

# Army Combat Fitness Test Scorecard

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

| Body Composition Testing will NOT be conducted on the same day as the ACFT.<br>To avoid illness and injury, height and weight will be recorded at least 7 days before or at least 7 days after the ACFT. |                               |                              |                             | NAME (Last, First, MI)  |                                      |                              |                 |                             |
|--|-------------------------------|------------------------------|-----------------------------|---|--------------------------------------|------------------------------|-----------------|-----------------------------|
|  |                               |                              |                             | GENDER  |                                      |                              |                 |                             |
|  |                               |                              |                             | UNIT  |                                      |                              |                 |                             |
| TEST ONE   |                               |                              |                             | TEST TWO  |                                      |                              |                 |                             |
| DATE (YYYYMMDD)  | MOS                           | GRADE                        | AGE                         | DATE (YYYYMMDD)   | MOS                                  | GRADE                        | AGE             |                             |
| HEIGHT (Inches)  | BODY COMPOSITION DATE:        |                              |                             | HEIGHT (Inches)   | BODY COMPOSITION DATE:               |                              |                 |                             |
|  | WEIGHT: _____ lbs. GO / NO-GO | BODY FAT: _____ % GO / NO-GO |                             |   | WEIGHT: _____ lbs. GO / NO-GO        | BODY FAT: _____ % GO / NO-GO |                 |                             |
| 3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)   |                               |                              |                             | 3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)              |                                      |                              |                 |                             |
| 1st ATTEMPT  | 2nd ATTEMPT                   | POINTS                       | GRADER INITIALS             | 1st ATTEMPT   | 2nd ATTEMPT                          | POINTS                       | GRADER INITIALS |                             |
| STANDING POWER THROW: distance thrown - circle longest (meters:centimeters)  |                               |                              |                             | STANDING POWER THROW: distance thrown - circle longest (meters:centimeters)       |                                      |                              |                 |                             |
| 1st ATTEMPT  | 2nd ATTEMPT                   | POINTS                       | GRADER INITIALS             | 1st ATTEMPT   | 2nd ATTEMPT                          | POINTS                       | GRADER INITIALS |                             |
| HAND RELEASE PUSH-UP: number of correctly performed repetitions  |                               |                              |                             | HAND RELEASE PUSH-UP: number of correctly performed repetitions                   |                                      |                              |                 |                             |
| REPETITIONS  |                               | POINTS                       | GRADER INITIALS             | REPETITIONS   |                                      | POINTS                       | GRADER INITIALS |                             |
| SPRINT-DRAG-CARRY: overall event time (minutes:seconds)  |                               |                              |                             | SPRINT-DRAG-CARRY: overall event time (minutes:seconds)                           |                                      |                              |                 |                             |
| TIME   |                               | POINTS                       | GRADER INITIALS             | TIME  |                                      | POINTS                       | GRADER INITIALS |                             |
| LEG TUCK: number of correctly performed repetitions  |                               |                              |                             | LEG TUCK: number of correctly performed repetitions                               |                                      |                              |                 |                             |
| REPETITIONS  |                               | POINTS                       | GRADER INITIALS             | REPETITIONS   |                                      | POINTS                       | GRADER INITIALS |                             |
| TWO-MILE RUN: overall event time (minutes:seconds)   |                               |                              |                             | TWO-MILE RUN: overall event time (minutes:seconds)                                |                                      |                              |                 |                             |
| TIME   |                               | POINTS                       | GRADER INITIALS             | TIME  |                                      | POINTS                       | GRADER INITIALS |                             |
| 5K ROW / 1K SWIM / 12K BIKE (circle one): overall time to reach required distance  |                               |                              |                             | 5K ROW / 1K SWIM / 12K BIKE (circle one): overall time to reach required distance |                                      |                              |                 |                             |
| TIME   | PASS / FAIL                   | POINTS (60/0)                | GRADER INITIALS             | TIME  | PASS / FAIL                          | POINTS (60/0)                | GRADER INITIALS |                             |
| Soldier Signature:   |                               |                              | Date:                       | TOTAL POINTS  |                                      |                              |                 |                             |
| NCOIC/OIC (Last, First, M.I. / Rank)   |                               |                              | PASS / FAIL<br>(Circle one) |   | NCOIC/OIC (Last, First, M.I. / Rank) |                              |                 | PASS / FAIL<br>(Circle one) |
| NCOIC/OIC SIGNATURE  |                               |                              | Date:                       | NCOIC/OIC SIGNATURE   |                                      |                              | Date:           |                             |

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

| Points | MDL | SPT | HRP | SDC  | LTK | 2MR   |
|--------|-----|-----|-----|------|-----|-------|
| 50     | 130 | 4.3 | 8   | 3:10 |     | 21:18 |
| 49     |     |     |     |      |     | 21:19 |
| 48     |     |     |     | 3:11 |     | 21:21 |
| 47     |     |     |     |      |     | 21:23 |
| 46     |     |     |     | 3:12 |     | 21:25 |
| 45     |     | 4.2 | 7   |      |     | 21:27 |
| 44     |     |     |     | 3:13 |     | 21:28 |
| 43     |     |     |     |      |     | 21:30 |
| 42     |     |     |     | 3:14 |     | 21:32 |
| 41     |     |     |     |      |     | 21:34 |
| 40     | 120 | 4.1 | 6   | 3:15 |     | 21:36 |
| 39     |     |     |     |      |     | 21:37 |
| 38     |     |     |     | 3:16 |     | 21:39 |
| 37     |     |     |     |      |     | 21:41 |
| 36     |     |     |     | 3:17 |     | 21:43 |
| 35     |     | 4.0 | 5   |      |     | 21:45 |
| 34     |     |     |     | 3:18 |     | 21:46 |
| 33     |     |     |     |      |     | 21:48 |
| 32     |     |     |     | 3:19 |     | 21:50 |
| 31     |     |     |     |      |     | 21:52 |
| 30     | 110 | 3.9 | 4   | 3:20 |     | 21:54 |
| 29     |     |     |     |      |     | 21:55 |
| 28     |     |     |     | 3:21 |     | 21:57 |
| 27     |     |     |     |      |     | 21:59 |
| 26     |     |     |     | 3:22 |     | 22:01 |
| 25     |     | 3.8 | 3   |      |     | 22:03 |
| 24     |     |     |     | 3:23 |     | 22:04 |
| 23     |     |     |     |      |     | 22:06 |
| 22     |     |     |     | 3:24 |     | 22:08 |
| 21     |     |     |     |      |     | 22:10 |
| 20     | 100 | 3.7 | 2   | 3:25 |     | 22:12 |
| 19     |     |     |     |      |     | 22:13 |
| 18     |     |     |     | 3:26 |     | 22:15 |
| 17     |     |     |     |      |     | 22:17 |
| 16     |     |     |     | 3:27 |     | 22:19 |
| 15     |     | 3.6 | 1   |      |     | 22:21 |
| 14     |     |     |     | 3:28 |     | 22:22 |
| 13     |     |     |     |      |     | 22:24 |
| 12     |     |     |     | 3:29 |     | 22:26 |
| 11     |     |     |     |      |     | 22:28 |
| 10     | 90  | 3.5 |     | 3:30 |     | 22:30 |
| 9      |     |     |     |      |     | 22:31 |
| 8      |     |     |     | 3:31 |     | 22:33 |
| 7      |     |     |     |      |     | 22:35 |
| 6      |     |     |     | 3:32 |     | 22:37 |
| 5      |     | 3.4 |     |      |     | 22:39 |
| 4      |     |     |     | 3:33 |     | 22:40 |
| 3      |     |     |     |      |     | 22:42 |
| 2      |     |     |     | 3:34 |     | 22:44 |
| 1      |     |     |     |      |     | 22:46 |
| 0      | 80  | 3.3 |     | 3:35 | 0   | 22:48 |