

PLEASE WRITE LEGIBLY

ARMY COMBAT FITNESS TEST SCORECARD

For use of this form, see ACFT Field Testing Manual and CALL No. 18-37

NAME (Last, First, MI)

GENDER
MALE FEMALE

UNIT/LOCATION

DATE

GRADE

MOS

AGE

HEIGHT (inches)

BODY COMPOSITION - AGE and GENDER required

WEIGHT

BODY FAT

____ LBS
GO NO GO

____ %
GO NO GO

3 REPETITION MAXIMUM DEADLIFT: (weight lifted - mark highest score)

LIFT 1 (RAW SCORE)

LIFT 2 (RAW SCORE)

POINTS

INITIALS

STANDING POWER THROW: (distance thrown - circle highest score)

THROW 1 (RAW SCORE)

THROW 2 (RAW SCORE)

POINTS

INITIALS

FAULT 1
FAULT 2

FAULT 1
FAULT 2

HAND RELEASE PUSH-UP: (number correctly performed repetitions)

RAW SCORE

POINTS

INITIALS

SPRINT-DRAG-CARRY: (overall event time - min:sec)

RAW SCORE

POINTS

INITIALS

LEG TUCK: (number of correctly performed repetitions)

RAW SCORE

POINTS

INITIALS

TWO-MILE RUN: (overall event time - min:sec)

RAW SCORE

POINTS

INITIALS

SOLDIER'S SIGNATURE

TOTAL POINTS

CONCUR

YES

NO

OIC/NCOIC:

NAME (Last, First, MI)

GRADE/RANK

UNIT

SIGNATURE