

# 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 (select one)

UNIT/LOCATION:

## TEST ONE

DATE	GRADE	MOS	AGE	
3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)				
1ST ATTEMPT	2ND ATTEMPT	INITIALS	POINTS	
STANDING POWER THROW: distance thrown - circle longest (meters.tenths) Re-throw only used if double fault				
1ST THROW	2ND THROW	RE-THROW	INITIALS	POINTS
HAND RELEASE PUSH-UP: number of correctly performed repetitions				
REPETITIONS		INITIALS	POINTS	
SPRINT-DRAG-CARRY: overall event time (minutes:seconds)				
TIME		INITIALS	POINTS	
LEG TUCK: number of correctly performed repetitions				
REPETITIONS		INITIALS	POINTS	
2-MILE RUN: overall event time (minutes:seconds)				
TIME		INITIALS	POINTS	
5K ROW / 1K SWIM / 15K BIKE: (MIN:SEC)				
TIME		INITIALS	POINTS	
TOTAL POINTS		INITIALS		

Soldier's Signature \_\_\_\_\_

OIC/NCOIC:

\_\_\_\_\_/\_\_\_\_\_  
Print (Last, First, MI)      Signature      Grade / Rank

## TEST TWO

DATE	GRADE	MOS	AGE	
3 REPETITION MAXIMUM DEADLIFT: weight lifted - circle heaviest (lbs)				
1ST ATTEMPT	2ND ATTEMPT	INITIALS	POINTS	
STANDING POWER THROW: distance thrown - circle longest (meters.tenths) Re-throw only used if double fault				
1ST THROW	2ND THROW	RE-THROW	INITIALS	POINTS
HAND RELEASE PUSH-UP: number of correctly performed repetitions				
REPETITIONS		INITIALS	POINTS	
SPRINT-DRAG-CARRY: overall event time (minutes:seconds)				
TIME		INITIALS	POINTS	
LEG TUCK: number of correctly performed repetitions				
REPETITIONS		INITIALS	POINTS	
TWO-MILE RUN: overall event time (minutes:seconds)				
TIME		INITIALS	POINTS	
5K ROW / 1K SWIM / 15K BIKE: (MIN:SEC)				
TIME		INITIALS	POINTS	
TOTAL POINTS		INITIALS		

Soldier's Signature \_\_\_\_\_

OIC/NCOIC:

\_\_\_\_\_/\_\_\_\_\_  
Print (Last, First, MI)      Signature      Grade / Rank

Points	MDL	SPT	HRP	SDC	LTK	2MR
100	340	12.5	60	1:33	20	13:30
99		12.4	59	1:36		13:39
98		12.2	58	1:39	19	13:48
97	330	12.1	57	1:41		13:57
96		11.9	56	1:43	18	14:06
95		11.8	55	1:45		14:15
94	320	11.6	54	1:46	17	14:24
93		11.5	53	1:47		14:33
92	310	11.3	52	1:48	16	14:42
91		11.2	51	1:49		14:51
90	300	11.0	50	1:50	15	15:00
89		10.9	49	1:51		15:09
88	290	10.7	48	1:52	14	15:18
87		10.6	47	1:53		15:27
86	280	10.4	46	1:54	13	15:36
85		10.3	45	1:55		15:45
84	270	10.1	44	1:56	12	15:54
83		10.0	43	1:57		16:03
82	260	9.8	42	1:58	11	16:12
81		9.7	41	1:59		16:21
80	250	9.5	40	2:00	10	16:30
79		9.4	39	2:01		16:39
78	240	9.2	38	2:02	9	16:48
77		9.1	37	2:03		16:57
76	230	8.9	36	2:04	8	17:06
75		8.8	35	2:05		17:15
74	220	8.6	34	2:06	7	17:24
73		8.5	33	2:07		17:33
72	210	8.3	32	2:08	6	17:42
71		8.2	31	2:09		17:51
70	200	8.0	30	2:10	5	18:00
69		7.8	28	2:14		18:12
68	190	7.5	26	2:18	4	18:24
67		7.1	24	2:22		18:36
66		6.8	22	2:26		18:48
65	180	6.5	20	2:30	3	19:00
64	170	6.2	18	2:35		19:24
63	160	5.8	16	2:40		19:48
62	150	5.4	14	2:45	2	20:12
61		4.9	12	2:50		20:36
60	140	4.5	10	3:00	1	21:00
59				3:01		21:01
58				3:02		21:03
57				3:03		21:05
56				3:04		21:07
55		4.4	9	3:05		21:09
54				3:06		21:10
53				3:07		21:12
52				3:08		21:14
51				3:09		21:16

HVY

SIG

MOD

Points	MDL	SPT	HRP	SDC	LTK	2MR
50	130	4.3	8	3:10		21:18
49						21:19
48				3:11		21:21
47						21:23
46				3:12		21:25
45		4.2	7			21:27
44				3:13		21:28
43						21:30
42				3:14		21:32
41						21:34
40	120	4.1	6	3:15		21:36
39						21:37
38				3:16		21:39
37						21:41
36				3:17		21:43
35		4.0	5			21:45
34				3:18		21:46
33						21:48
32				3:19		21:50
31						21:52
30	110	3.9	4	3:20		21:54
29						21:55
28				3:21		21:57
27						21:59
26				3:22		22:01
25		3.8	3			22:03
24				3:23		22:04
23						22:06
22				3:24		22:08
21						22:10
20	100	3.7	2	3:25		22:12
19						22:13
18				3:26		22:15
17						22:17
16				3:27		22:19
15		3.6	1			22:21
14				3:28		22:22
13						22:24
12				3:29		22:26
11						22:28
10	90	3.5		3:30		22:30
9						22:31
8				3:31		22:33
7						22:35
6				3:32		22:37
5		3.4				22:39
4				3:33		22:40
3						22:42
2				3:34		22:44
1						22:46