

Army Physical Fitness Test Scorecard

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

NAME (Last, First, MI)

GENDER

UNIT

TEST ONE

DATE	GRADE	AGE
HEIGHT (IN INCHES)	BODY COMPOSITION	
	WEIGHT:	BODY FAT:
	<input type="text"/> lbs	<input type="text"/> %
	GO / NO-GO	GO / NO-GO
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
PU RAW SCORE	INITIALS	POINTS
	<input type="text"/>	
SU RAW SCORE	INITIALS	POINTS
	<input type="text"/>	
2MR RAW SCORE	INITIALS	POINTS
	<input type="text"/>	
ALTERNATE AEROBIC EVENT	TOTAL POINTS	
EVENT <input type="text"/>		
TIME <input type="text"/>		
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		
NCOIC/IOC SIGNATURE		
COMMENTS		

Have someone time you in each event, you have 10 minutes of rest between each event. Remember: good form is key to passing these events, if you don't know how to properly execute a proper push-up or sit-up you can find many YouTube videos to help you.

- 2 Minutes of Pushups (10 minute break)
- 2 Minutes of Situps (10 minute break)
- 2 Mile Run

You can have a JROTC instructor, Army Recruiter, Army NCO/Officer (active or retired), or a coach assist you in administering this diagnostic physical fitness test.

This will give us an idea of your current physical fitness level. You will be required to consistently pass the APFT with at least 60 points in each event in order to sign your ROTC contract.

- <http://www.apft-standards.com/>
- <http://apftcalculator.com/>
- <https://www.goarmy.com/soldier-life/fitness-and-nutrition.html>

SPECIAL INSTRUCTION: USE INK

LEGEND: PU - PUSH UPS 2MR - 2 MILE RUN
SU - SIT UPS APFT - ARMY PHYSICAL FITNESS TEST