

ARMY COMBAT FITNESS TEST SCORECARD

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

NAME: LAST, FIRST, MI:

GENDER: MALE / FEMALE

UNIT:

TEST ONE

DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: ____ LBS GO NO GO <input type="checkbox"/> <input type="checkbox"/>	BODY FAT: ____ % GO NO GO <input type="checkbox"/> <input type="checkbox"/>	
3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)			
1ST ATTEMPT	2ND ATTEMPT	POINTS	INITIALS
STANDING POWER THROW: distance thrown - circle longest (meters:centimeters)			
1ST THROW	2ND THROW	POINTS	INITIALS
HAND RELEASE PUSH-UP: number of correctly performed repetitions			
REPETITIONS	POINTS	INITIALS	
SPRINT-DRAG-CARRY: overall event time (minutes:seconds)			
TIME	POINTS	INITIALS	
LEG TUCK: number of correctly performed repetitions			
REPETITIONS	POINTS	INITIALS	
TWO-MILE RUN: overall event time (minutes:seconds)			
TIME	POINTS	INITIALS	
	TOTAL POINTS	INITIALS	

Soldier's Signature _____

OIC/NCOIC:

_____/_____
Print (Last, First, MI) Signature Grade / Rank

TEST TWO

DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: ____ LBS GO NO GO <input type="checkbox"/> <input type="checkbox"/>	BODY FAT: ____ % GO NO GO <input type="checkbox"/> <input type="checkbox"/>	
3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)			
1ST ATTEMPT	2ND ATTEMPT	POINTS	INITIALS
STANDING POWER THROW: distance thrown - circle longest (meters:centimeters)			
1ST THROW	2ND THROW	POINTS	INITIALS
HAND RELEASE PUSH-UP: number of correctly performed repetitions			
REPETITIONS	POINTS	INITIALS	
SPRINT-DRAG-CARRY: overall event time (minutes:seconds)			
TIME	POINTS	INITIALS	
LEG TUCK: number of correctly performed repetitions			
REPETITIONS	POINTS	INITIALS	
TWO-MILE RUN: overall event time (minutes:seconds)			
TIME	POINTS	INITIALS	
	TOTAL POINTS	INITIALS	

Soldier's Signature _____

OIC/NCOIC:

_____/_____
Print (Last, First, MI) Signature Grade / Rank