

<h2 style="margin: 0;">Army Physical Fitness Test Scorecard</h2> <p style="margin: 0; font-size: small;">For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.</p>				NAME (Last, First, MI)				GENDER															
				UNIT/LOCATION																			
DATA REQUIRED BY THE PRIVACY ACT OF 1974																							
AUTHORITY: 10 USC 7013, Secretary 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 Physical Fitness Test provides a measure of upper and lower body muscular endurance and cardio-respiratory fitness. Fitness test standards are adjusted for age and genders. For additional information, see the System of Records Notice DoD 0005, Defense Training Records, https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records																							
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 notice(s) specified in the purpose statement above.																							
DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.																							
Body Composition Testing will NOT be conducted on the same day as the APFT. To avoid illness and injury, height and weight will be recorded at least 7 days before or at least 7 days after the APFT.																							
TEST ONE				TEST TWO				TEST THREE															
DATE (YYYYMMDD)		MOS		GRADE		AGE		DATE (YYYYMMDD)		MOS		GRADE		AGE									
HEIGHT Inches		BODY COMPOSITION DATE:				HEIGHT Inches		BODY COMPOSITION DATE:				HEIGHT Inches		BODY COMPOSITION DATE:									
		WEIGHT: lbs. <input type="checkbox"/> GO <input type="checkbox"/> NO-GO						WEIGHT: lbs. <input type="checkbox"/> GO <input type="checkbox"/> NO-GO						WEIGHT: lbs. <input type="checkbox"/> GO <input type="checkbox"/> NO-GO									
		BODY FAT: % <input type="checkbox"/> GO <input type="checkbox"/> NO-GO						BODY FAT: % <input type="checkbox"/> GO <input type="checkbox"/> NO-GO						BODY FAT: % <input type="checkbox"/> GO <input type="checkbox"/> NO-GO									
PU RAW SCORE			INITIALS			POINTS			PU RAW SCORE			INITIALS			POINTS								
SU RAW SCORE			INITIALS			POINTS			SU RAW SCORE			INITIALS			POINTS								
2MR RAW SCORE			INITIALS			POINTS			2MR RAW SCORE			INITIALS			POINTS								
ALTERNATE AEROBIC EVENT (<i>select one</i>): <input type="checkbox"/> 800Y SWIM <input type="checkbox"/> 2.5 MILE WALK <input type="checkbox"/> 6.2 MILE BIKE TIME (minutes:seconds) _____ <input type="checkbox"/> GO <input type="checkbox"/> NO-GO					TOTAL POINTS		ALTERNATE AEROBIC EVENT (<i>select one</i>): <input type="checkbox"/> 800Y SWIM <input type="checkbox"/> 2.5 MILE WALK <input type="checkbox"/> 6.2 MILE BIKE TIME (minutes:seconds) _____ <input type="checkbox"/> GO <input type="checkbox"/> NO-GO					TOTAL POINTS		ALTERNATE AEROBIC EVENT (<i>select one</i>): <input type="checkbox"/> 800Y SWIM <input type="checkbox"/> 2.5 MILE WALK <input type="checkbox"/> 6.2 MILE BIKE TIME (minutes:seconds) _____ <input type="checkbox"/> GO <input type="checkbox"/> NO-GO					TOTAL POINTS				
SOLDIER'S SIGNATURE				DATE				SOLDIER'S SIGNATURE				DATE				SOLDIER'S SIGNATURE				DATE			
NCOIC/OIC (Last, First, M.I.)						RANK		NCOIC/OIC (Last, First, M.I.)						RANK		NCOIC/OIC (Last, First, M.I.)						RANK	
NCOIC/OIC SIGNATURE						DATE		NCOIC/OIC SIGNATURE						DATE		NCOIC/OIC SIGNATURE						DATE	
COMMENTS								COMMENTS								COMMENTS							