

Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20; the proponent agency is TRADOC

NAME (LAST, FIRST MIDDLE)

SSN

GENDER

UNIT

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

SPECIAL INSTRUCTION: USE INK

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

Data Required by the Privacy Act of 1974

Title DA form 705
Authority 5 USC Section 301
Disclosure of requested information is mandatory.

Individuals not providing information cannot be rated/scored. The principal purpose and routine use of this information are to maintain a record of individual scores on physical fitness events.

Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20; the proponent agency is TRADOC

NAME (LAST, FIRST MIDDLE)

SSN

GENDER

UNIT

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

SPECIAL INSTRUCTION: USE INK

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

Data Required by the Privacy Act of 1974

Title DA form 705
Authority 5 USC Section 301
Disclosure of requested information is mandatory.

Individuals not providing information cannot be rated/scored. The principal purpose and routine use of this information are to maintain a record of individual scores on physical fitness events.

SIT-UP STANDARDS

AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79		99	97			79						79
78	100	97	96			78						78
77	98	96	95			77						77
76	97	95	94	100	100	76						76
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73						73
72	90	89	88	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	86	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	96	97	60
59	70	72	75	80	82	59	87	92	93	95	96	59
58	68	71	74	79	81	58	86	91	92	94	95	58
57	66	69	73	78	80	57	85	90	91	92	94	57
56	65	68	72	76	79	56	84	89	89	91	92	56
55	63	67	71	75	78	55	83	88	88	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	76	53	81	86	86	88	89	53
52	58	63	68	72	75	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
41	41	48	56	59	63	41	69	72	74	75	76	41
40	39	47	55	58	62	40	68	71	73	74	75	40
39	38	45	54	56	61	39	67	70	72	73	74	39
38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	64	66	68	69	34
33	28	37	47	49	55	33	61	63	65	68	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
25	15	27	38	40	46	25	53	54	57	58	59	25
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23	35	38	43	22	50	51	54	55	56	22
21	9	21	34	35	42	21	49	50	53	54	55	21
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

PUSH-UP STANDARDS

Age group		17-21		22-26		27-31		32-36		37-41		Age group		42-46		47-51		52-56		57-61		62+		Age group				
Repetitions		M	F	M	F	M	F	M	F	M	F	Repetitions		M	F	M	F	M	F	M	F	M	F	Repetitions				
77					100							77												77				
76					99							76												76				
75			100		98		100					75												75				
74					99		97		99			74												74				
73				98		98		98		100		73												73				
72					97		95		97		99	72												72				
71	100				95		94		96		98	71												71				
70		99			94		93		95		97	70												70				
69			97		93		92		94		96	69												69				
68				96		92		91		93		68												68				
67		94			91		89		92		94	67												67				
66			93		90		88		91		93	66	100											66				
65				92		89		87		90		65	99											65				
64					90		87		86		89	64		98										64				
63						89		86		85		88	63		97									63				
62							88		85		84	62			96									62				
61								86		84		88	61			94								61				
60									85		83	60				93								60				
59										84		86	59			92	100							59				
58											83	58				91								58				
57												84	57			90								57				
56												83	56			89		100						56				
55												82	55			88		99						55				
54												81	54			87		94						54				
53												79	53			86		93						53				
52												78	52			84		92						52				
51												77	51			83		91						51				
50												76	50			82		89						50				
49												75	49			81		88						49				
48												74	48			80		87						48				
47												73	47			79		86						47				
46												72	46			78		85						46				
45												71	45			77		84						45				
44												70	44			76		82						44				
43												69	43			74		81						43				
42												68	42			73		80						42				
41												67	41			72		79						41				
40												66	40			71		78						40				
39												65	39			70		76						39				
38												64	38			69		75						38				
37												63	37			68	100	74						37				
36												62	36			67		73						36				
35												61	35			66		72						35				
34												60	34			64		95	71	100				34				
33												59	33			63		94		69	98	74		33				
32												58	32			62		92		68	97	73		32				
31												57	31			61		90		67	95	72	100	75	31			
30												56	30			60		89		66	93	71	98	74	30			
29												55	29			59		87		65	92	70	96	73	29			
28												54	28			58		86		64	90	69	95	71	100	74	28	
27												53	27			57		84		62	88	68	93	70	96	73	27	
26												52	26			56		82		61	87	67	91	69	96	72	26	
25												51	25			54		81		60	85	66	89	68	94	71	100	25
24												50	24			53		79		59	83	64	87	67	92	69	96	24
23												49	23			52		78		58	82	63	85	66	90	68	96	23
22												48	22			51		76		56	80	62	84	65	88	67	93	22
21												47	21			50		74		55	78	61	82	63	86	66	91	21
20												46	20			49		73		54	77	60	80	62	84	65	89	20
19												45	19			48		71		53	75	59	78	61	82	64	87	19
18												44	18			47		70		52	73	58	76	60	80	62	84	18
17												43	17			46		68		51	72	57	75	59	78	61	82	17
16												42	16			44		66		49	70	56	73	58	76	60	80	16
15												41	15			43		65		48	68	54	71	57	74	59	78	15
14												40	14			42		63		47	67	53	69	55	72	58	76	14
13												39	13			41		62		46	65	52	67	54	70	56	73	13
12												38	12			40		60		45	63	51	65	53	68	55	71	12
11												37	11			39		58		44	62	50	64	52	66	54	69	11
10												36	10			38		57		42	60	49	62	51	64	53	67	10
9												35	9			37		55		41	58	48	60	50	62	52	64	9
8												34	8			36		54		40	57	47	58	49	60	51	62	8
7												33	7			34		52		39	55	46	56	47	58	49	60	7
6												32	6			33		50		38	53	44	55	46	56	48	59	6
5												31	5			32		49		36	52	43	53	45	54	47	58	5
4												30	4			31		48		35	51	42	52	44	53	46	57	4
3												29	3			30		47		34	50	41	51	43	52	45	56	3
2												28	2			29		46		33	49	40	50	42	51	44	55	2
1												27	1			28		45		32	48	39	49	41	50	43	54	1
1												26	1			27		44		31	47	38	48	40	49	42	53	1
1												25	1			26		43		30	46	37	47	39	48	41	52	1
1												24	1			25		42		29	45	36	46	40	49	42	53	1
1												23	1			24		41		28	44	35	45	39	48	41	52	1
1												22	1			23		40		27	43	34	44	38	47	40	51	1
1												21	1			22		39		26	42	33	43	37	46	39	50	1
1												20	1			21		38		25	41	32	42	36	45	38	49	1
1												19	1			20												

2-MILE RUN STANDARDS

AGE GROUP	17-21				22-26				27-31				32-36				37-41				AGE GROUP	42-46				47-51				52-56				57-61				62+				AGE GROUP
	Time	M	F		M	F			M	F			M	F			M	F				Time	M	F		M	F			M	F			M	F			Time				
12:54																					12:54																	12:54				
13:00	100				100																13:00																13:00					
13:06	99				99																13:06																13:06					
13:12	97				96																13:12																13:12					
13:18	96				97				100			100									13:18																13:18					
13:24	94				96				99			99									13:24																13:24					
13:30	93				94				96			96									13:30																13:30					
13:36	92				93				97			97								100	13:36																13:36					
13:42	90				92				96			96								99	13:42																13:42					
13:48	89				91				95			95								98	13:48																13:48					
13:54	88				90				94			94								87	13:54																13:54					
14:00	86				89				92			94								97	14:00																14:00					
14:06	85				88				91			93								96	14:06	100															14:06					
14:12	83				87				90			92								95	14:12	99															14:12					
14:18	82				86				89			91								94	14:18	96															14:18					
14:24	81				84				88			90								93	14:24	97			100												14:24					
14:30	79				83				87			89								92	14:30	97			99												14:30					
14:36	78				82				86			88								91	14:36	96			96												14:36					
14:42	77				81				85			87								90	14:42	95			98			100									14:42					
14:48	75				80				84			86								89	14:48	94			97			99									14:48					
14:54	74				79				83			85								88	14:54	93			96			96									14:54					
15:00	72				78				82			85								88	15:00	92			95			98									15:00					
15:06	71				77				81			84								87	15:06	91			95			97									15:06					
15:12	70				76				79			83								86	15:12	90			94			96									15:12					
15:18	68				74				78			82								86	15:18	90			93			96			100						15:18					
15:24	67				73				77			81								85	15:24	89			92			95			99						15:24					
15:30	66				72				76			80								84	15:30	88			91			94			98						15:30					
15:36	64	100			71	100			75			79								83	15:36	87			91			93			97						15:36					
15:42	63	99			70	99			74			78								82	15:42	86			90			92			97			100			15:42					
15:48	61	98			69	98			73	100		77								81	15:48	85			89			91			96			99			15:48					
15:54	60	96			68	97			72	99		76	100							80	15:54	84			88			91			95			98			15:54					
16:00	59	95			67	96			71	98		75	99							79	16:00	83			87			90			94			97			16:00					
16:06	57	94			66	95			70	97		75	99							79	16:06	83			87			89			93			96			16:06					
16:12	56	93			64	94			69	97		74	98							78	16:12	82			86			88			92			95			16:12					
16:18	54	92			63	93			68	96		73	97							77	16:18	81			85			87			91			94			16:18					
16:24	53	90			62	92			66	95		72	97							76	16:24	80			84			87			90			93			16:24					
16:30	52	89			61	91			65	94		71	96							75	16:30	79			84			86			90			93			16:30					
16:36	50	88			60	90			64	93		70	95							74	16:36	78			83			85			89			92			16:36					
16:42	49	87			59	89			63	92		69	94							74	16:42	77			82			84			88			91			16:42					
16:48	48	85			56	88			62	91		68	94							73	16:48	77			81			84			87			90			16:48					
16:54	46	84			57	87			61	91		67	93							72	16:54	76			80			83			86			89			16:54					
17:00	45	83			56	86			60	90		66	92							71	17:00	75			80			82			85			88			17:00					
17:06	43	82			54	85			59	89		65	92							70	17:06	74			79			81			84			87			17:06					
17:12	42	81			53	84			58	88		65	91							69	17:12	73			78			80			83			86			17:12					
17:18	41	79			52	83			57	87		64	90							68	17:18	72			77			80			83			85			17:18					
17:24	39	78			51	82			56	86		63	90							68	17:24	71	100		76			79			82			84			17:24					
17:30	38	77			50	81			55	85		62	89							67	17:30	70			75			78			81			83			17:30					
17:36	37	76			49	80			54	85		61	88							66	17:36	70			75	100		77			80			82			17:36					
17:42	35	75			48	79			52	84		60	88							65	17:42	69			74	99		76			79			81			17:42					
17:48	34	73			47	78			51	83		59	87							64	17:48	68			73	99		76			78			80			17:48					
17:54	32	72			46	77			50	82		58	86							63	17:54	67			73	98		75			77			80			17:54					
18:00	31	71			44	76			49	81		57	86							63	18:00	66			72	97		74			77			79			18:00					
18:06	30	70			43	75			48	80		56	85							62	18:06	65			71	97		73			76			78			18:06					
18:12	28	68			42	74			47	80		55	84							61	18:12	64			70	96		73			75			77			18:12					
18:18	27	67			41	73			46	79		55	83							60	18:18	63			69	96		72			74			76			18:18					
18:24	26	66			40	72			45	78		54	83							59	18:24	63			69	95		71			73			75			18:24					
18:30	24	65			39	71			44	77		53	82							58	18:30	62			68	94		70			72			74			18:30					
18:36	23	64			38	70			43	76		52	81							57	18:36	61			67																	

20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	67	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30
20:36		39	16	50	21	59	34	68	40	75	20:36	43	80	51	81	54	88	54	93	54	95	20:36
20:42		38	14	49	20	58	33	67	40	74	20:42	43	79	51	81	53	87	53	92	53	94	20:42
20:48		37	13	48	19	57	32	66	39	73	20:48	42	78	50	80	52	87	52	91	53	94	20:48
20:54		36	12	47	18	57	31	66	38	73	20:54	41	78	49	79	51	86	51	91	52	93	20:54
21:00		35	11	46	17	56	30	65	37	72	21:00	40	77	48	79	51	85	50	90	51	92	21:00
21:06		33	10	45	16	55	29	64	36	71	21:06	39	77	47	78	50	84	50	89	50	91	21:06
21:12		32	9	44	15	54	28	63	35	71	21:12	38	76	47	77	49	84	49	88	49	90	21:12
21:18		31	8	43	14	53	27	63	34	70	21:18	37	75	46	77	48	83	48	87	48	90	21:18
21:24		30	7	42	12	52	26	62	34	69	21:24	37	75	45	76	47	82	47	87	47	89	21:24
21:30		28	6	41	11	51	25	61	33	68	21:30	36	74	44	76	47	81	46	86	46	88	21:30
21:36		27	4	40	10	51	25	61	32	68	21:36	35	73	44	75	46	81	45	85	45	87	21:36
21:42		26	3	39	9	50	24	60	31	67	21:42	34	73	43	74	45	80	44	84	44	86	21:42
21:48		25	2	38	8	49	23	59	30	66	21:48	33	72	42	74	44	79	43	84	43	86	21:48
21:54		24	1	37	7	48	22	59	29	66	21:54	32	71	41	73	44	79	43	83	42	85	21:54
22:00		22	0	36	6	47	21	58	29	65	22:00	31	71	40	72	43	78	42	82	41	84	22:00
22:06		21		35	5	46	20	57	28	64	22:06	30	70	40	72	42	77	41	81	40	83	22:06
22:12		20		34	4	46	19	57	27	64	22:12	30	70	39	71	41	76	40	80	40	82	22:12
22:18		19		33	3	45	18	56	26	63	22:18	29	69	38	71	40	76	39	80	39	82	22:18
22:24		18		32	2	44	17	55	25	62	22:24	28	68	37	70	40	75	38	79	38	81	22:24
22:30		16		31	1	43	16	54	24	61	22:30	27	68	36	69	39	74	37	78	37	80	22:30
22:36		15		30	0	42	15	54	23	61	22:36	26	67	36	69	38	73	37	77	36	79	22:36
22:42		14		29		41	15	53	23	60	22:42	25	66	35	68	37	73	36	76	35	78	22:42
22:48		13		28		40	14	52	22	59	22:48	24	66	34	67	36	72	35	76	34	78	22:48
22:54		12		27		40	13	52	21	59	22:54	23	65	33	67	36	71	34	75	33	77	22:54
23:00		10		26		39	12	51	20	58	23:00	23	64	33	66	35	70	33	74	32	76	23:00
23:06		9		25		38	11	50	19	57	23:06	22	64	32	66	34	70	32	73	31	75	23:06
23:12		8		24		37	10	49	18	56	23:12	21	63	31	65	33	69	31	73	30	74	23:12
23:18		7		23		36	9	49	17	56	23:18	20	63	30	64	33	68	30	72	29	74	23:18
23:24		5		22		35	8	48	17	55	23:24	19	62	29	64	32	67	30	71	28	73	23:24
23:30		4		21		34	7	48	16	54	23:30	18	61	29	63	31	67	29	70	27	72	23:30
23:36		3		20		34	6	47	15	54	23:36	17	61	28	62	30	66	28	69	27	71	23:36
23:42		2		19		33	5	46	14	53	23:42	17	60	27	62	29	65	27	69	26	70	23:42
23:48		1		18		32	5	46	13	52	23:48	16	59	26	61	29	64	26	68	25	70	23:48
23:54		0		17		31	4	45	12	52	23:54	15	59	25	61	28	64	25	67	24	69	23:54
24:00				16		30	3	44	11	51	24:00	14	58	25	60	27	63	24	66	23	68	24:00
24:06				15		29	2	43	11	50	24:06	13	57	24	59	26	62	23	65	22	67	24:06
24:12				14		29	1	43	10	49	24:12	12	57	23	59	25	61	23	65	21	66	24:12
24:18				13		28	0	42	9	49	24:18	11	56	22	58	25	61	22	64	20	66	24:18
24:24				12		27		41	8	48	24:24	10	56	22	57	24	60	21	63	19	65	24:24
24:30				11		26		41	7	47	24:30	10	55	21	57	23	59	20	62	18	64	24:30
24:36				10		25		40	6	47	24:36	9	54	20	56	22	59	19	62	17	63	24:36
24:42				9		24		39	6	46	24:42	8	54	19	56	22	58	18	61	16	62	24:42
24:48				8		23		39	5	45	24:48	7	53	18	55	21	57	17	60	15	62	24:48
24:54				7		23		38	4	45	24:54	6	52	18	54	20	56	17	59	14	61	24:54
25:00				6		22		37	3	44	25:00	5	52	17	54	19	56	16	58	13	60	25:00
25:06				5		21		37	2	43	25:06	4	51	16	53	18	55	15	58	13	59	25:06
25:12				4		20		36	1	42	25:12	3	50	15	52	18	54	14	57	12	58	25:12
25:18				3		19		35	0	42	25:18	3	50	15	52	17	53	13	56	11	58	25:18
25:24				2		18		34		41	25:24	2	49	14	51	16	53	12	55	10	57	25:24
25:30				1		17		34		40	25:30	1	49	13	51	15	52	11	55	9	56	25:30
25:36				0		17		33		40	25:36	0	48	12	50	15	51	10	54	8	55	25:36
25:42						16		32		39	25:42		47	11	49	14	50	10	53	7	54	25:42
25:48						15		32		38	25:48		47	11	49	13	50	9	52	6	54	25:48
25:54						14		31		38	25:54		46	10	48	12	49	8	51	5	53	25:54
26:00						13		30		37	26:00		45	9	47	11	48	7	51	4	52	26:00
26:06						12		30		36	26:06		45	8	47	11	47	6	50	3	51	26:06
26:12						11		29		35	26:12		44	7	46	10	47	5	49	2	50	26:12
26:18						11		28		35	26:18		43	7	46	9	46	4	48	1	50	26:18
26:24						10		28		34	26:24		43	6	45	8	45	3	47	0	49	26:24
26:30						9		27		33	26:30		42	5	44	7	44	3	47	0	48	26:30
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+		AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. In all cases, when a time falls between two point values, the lower point value is used. Record that number in the 2MR points block on the front of the scorecard.