

ARMY COMBAT FITNESS TEST SCORECARD

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

Phase 1 Field Test

NAME: LAST, FIRST, MI: _____

GENDER: _____ MALE _____ FEMALE

UNIT/LOCATION: _____

TEST ONE			
DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: ____ LBS GO NO GO <input type="checkbox"/> <input type="checkbox"/>	BODY FAT: ____ % GO NO GO <input type="checkbox"/> <input type="checkbox"/>	
3 REPETITION MAXIMUM DEADLIFT: (weight lifted - circle 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
<input type="checkbox"/> F1	<input type="checkbox"/> F2		
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 _____			
OIC/NCOIC: _____			
Print (Last, First, MI)	Signature	Grade/Rank	Unit

TEST TWO			
DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: ____ LBS GO NO GO <input type="checkbox"/> <input type="checkbox"/>	BODY FAT: ____ % GO NO GO <input type="checkbox"/> <input type="checkbox"/>	
3 REPETITION MAXIMUM DEADLIFT: (weight lifted - circle 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
<input type="checkbox"/> F1	<input type="checkbox"/> F2		
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 _____			
OIC/NCOIC: _____			
Print (Last, First, MI)	Signature	Grade/Rank	Unit

TEST THREE			
DATE	GRADE	MOS	AGE
HEIGHT (inches)	BODY COMPOSITION		
	WEIGHT: ____ LBS GO NO GO <input type="checkbox"/> <input type="checkbox"/>	BODY FAT: ____ % GO NO GO <input type="checkbox"/> <input type="checkbox"/>	
3 REPETITION MAXIMUM DEADLIFT: (weight lifted - circle 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
<input type="checkbox"/> F1	<input type="checkbox"/> F2		
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 _____			
OIC/NCOIC: _____			
Print (Last, First, MI)	Signature	Grade/Rank	Unit