

# 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	GRADE	AGE

TEST TWO			
DATE (YYYYMMDD)	MOS	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)	RANK	<input type="checkbox"/> GO <input type="checkbox"/> NOGO
OIC/NCOIC SIGNATURE	DATE	

SOLDIER SIGNATURE	DATE	TOTAL POINTS
OIC/NCOIC NAME (Last, First, MI)	RANK	<input type="checkbox"/> GO <input type="checkbox"/> NOGO
OIC/NCOIC SIGNATURE	DATE	

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TEST THREE			
DATE (YYYYMMDD)	MOS	GRADE	AGE

TEST FOUR			
DATE (YYYYMMDD)	MOS	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)	RANK	<input type="checkbox"/> GO <input type="checkbox"/> NOGO
OIC/NCOIC SIGNATURE	DATE	

SOLDIER SIGNATURE	DATE	TOTAL POINTS
OIC/NCOIC NAME (Last, First, MI)	RANK	<input type="checkbox"/> GO <input type="checkbox"/> NOGO
OIC/NCOIC SIGNATURE	DATE	