

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 ____ LBS GO NO GO	BODY FAT ____ % GO NO GO	

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

LIFT 1 (RAW SCORE)	LIFT 2 (RAW SCORE)	POINTS	INITIALS
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STANDING POWER THROW: (distance thrown - circle highest score)

THROW 1 (RAW SCORE) FAULT 1 FAULT 2	THROW 2 (RAW SCORE) FAULT 1 FAULT 2	POINTS	INITIALS
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HAND RELEASE PUSH-UP: (number correctly performed repetitions)

RAW SCORE	POINTS	INITIALS
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SPRINT-DRAG-CARRY: (overall event time - min:sec)

RAW SCORE	POINTS	INITIALS
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LEG TUCK: (number of correctly performed repetitions)

RAW SCORE	POINTS	INITIALS
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TWO-MILE RUN: (overall event time - min:sec)

RAW SCORE	POINTS	INITIALS
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SOLDIER'S SIGNATURE	TOTAL POINTS	CONCUR YES NO
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OIC/NCOIC:

NAME (Last, First, MI)	GRADE/RANK	UNIT
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SIGNATURE