'	ADMV	FITNESS T	EST SCOP	CAPD			FOR OFFICIAL USE ONLY						
	_		NAME (Last, First, MI)										
				ATP 7-22.01; the pro	. ,		<del></del>		CENDED				
IOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted t at <a href="https://www.army.mil/acft.">https://www.army.mil/acft.</a>						to the Army Combat Fitness Test website GENDER MALE FEMALE				ALE			
Body Composition T at least 7 days befor	njury, height and weight	ury, height and weight should be recorded UNIT/LOCATION											
					PRIVACY A	CT STATEMENT							
AUTHORITY:	signed outside United Sit lieutenant	tates bet	fore completin grade); Army F	g training; 1 Regulation 3	0 USC 1 50-1, Arr	4503, Discharge my Training and I	of officers with less that eader Development.	ın					
PRINCIPAL PURPOSE: The Army Combat Fitness Test (ACFT) assesses a Soldier's com System of Records Notice 0005, Defense Training Records, <a href="https://">https://</a>			•				-			•	ıе		
ROUTINE USES:  There is no specific routine uses anticipated for this form; however, it may be specified in the purpose statement above.										•	•		
DISCLOSURE:	•				ation may prevent a	oility to remain in the mil	itary.						
	-	TEST OF	NE				TEST TWO						
DATE (YYYYMMDD) MOS		PAY GR		ADE AC	SE .	DATE (YYYYMMDI	MDD) MOS					AGE	
BODY COMPOSITION	 ON DATE:					BODY COMPOSITION DATE:							
HEIGHT (inches) WEIGHT			ВОІ	DY FAT	HEIGHT (inches) WE			EIGHT			BODY FAT	_	
()		GO NO	GO	% [	GO NOGO			lbs.	GO N	IOGO	%	GO NOGO	
3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))						3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))							
1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIALS	3	1ST ATTEMPT	2ND A	TTEMPT	POINTS	, ,	GRADER INITI	ALS	
						STANDING POWER THROW (distance thrown - check longest (meters : centimeters))							
STANDING POWER THROW (distance thrown - check longest (meters : centimeters))					1ST THROW 2ND THROW POINTS GRADER INITIALS								
1ST THROW	ROW 2ND THROW POINTS GRADER INITIALS				GRADER INITIALS				ALS				
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)						HAND-RELEASE PUSH-UP (number of correctly performed repetitions)							
REPETITIONS POINTS				GRADER INITIALS	3	REPETITIONS POINTS GRADER INITIALS						ALS	
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))					SPRINT - DRAG - CARRY (overall event time (minutes : seconds))								
ГІМЕ	POINTS GRADER INITIALS		3	TIME	TIME			POINTS GRADER INITIALS		ALS	_		
	PI ANK (maintain nr	oner straight line	nositio	n (minutes : seconds))			ΡΙΔΙ	NK (maintain nr	ner straight li	ne nositio	n (minutes : second	(s))	
PLANK (maintain proper straight line position (minutes : seconds))  FIME POINTS GRADER INITIALS			<u> </u>	PLANK (maintain proper straight line position (minutes : seconds))  TIME POINTS GRADER INITIALS						**	_		
· · · · · ·													
2 - MILE RUN (overall event time (minutes : seconds))						2 - MILE RUN (overall event time (minutes : seconds))							
TIME POINTS GRA			GRADER INITIALS	3	TIME	TIME			POINTS GRADER INIT		ALS		
5K ROW / 1K SWIM / 12K	BIKE / 2.5MI WALK [(circle o	or use the drop dow	n list) (ove	erall time to reach required	distance (minutes : seconds	))] 5K ROW / 1K SWIM / 12K	( BIKE / 2.5	MI WALK [(circle o	or use the drop d	own list) (ov	rerall time to reach requi	ired distance (minutes : second	s))j
T	IME GO NOGO	POINTS (60/	(0)	GRADER INITIALS	3	Т	IME	GO NOGO	POINTS (6	60/0)	GRADER INITI	ALS	
SOLDIER SIGNATUR		l		DATE	TOTAL POINTS	SOLDIER SIGNATU	IRE		I		DATE	TOTAL POINTS	;
DIC/NCOIC NAME (Last, First, MI) PAY GRAD			GRADE		OIC/NCOIC NAME (Last, First, MI)				PAY	GRADE		 	
DIC/NCOIC SIGNATURE DATE				OIC/NCOIC SIGNATURE DATE						_			
					SALE								

'	ADMV	/ COMPA	T FITNESS TE	ST SCOPE	CADD	FOR OFFICIAL USE ONLY						
			see ATP 7-22.01; the propo			NAME (Last,	First, M	1)				
	aw scores to scaled soww.army.mil/acft.	cores, refer to the	ACFT event score conve	rsion tables posted to	the Army Combat Fit	Army Combat Fitness Test website GENDER MALE FEMALE						
	esting will <b>NOT</b> be core or at least 7 days a	ıry, height and weight	should be recorded	UNIT/LOCAT	TION							
				PRIVACY AC	T STATEMENT							
AUTHORITY:	10 USC 7013, six years of cor	Department of th mmissioned servi	e Army; 10 USC 671, Mer ice or found not qualified fo	mbers not to be assign or promotion to first lie	ned outside United Sta eutenant or lieutenant	ates before completi (junior grade); Army	ng training; 10 Regulation 35	USC 14 50-1, Arm	4503, Discharge of ny Training and Lea	officers with less than der Development.		
PRINCIPAL PURP	OSE: The Army Con System of Rec	mbat Fitness Testords Notice 0005	t (ACFT) assesses a Solo , Defense Training Record	dier's combat fitness ls, https://www.federa	capability. Fitness tes	st standards are adj hts/2020/12/28/2020	usted for age -26548/privacy	and ger	nder. For additiona 1974-system-of-rec	l information, see the ords.		
ROUTINE USES: There is no specific routine uses anticipated for this form; however, it may be subject to a number of proper and necessary routine uses identified in the system of records no specified in the purpose statement above.										n of records notice(s)		
DISCLOSURE:	Voluntary. How	wever, failure to p	provide identifying informat	ion may prevent abili	ty to remain in the milit	tary.						
		TEST THREE	E		TEST FOUR							
DATE (YYYYMMDI	D) MOS	PAY	GRADE AGE		DATE (YYYYMMDD	) MOS	P	'AY GRA	ADE A	GE		
BODY COMPOSITI	ON DATE:				BODY COMPOSITION DATE:							
HEIGHT (inches) WEIGHT lbs. GO			BODY	'FAT GO ∏NOGO	HEIGHT (inches)	WE	IGHT GO N					
3	REPETITION MAXIMU		lbs. GO NOGO GO GO NOGO  3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))									
1ST ATTEMPT	2ND ATTEMPT	POINTS	GRADER INITIALS		1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIAL	<i>"</i>		
STAN	DING POWER THROW	STANDING POWER THROW (distance thrown - check longest (meters : centimeters))										
1ST THROW	2ND THROW POINTS GRADER INITIALS			1ST THROW	2ND THROW	POINTS GRADER INITIALS						
	HAND-RELEASE PUSI	HAND-RELEASE PUSH-UP (number of correctly performed repetitions)										
REPETITIONS POINTS GRA			GRADER INITIALS		REPETITIONS POINTS GRADER INITIA					S		
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))					SPRINT - DRAG - CARRY (overall event time (minutes : seconds))							
TIME		POINTS	GRADER INITIALS		TIME	POINTS GRADER INITIALS		S				
	PLANK (maintain pro	PLANK (maintain proper straight line position (minutes : seconds))										
TIME POINTS		GRADER INITIALS		TIME		POINTS GRADER INITIA		GRADER INITIAL	ALS			
	2 - MILE RUN	2 - MILE RUN (overall event time (minutes : seconds))										
TIME POINTS GRADE			GRADER INITIALS		TIME	POINTS GRADER INITI		GRADER INITIAL	S			
5K ROW / 1K SWIM / 12K	K BIKE / 2.5MI WALK [(circle	or use the drop down lis	st) (overall time to reach required dis	tance (minutes : seconds)]	5K ROW / 1K SWIM / 12K	BIKE / 2.5MI WALK [(circle	or use the drop do	wn list) (ove	erall time to reach required	distance (minutes : seconds)]		
TIME GO POINTS (		POINTS (60/0)	OINTS (60/0) GRADER INITIALS		TIME GO NOGO		POINTS (60/0)		GRADER INITIALS			
SOLDIER SIGNATUI	RE	•	DATE	TOTAL POINTS	SOLDIER SIGNATUR	RE			DATE	TOTAL POINTS		
OIC/NCOIC NAME (Last, First, MI) PAY GRADE					OIC/NCOIC NAME (Last, First, MI)  PAY GRADE							
OIC/NCOIC SIGNATURE DATE				OIC/NCOIC SIGNATURE DATE								
				I .	I I					1		

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