## **ARMY COMBAT FITNESS TEST SCORECARD**

For use of this form, See FM 7-22; the proponent agency is TRADOC.

NAME: LAST, FIRS	ST, MI:	
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GENDER: MALE	/ FEMALE	
UNIT:		

TEST ONE				TEST TWO				
DATE	GRADE	MOS	AGE	DATE	GRADE	MOS	AGE	
HEIGHT (inches)		BODY COMPOSITION		HEIGHT (inches)		BODY COMPOSITION		
	WEIGHT:		BODY FAT:		WEIGHT:		BODY FAT:	
	GO NO GO		GO NO GO		LBS GO NO GO		% NO GO	
3 REPETITION MAXIMU	IM DEADLIFT: weight lifte	ed - circle heaviest (II	os)	3 REPETITION MAXIMU	JM DEADLIFT: weight lift	ted - circle heavies	et (lbs)	
1ST ATTEMPT	2ND ATTEMPT	POINTS	INITIALS	1ST ATTEMPT	2ND ATTEMPT	POINTS	INITIALS	
STANDING POWER THE	ROW: distance thrown - c	ircle longest (meters	:centimeters)	STANDING POWER THE	ROW: distance thrown -	circle longest (met	ters:centimeters)	
1ST THROW	2ND THROW	POINTS	INITIALS	1ST THROW	2ND THROW	POINTS	INITIALS	
HAND RELEASE PUSH-U	JP: number of correctly p	performed repetition	s	HAND RELEASE PUSH-L	JP: number of correctly	performed repetit	ions	
REPETITIONS		POINTS	INITIALS	REPETITIONS		POINTS	INITIALS	
SPRINT-DRAG-CARRY: o	overall event time (minut	es:seconds)		SPRINT-DRAG-CARRY: o	overall event time (minu	ites:seconds)		
TIME		POINTS	INITIALS	TIME		POINTS	INITIALS	
LEG TUCK: number of co	orrectly performed repet	itions		LEG TUCK: number of c	orrectly performed repe	titions		
REPETITIONS		POINTS	INITIALS	REPETITIONS		POINTS	INITIALS	
TWO-MILE RUN: overal	l event time (minutes:se	conds)		TWO-MILE RUN: overal	ll event time (minutes:se	econds)		
TIME		POINTS	INITIALS	TIME		POINTS	INITIALS	
	TOTAL POINTS		INITIALS		TOTAL POINTS		INITIALS	
Soldier's Signature				Soldier's Signature				
OIC/NCOIC:		,		OIC/NCOIC:		,	,	
Print (Last, First, MI)	Signature	Grade / Ranl	<del></del>	Print (Last, First, MI)	Signature	/ Grade / Rai	nk	