

Army Combat Fitness Test Scorecard

For use of this form, see ATP 7-23.01; the proponent agency is TRADOC.

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NAME (Last, First MI)

GENDER

UNIT

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.

TEST ONE

DATE (mm/dd/yyyy) MOS GRADE AGE

HEIGHT _____ inches BODY COMPOSITION DATE:
 WEIGHT: _____ lbs. GO NO-GO BODY FAT: _____ % GO NO-GO

3 REPETITION MAXIMUM DEADLIFT: weight lifted (lbs.) - select heaviest

1st ATTEMPT 2nd ATTEMPT POINTS GRADER INITIALS

STANDING POWER THROW: distance thrown (meters, centimeters) - select longest

1st ATTEMPT 2nd ATTEMPT POINTS GRADER INITIALS

HAND RELEASE PUSH-UP: number of correctly performed repetitions

REPETITIONS POINTS GRADER INITIALS

SPRINT-DRAG-CARRY: overall event time

TIME (minutes:seconds) POINTS GRADER INITIALS

LEG TUCK: number of correctly performed repetitions

REPETITIONS POINTS GRADER INITIALS

ALTERNATE PLANK: maintain proper straight-line position

TIME (minutes:seconds) POINTS GRADER INITIALS

TWO-MILE RUN: overall event time

TIME (minutes:seconds) POINTS GRADER INITIALS

5K ROW 1K SWIM 12K BIKE (select one): overall time to reach required distance

TIME (minutes:seconds) GO NO-GO POINTS (50%) GRADER INITIALS

SOLDIER'S SIGNATURE Date TOTAL POINTS

NOIC/DC (Last, First, MI) Rank GO NO-GO

NOIC/DC SIGNATURE Date

TEST TWO

DATE (mm/dd/yyyy) MOS GRADE AGE

HEIGHT _____ inches BODY COMPOSITION DATE:
 WEIGHT: _____ lbs. GO NO-GO BODY FAT: _____ % GO NO-GO

3 REPETITION MAXIMUM DEADLIFT: weight lifted (lbs.) - select heaviest

1st ATTEMPT 2nd ATTEMPT POINTS GRADER INITIALS

STANDING POWER THROW: distance thrown (meters, centimeters) - select longest

1st ATTEMPT 2nd ATTEMPT POINTS GRADER INITIALS

HAND RELEASE PUSH-UP: number of correctly performed repetitions

REPETITIONS POINTS GRADER INITIALS

SPRINT-DRAG-CARRY: overall event time

TIME (minutes:seconds) POINTS GRADER INITIALS

LEG TUCK: number of correctly performed repetitions

REPETITIONS POINTS GRADER INITIALS

ALTERNATE PLANK: maintain proper straight-line position

TIME (minutes:seconds) POINTS GRADER INITIALS

TWO-MILE RUN: overall event time

TIME (minutes:seconds) POINTS GRADER INITIALS

5K ROW 1K SWIM 12K BIKE (select one): overall time to reach required distance

TIME (minutes:seconds) GO NO-GO POINTS (50%) GRADER INITIALS

SOLDIER'S SIGNATURE Date TOTAL POINTS

NOIC/DC (Last, First, MI) Rank GO NO-GO

NOIC/DC SIGNATURE Date

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