

ARMY COMBAT FITNESS TEST SCORECARD

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

FOR OFFICIAL USE ONLY

NAME (Last, First, MI)

NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <https://www.army.mil/acft>.

GENDER MALE FEMALE

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

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 Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. Fitness test standards are adjusted for age and gender. For additional information, see the System of Records Notice 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.

TEST ONE			
DATE (YYYYMMDD)	MOS	PAY GRADE	AGE

TEST TWO			
DATE (YYYYMMDD)	MOS	PAY GRADE	AGE

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	

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	

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters : centimeters))			
1ST THROW <input type="checkbox"/> _____	2ND THROW <input type="checkbox"/> _____	POINTS	GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters : centimeters))			
1ST THROW <input type="checkbox"/> _____	2ND THROW <input type="checkbox"/> _____	POINTS	GRADER INITIALS

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

SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	

PLANK (maintain proper straight line position (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	

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	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)	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	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)	GRADER INITIALS

SOLDIER SIGNATURE	DATE	TOTAL POINTS
OIC/NCOIC NAME (Last, First, MI)	PAY GRADE	<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
---------------------	------

OIC/NCOIC SIGNATURE	DATE
---------------------	------

ARMY COMBAT FITNESS TEST SCORECARD

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

FOR OFFICIAL USE ONLY

NAME (Last, First, MI)

NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <https://www.army.mil/acft>.

GENDER MALE FEMALE

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

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 Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. Fitness test standards are adjusted for age and gender. For additional information, see the System of Records Notice 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.

TEST THREE			
DATE (YYYYMMDD)	MOS	PAY GRADE	AGE

TEST FOUR			
DATE (YYYYMMDD)	MOS	PAY GRADE	AGE

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	

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	

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____	2ND ATTEMPT <input type="checkbox"/> _____	POINTS	GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters : centimeters))			
1ST THROW <input type="checkbox"/> _____	2ND THROW <input type="checkbox"/> _____	POINTS	GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters : centimeters))			
1ST THROW <input type="checkbox"/> _____	2ND THROW <input type="checkbox"/> _____	POINTS	GRADER INITIALS

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

SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	

PLANK (maintain proper straight line position (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	

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	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)	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	<input type="checkbox"/> GO <input type="checkbox"/> NOGO	POINTS (60/0)	GRADER INITIALS

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	