

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. 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 | Soldier Signature: | | Date: | TOTAL POINTS |
| NCOIC/OIC (Last, First, M.I. / Rank) | | PASS / FAIL (Circle one) | | NCOIC/OIC (Last, First, M.I. / Rank) | | PASS / FAIL (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 |