'	^	NDMV FI	TNI	ESS TEST	. SC		<u> </u>		FOR OFFICIAL USE ONLY						
				ATP 7-22.01; the pi		NAIVIE (East, 1 11st, IVII)									
		· · ·		the Army Fitness Test website SEX MALE FEMALE											
Body Composition T			d illness and injur	ry, height and weight should be recorded UNIT/LOCATION											
at least 7 days belor	C of at load 7 days at	TIOT LITO 7 II T WI	1011 100	adibile.		DDIVACY AC	T STATEMENT								
ALITHOE	PITV: 10 LISC 7013	Department of	the Ar	mv: 10 USC 671 J	Membe			atas hat	afore completing	r training: 1	0.1180.17	1503 Discharge	of officers	e with less than	
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 of 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 Device.															
PRINCIPAL PURPO	OSE: The Army Fitne System of Reco	E: 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 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 US	SES: None.	None.													
DISCLOS	JRE: Voluntary. Hov	wever, failure to	provi	de identifying infor	rmation	may prevent abili	ty to remain in the milita	ary.							
		TEST ON	ΙE				TEST TWO								
DATE (YYYYMMDD) MOS		PA	PAY GRADE AGI				DATE (YYYYMMDD)) MOS			PAY GRADE AG		AGE		
STANDARD: (COMBAT GENER	RAL	во	DY COMPOSITIO	N DATE	E:	STANDARD: COMBAT GENERAL BODY COMPOSITION DATE						E:		
HEIGHT (inches)	WEI	WEIGHT			BODY FAT			HEIGHT (inches)				BODY FAT			
lbs.				G	O NOGO	lbs.			GO N	IOGO	%	O NOGO			
3	3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))														
1ST ATTEMPT 2ND ATTEMPT POINTS			GRADER INITIAI	LS		1ST ATTEMPT	2ND A	ATTEMPT	POINTS GRADER INITIALS			ALS			
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)							HAND-RELEASE PUSH-UP (number of correctly performed repetitions)								
REPETITIONS	POINTS	POINTS GRADER INITIALS				REPETITIONS		POINTS GRADER INITIAL			ALS				
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))							SPRINT - DRAG - CARRY (overall event time (minutes : seconds))								
TIME		POINTS GRADER INITIAL		LS		TIME			POINTS GRADER INITIALS			ALS			
PLANK (maintain proper straight line position (minutes : seconds))							PLANK (maintain proper straight line position (minutes : seconds))								
TIME POINTS				GRADER INITIALS			TIME		POINTS		GRADER INITI	GRADER INITIALS			
	2 - MILE RUN (overall event time (minutes : seconds))														
TIME POINTS				GRADER INITIAI	LS		TIME		POINTS GRADER INIT			ALS	LS		
5K ROW / 1K SWIM / 12K	BIKE / 2.5MI WALK [(circle o	or use the drop down	list) (ov	erall time to reach require	ed distance	e (minutes : seconds)]	5K ROW / 1K SWIM / 12K E	BIKE / 2.5	5MI WALK [(circle or	r use the drop d	own list) (ove	erall time to reach requi	ired distance	(minutes : seconds))]	
TIME GO POINTS (60/0)			GRADER INITIAI	LS		TIME GO NOGO			POINTS (6	60/0)	GRADER INITIALS				
SOLDIER SIGNATUR		<u> </u>		DATE	TC	OTAL POINTS	SOLDIER SIGNATUR	RE				DATE	TC	OTAL POINTS	
OIC/NCOIC NAME (Last, First, MI) PAY GRADE						GO ∏ NOGO	OIC/NCOIC NAME (I	Last, F	First, MI)		PAY	GRADE		GO NOGO	
OIC/NCOIC SIGNATURE DATE						OIC/NCOIC SIGNATURE DATE									
DATE							III THE STATE STATE OF THE STAT						=		

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						nent agency is TRAI	INVINIT (ME (Last, First, MI)					
				the Army Fitness Test website SEX MALE FEMALE												
Body Composition T					To av	void illness and injury	y, height and weight should be recorded UNIT/LOCATION									
						PRIVACY AC	T STATEMENT									
AUTHOR						ned outside United Sta										
PRINCIPAL PURPO		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 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 US	SES: None.	None.														
DISCLOSU	JRE: Voluntary. How	vever, failure to	provid	le identifying infor	matio	on may prevent abilit	y to remain in the milita	ary.								
				TEST FOUR												
DATE (YYYYMMDD) MOS		PA	PAY GRADE A		AGE		DATE (YYYYMMDD) MOS		MOS		PAY GRADE A		AGE	E		
STANDARD:	COMBAT GENER	DY COMPOSITIO	ATE:	STANDARD: COMBAT GENERAL BODY COMPOSITION						ON DA	TE:					
HEIGHT (inches)	WEI	WEIGHT			BODY FAT			HEIGHT (inches) WE				E	BODY FAT			
	Ibs.	GO NO	NOGO%			GO NOGO			lbs Go		NOGO	%		GO NOGO		
3	3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))															
1ST ATTEMPT	2ND ATTEMPT	POINTS		GRADER INITIA	LS		1ST ATTEMPT	2ND	ATTEMPT	POINTS		GRADER INITI	ALS			
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)							HAND-RELEASE PUSH-UP (number of correctly performed repetitions)									
REPETITIONS	POINTS GRADER INITIALS			LS		REPETITIONS			POINTS GRADER INITIA			ALS	_S			
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))						SPRINT - DRAG - CARRY (overall event time (minutes : seconds))										
TIME		POINTS GRADER INITIALS		LS		TIME			POINTS GRADER INITIA			ALS	ALS			
PLANK (maintain proper straight line position (minutes : seconds))							PLANK (maintain proper straight line position (minutes : seconds))									
TIME POINTS				GRADER INITIALS			TIME		POINTS GRADER INIT			TALS				
	2 - MILE RUN (overall event time (minutes : seconds))															
TIME POINTS				GRADER INITIA	LS		TIME		POINTS GRADER INIT			ALS	.LS			
5K ROW / 1K SWIM / 12K	BIKE / 2.5MI WALK [(circle o	or use the drop down	list) (ove	erall time to reach require	ed dist	ance (minutes : seconds)]	5K ROW / 1K SWIM / 12K I	BIKE / 2	2.5MI WALK [(circle o	r use the drop o	down list) (ove	erall time to reach requi	ired distan	ce (minutes : seconds)]		
TIME GO POINTS (60/0)			GRADER INITIA	LS		TIME GO NOGO			POINTS (6	60/0)	GRADER INITIALS					
SOLDIER SIGNATUR	RE			DATE		TOTAL POINTS	SOLDIER SIGNATUR	RE				DATE	7	TOTAL POINTS		
OIC/NCOIC NAME (Last, First, MI) PAY GRADE							OIC/NCOIC NAME (First, MI)		PAY	GRADE		 □ GO □ NOGO			
OIC/NCOIC SIGNATURE DATE						OIC/NCOIC SIGNATURE DATE										
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