Army Physical Fitness Test Scorecard

For use of this form, see TC 3-22.20; the proponent agency is TRADOC.

NAME *(Last, First, MI)*

GENDER
M

UNIT

TEST ONE			TEST TWO			TEST THREE			TEST FOUR		
DATE	GRADE	AGE 26	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE
HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION	
	WEIGHT: _____ lbs GO / NO-GO ☒ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐
PU RAW SCORE 66	INITIALS	POINTS 90	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS
SU RAW SCORE 75	INITIALS	POINTS 93	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS
2MR RAW SCORE 14:10	INITIALS	POINTS 87	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS
ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS 270	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE		
COMMENTS GO			COMMENTS			COMMENTS			COMMENTS		

SPECIAL INSTRUCTION: USE INK

LEGEND: **PU - PUSH UPS** **2MR - 2 MILE RUN**
SU - SIT UPS **APFT - ARMY PHYSICAL FITNESS TEST**