

BULK ARMY PHYSICAL FITNESS TEST SCORECARD

For use of this form, see FM 7-22; this form is a local tool to facilitate bulk recording of Solder APFT results to assist in completion of the final DA 705.

NAME (LAST, FIRST MI)	PUSH-UP RAW SCORE	SIT-UP RAW SCORE	AEROBIC EVENT TIME	CHECK IF ALTERNATE EVENT	AGE	GENDER (M/F)		
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th:
				<input type="checkbox"/> 2.5-mile Walk <input type="checkbox"/> 6.2-mile Cycle (Ergometer/Bicycle) <input type="checkbox"/> 800-yard Swim				
Lap Times - 1st:	2nd:	3rd:	4th:	5th:	6th:	7th:	8th:	9th: