

Army Combat Fitness Test Scorecard

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

Please read the Privacy Act Statement on back before completing this form.

NAME (Last, First, MI)

GENDER

UNIT

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

TEST ONE

DATE (YYYYMMDD)	MOS	GRADE	AGE
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HEIGHT _____ Inches	BODY COMPOSITION DATE:				
	WEIGHT: _____ lbs.	GO <input type="checkbox"/>	NO-GO <input type="checkbox"/>	BODY FAT: _____ %	GO <input type="checkbox"/>

3 REPETITION MAXIMUM DEADLIFT: weight lifted (lbs) - select heaviest

1st ATTEMPT <input type="checkbox"/>	2nd ATTEMPT <input type="checkbox"/>	POINTS	GRADER INITIALS
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STANDING POWER THROW: distance thrown (meters. centimeters.) - select longest

1st ATTEMPT <input type="checkbox"/>	2nd ATTEMPT <input type="checkbox"/>	POINTS	GRADER INITIALS
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HAND RELEASE PUSH-UP: number of correctly performed repetitions

REPETITIONS	POINTS	GRADER INITIALS
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SPRINT-DRAG-CARRY: overall event time

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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LEG TUCK: number of correctly performed repetitions

REPETITIONS	POINTS	GRADER INITIALS
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ALTERNATE PLANK: maintain proper straight-line position

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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TWO-MILE RUN: overall event time

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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5K ROW 1K SWIM 12K BIKE (select one): overall time to reach required distance

TIME (minutes:seconds)	<input type="checkbox"/> GO <input type="checkbox"/> NO-GO	POINTS (60/0)	GRADER INITIALS
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SOLDIER'S SIGNATURE	Date	TOTAL POINTS
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NCOIC/OIC (Last, First, M.I.)	Rank	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>
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NCOIC/OIC SIGNATURE	Date:
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TEST TWO

DATE (YYYYMMDD)	MOS	GRADE	AGE
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HEIGHT _____ Inches	BODY COMPOSITION DATE:				
	WEIGHT: _____ lbs.	GO <input type="checkbox"/>	NO-GO <input type="checkbox"/>	BODY FAT: _____ %	GO <input type="checkbox"/>

3 REPETITION MAXIMUM DEADLIFT: weight lifted (lbs) - select heaviest

1st ATTEMPT <input type="checkbox"/>	2nd ATTEMPT <input type="checkbox"/>	POINTS	GRADER INITIALS
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STANDING POWER THROW: distance thrown (meters. centimeters.) - select longest

1st ATTEMPT <input type="checkbox"/>	2nd ATTEMPT <input type="checkbox"/>	POINTS	GRADER INITIALS
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HAND RELEASE PUSH-UP: number of correctly performed repetitions

REPETITIONS	POINTS	GRADER INITIALS
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SPRINT-DRAG-CARRY: overall event time

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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LEG TUCK: number of correctly performed repetitions

REPETITIONS	POINTS	GRADER INITIALS
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ALTERNATE PLANK: maintain proper straight-line position

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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TWO-MILE RUN: overall event time

TIME (minutes:seconds)	POINTS	GRADER INITIALS
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5K ROW 1K SWIM 12K BIKE (select one): overall time to reach required distance

TIME (minutes:seconds)	<input type="checkbox"/> GO <input type="checkbox"/> NO-GO	POINTS (60/0)	GRADER INITIALS
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SOLDIER'S SIGNATURE	Date	TOTAL POINTS
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NCOIC/OIC (Last, First, M.I.)	Rank	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>
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NCOIC/OIC SIGNATURE	Date:
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DATA REQUIRED BY THE PRIVACY ACT OF 1974

AUTHORITY: 116 H.R. 6395 Limitation on implementation of Army Combat Fitness Test (sec. 598).

PRINCIPAL PURPOSE: The Army Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. The Army is currently collecting ACFT performance data for research purposes. Individual ACFT performance data will not be made available to a Soldier's chain of command and may not be used for any administrative or personnel purpose. For additional information, see the System of Records Notice (SORN) DoD 0005, Defense Training Records, <https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records>.

ROUTINE USES: Disclosure is generally limited to the independent entities established pursuant to Section 598 of the Fiscal Year 2021 National Defense Authorization Act. However, general disclosures permitted by the Privacy Act and the Department of Defense's and Army's SORNs apply. Disclosure of personally identifiable information (PII) may include gender, age, and fitness scores.

DISCLOSURE: Disclosure of PII is voluntary. However, failure to provide identifying information may prevent the Army's ability to conduct a comprehensive study on the ACFT and may delay its full implementation.

Points	MDL	SPT	HRP	SDC	LTK	PLK	2MR		Points	MDL	SPT	HRP	SDC	PLK	2MR
100	340	12.5	60	1:33	20	4:20	13:30		50	130	4.3	8	3:10	1:49	21:18
99		12.4	59	1:36		4:17	13:39		49					1:47	21:19
98		12.2	58	1:39	19	4:14	13:48		48				3:11	1:45	21:21
97	330	12.1	57	1:41		4:11	13:57		47					1:43	21:23
96		11.9	56	1:43	18	4:07	14:06		46				3:12	1:41	21:25
95		11.8	55	1:45		4:04	14:15		45		4.2	7		1:39	21:27
94	320	11.6	54	1:46	17	4:01	14:24		44				3:13	1:37	21:28
93		11.5	53	1:47		3:58	14:33		43					1:35	21:30
92	310	11.3	52	1:48	16	3:54	14:42		42				3:14	1:33	21:32
91		11.2	51	1:49		3:51	14:51		41					1:31	21:34
90	300	11.0	50	1:50	15	3:48	15:0		40	120	4.1	6	3:15	1:29	21:36
89		10.9	49	1:51		3:44	15:09		39					1:27	21:37
88	290	10.7	48	1:52	14	3:41	15:18		38				3:16	1:25	21:39
87		10.6	47	1:53		3:38	15:27		37					1:23	21:41
86	280	10.4	46	1:54	13	3:35	15:36		36				3:17	1:21	21:43
85		10.3	45	1:55		3:31	15:45		35		4.0	5		1:19	21:45
84	270	10.1	44	1:56	12	3:28	15:54		34				3:18	1:17	21:46
83		10.0	43	1:57		3:25	16:03		33					1:15	21:48
82	260	9.8	42	1:58	11	3:21	16:12		32				3:19	1:13	21:50
81		9.7	41	1:59		3:18	16:21		31					1:11	21:52
80	250	9.5	40	2:00	10	3:15	16:30		30	110	3.9	4	3:20	1:09	21:54
79		9.4	39	2:01		3:12	16:39		29					1:07	21:55
78	240	9.2	38	2:02	9	3:08	16:48		28				3:21	1:05	21:57
77		9.1	37	2:03		3:05	16:57		27					1:03	21:59
76	230	8.9	36	2:04	8	3:02	17:06		26				3:22	1:01	22:01
75		8.8	35	2:05		2:58	17:15		25		3.8	3		0:59	22:03
74	220	8.6	34	2:06	7	2:55	17:24		24				3:23	0:57	22:04
73		8.5	33	2:07		2:52	17:33		23					0:55	22:06
72	210	8.3	32	2:08	6	2:49	17:42		22				3:24	0:53	22:08
71		8.2	31	2:09		2:45	17:51		21					0:51	22:10
70	200	8.0	30	2:10	5	2:42	18:00		20	100	3.7	2	3:25	0:49	22:12
69		7.8	28	2:14		2:39	18:12		19					0:47	22:13
68	190	7.5	26	2:18	4	2:35	18:24		18				3:26	0:45	22:15
67		7.1	24	2:22		2:32	18:36		17					0:43	22:17
66		6.8	22	2:26		2:29	18:48		16				3:27	0:41	22:19
65	180	6.5	20	2:30	3	2:26	19:00		15		3.6	1		0:39	22:21
64	170	6.2	18	2:35		2:22	19:24		14				3:28	0:37	22:22
63	160	5.8	16	2:40		2:19	19:48		13					0:35	22:24
62	150	5.4	14	2:45	2	2:16	20:12		12				3:29	0:33	22:26
61		4.9	12	2:50		2:12	20:36		11					0:31	22:28
60	140	4.5	10	3:00	1	2:09	21:00	Pass	10	90	3.5		3:30	0:29	22:30
59				3:01		2:07	21:01		9					0:27	22:31
58				3:02		2:05	21:03		8				3:31	0:25	22:33
57				3:03		2:03	21:05		7					0:23	22:35
56				3:04		2:01	21:07		6				3:32	0:21	22:37
55		4.4	9	3:05		1:59	21:09		5		3.4			0:19	22:39
54				3:06		1:57	21:10	LEGEND:	4				3:33	0:17	22:40
53				3:07		1:55	21:12	<i>lbs</i> - Pounds; <i>2MR</i> - 2 Mile Run;	3					0:15	22:42
52				3:08		1:53	21:14	<i>MDL</i> - Maximum Deadlift; <i>SPT</i> - Standing	2				3:34	0:13	22:44
51				3:09		1:51	21:16	<i>Power Throw</i> ; <i>HRP</i> - Hand Release Push-	1					0:11	22:46
50	130	4.3	8	3:10		1:49	21:18	<i>up</i> ; <i>LTK</i> - Leg Tuck; <i>PLK</i> - Plank;	0	80	3.3	0	3:35	0:09	22:48
								<i>SDC</i> - Sprint-Drag-Carry.							