

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				
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