

PROMOTION POINT WORKSHEET (UNITED STATES ARMY RESERVE)

For use of this form, see AR 600-8-19; the proponent agency is DCS, G-1.

DATA REQUIRED BY THE PRIVACY ACT OF 1974		1. TYPE <input type="checkbox"/> a. Initial <input type="checkbox"/> b. Total Reevaluation <input type="checkbox"/> c. Annual Re-Computation
AUTHORITY:	Title 5 USC, Section 301.	
PRINCIPAL PURPOSE:	To determine promotion eligibility (USAR).	
ROUTINE USES:	To update a Soldier's promotion points. May be disclosed to DOD officials only.	
DISCLOSURE:	Voluntary. Failure to furnish information may result in denial of promotion.	
2. NAME	3. DATE OF BIRTH (YYYYMMDD)	4. DATE (YYYYMMDD)
5. ORGANIZATION	6. RECOMMENDED GRADE	7. RECOMMENDED MOS

SECTION A - RECOMMENDATION

MILITARY TRAINING (Maximum Points: 340 FOR SGT and 255 FOR SSG)

1. ARMY PHYSICAL FITNESS TEST (APFT) MAXIMUM POINTS: 180 FOR SGT - 145 FOR SSG

a. LATEST APFT DATE (YYYYMMDD)	b. RAW SCORES	c. POINTS EARNED				
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">PUSH-UPS</td> <td style="width: 25%;">SIT-UPS</td> <td style="width: 25%;">RUN</td> <td style="width: 25%;">TOTAL</td> </tr> </table>	PUSH-UPS	SIT-UPS	RUN	TOTAL	
PUSH-UPS	SIT-UPS	RUN	TOTAL			

2. WEAPONS QUALIFICATION MAXIMUM POINTS: 160 FOR SGT - 110 FOR SSG

a. LATEST WEAPONS QUALIFICATION DATE (YYYYMMDD)	b. DA FORM USED:	c. TOTAL HITS	d. POINTS EARNED
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TOTAL MILITARY TRAINING POINTS EARNED Maximum Points: 340 for SGT and 255 for SSG →

3. TOTAL POINTS EARNED

4. COMMANDER (TYPED SIGNATURE BLOCK)	5. DATE (YYYYMMDD)	6. SIGNATURE
7. RECOMMENDED SOLDIER'S SIGNATURE BLOCK	8. DATE (YYYYMMDD)	9. SIGNATURE

10. PROMOTION BOARD RECOMMENDATION (Select Yes or No) YES NO

11. BOARD PRESIDENT (TYPED SIGNATURE BLOCK)	12. DATE (YYYYMMDD)	13. SIGNATURE
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SECTION B - ADMINISTRATIVE POINTS

AWARDS, DECORATIONS, BADGES, COA'S, AIRBORNE ADVANTAGE: MAXIMUM POINTS 125 FOR SGT - 165 FOR SSG

List awards, include order number and award number (i.e. 3rd OLC) COA's limited to 20 points.
Include Airborne Advantage points only when serving in authorized TOE/TDA position with qualifying badges.

TOTAL AWARDS/DECORATIONS POINTS EARNED	125 for SGT - 165 for SSG →
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NAME	DATE OF BIRTH (YYYYMMDD)
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SECTION B - ADMINISTRATIVE POINTS (Continued)

1. MILITARY EDUCATION (Maximum Points: 200 for SGT and 220 for SSG): List all military education.
 PME - NCOES (CL = 20, DHG 40 PTS/Res Mil Trng (80 SGT, 90 SSG) CBT (80 SGT, 90 SSG)

TOTAL MILITARY EDUCATION POINTS EARNED →	TOTAL POINTS EARNED
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2. CIVILIAN EDUCATION - (Maximum Points.135 for SGT and 160 for SSG) List all civilian education, certifications, or DLPT (with date).

TOTAL CIVILIAN EDUCATION POINTS EARNED →	TOTAL POINTS EARNED
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SECTION C - TOTALS POINT COMPUTATION

CATEGORY	RECOMMENDATION TO SGT (E5)		RECOMMENDATION TO SSG (E6)	
	POINTS EARNED	MAXIMUM	POINTS EARNED	MAXIMUM
MILITARY TRAINING		340		255
AWARD/DECORATIONS		125		165
MILITARY EDUCATION		200		220
CIVILIAN EDUCATION		135		160
TOTAL		800		800

SECTION D - AUTHENTICATION

I certify that the above total points shown have been accurately extracted from appropriate records and promotion list points indicated are correct.

1. TYPED OR PRINTED NAME AND SIGNATURE OF ADMINISTRATIVE OFFICIAL	2. GRADE	3. DATE (YYYYMMDD)
4. TYPED OR PRINTED NAME OF PROMOTION AUTHORITY	5. SIGNATURE	6. DATE PROCEEDINGS WERE APPROVED (YYYYMMDD)

Counseling statement: (Used only when Soldier is not recommended for promotion). I have been counseled on my promotion status and deficiencies.

7. SIGNATURE OF SOLDIER	8. DATE (YYYYMMDD)	9. TYPED OR PRINTED NAME AND SIGNATURE OF COUNSELOR
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