
OIC/NCOIC NAME (Last, First, MI)				PAY GRADE		<input type="checkbox"/> GO <input type="checkbox"/> NOGO	
OIC/NCOIC SIGNATURE				DATE			
SOLDIER SIGNATURE				DATE		TOTAL POINTS	
OIC/NCOIC NAME (Last, First, MI)				PAY GRADE		<input type="checkbox"/> GO <input type="checkbox"/> NOGO	
OIC/NCOIC SIGNATURE				DATE			