

<h1 style="margin: 0;">ARMY FITNESS TEST SCORECARD</h1> <p style="margin: 0; font-size: 0.8em;">For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.</p>				FOR OFFICIAL USE ONLY					
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.				NAME (Last, First, MI) 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			
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		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			
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			
PLANK (maintain proper straight line position (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))]									
<div style="border: 1px solid black; width: 30px; height: 20px; display: flex; align-items: center; justify-content: center;"> </div>		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					

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				UNIT/LOCATION			
PRIVACY ACT STATEMENT							
<p>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.</p> <p>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.</p> <p>ROUTINE USES: None.</p> <p>DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.</p>							
TEST THREE				TEST FOUR			
DATE (YYYYMMDD)		MOS		PAY GRADE			
AGE		DATE (YYYYMMDD)		MOS			
STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL		BODY COMPOSITION DATE: _____		STANDARD: <input type="checkbox"/> COMBAT <input type="checkbox"/> GENERAL			
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.))		3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT <input type="checkbox"/> _____		2ND ATTEMPT <input type="checkbox"/> _____		POINTS			
GRADER INITIALS		GRADER INITIALS		GRADER INITIALS			
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)				HAND-RELEASE PUSH-UP (number of correctly performed repetitions)			
REPETITIONS		POINTS		GRADER INITIALS			
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))				SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME		POINTS		GRADER INITIALS			
PLANK (maintain proper straight line position (minutes : seconds))				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		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))]							
<div style="display: flex; align-items: center;"> <input type="checkbox"/> <input type="checkbox"/> </div>		TIME		POINTS (60/0)			
<input type="checkbox"/> NOGO		GRADER INITIALS		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					