NAME (LAST, FIRST MIDDLE) **Army Physical Fitness Test Scorecard** SSN GENDER For use of this form, see FM 21-20; the proponentagency is TRADOC UNIT **TEST ONE TEST TWO TEST THREE TEST FOUR** DATE GRADE AGE DATE GRADE AGE DATE GRADE AGE DATE GRADE AGE HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** INCHES) INCHES) INCHES) INCHES) WEIGHT: BODY FAT: WEIGHT: BODY FAT: WEIGHT: BODY FAT: WEIGHT: BODY FAT: lbs lbs lbs lbs GO / NO-GO PU RAW SCORE **INITIALS POINTS** SU RAW SCORE **INITIALS INITIALS INITIALS POINTS** SU RAW SCORE **INITIALS POINTS** SU RAW SCORE **POINTS** SU RAW SCORE **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MR RAW SCORE INITIALS **POINTS** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT TOTAL **POINTS POINTS POINTS POINTS EVENT** EVENT EVENT EVENT TIME TIME TIME TIME GO NO-GO GO NO-GO GO NO-GO GO NO-GO NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE COMMENTS COMMENTS COMMENTS COMMENTS Data Required by the Privacy Act of 1974 SPECIALINSTRUCTION: USE INK Title DA form 705 Individuals not providing information cannot be LEGEND: PU - PUSHUPS 2MR - 2 MILERUN Authority 5 USC Section 301 rated/scored. The principal purpose and routine use of SU - SIT UPS **APFT - ARMY PHYSICALFITNESSTEST**

mandatory.

Disclosureof requested information is

this information are to maintain a record of individual

scores on physical fitness events.

NAME (LAST, FIRST MIDDLE) **Army Physical Fitness Test Scorecard** SSN GENDER For use of this form, see FM 21-20; the proponent agency is TRADOC UNIT **TEST FIVE TEST SIX TEST SEVEN TEST EIGHT** AGE DATE GRADE AGE DATE GRADE DATE GRADE AGE DATE GRADE AGE HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** HEIGHT(IN **BODY COMPOSITION** INCHES) INCHES) INCHES) INCHES) WEIGHT: BODY FAT: WEIGHT: BODY FAT: WEIGHT: BODY FAT: WEIGHT: BODY FAT: lbs lbs lbs lbs GO / NO-GO PU RAW SCORE **INITIALS POINTS** SU RAW SCORE **INITIALS INITIALS INITIALS POINTS** SU RAW SCORE **INITIALS POINTS** SU RAW SCORE **POINTS** SU RAW SCORE **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MRRAW SCORE INITIALS **POINTS** 2MR RAW SCORE INITIALS **POINTS** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT **TOTAL** ALTERNATEAEROBICEVENT TOTAL **POINTS POINTS POINTS POINTS EVENT** EVENT EVENT EVENT TIME TIME TIME TIME GO NO-GO GO NO-GO GO NO-GO GO NO-GO NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE NCOIC/OICSIGNATURE COMMENTS COMMENTS COMMENTS COMMENTS Data Required by the Privacy Act of 1974 SPECIALINSTRUCTION: USE INK Title DA form 705 Individuals not providing information cannot be LEGEND: PU - PUSHUPS 2MR - 2 MILERUN Authority 5 USC Section 301 rated/scored. The principal purpose and routine use of SU - SIT UPS **APFT - ARMY PHYSICALFITNESSTEST** Disclosureof requestedinformation is this information are to maintain a record of individual

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scores on physical fitness events.

SIT-UP STANDARDS AGE GROUP 17-21 22-26 27-31 32-36 37-41 AGE GROUP 42-48 47-51 52-56 57-51 624 AGE GROUP														
Repetitions 82	MAF	MF	100	MYF	LAF	Repetitions 82	MF	WF	MF	WF	MF	Repetitions 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	89	95	96	72	100					72		
71	89	88	88	94	95	71	99					71		
70	87	87	87	93	94	70	98					70		
69 68	86 84	85 84	86 85	92	93	69	97					69		
67	82	83	84	91 89	92 91	68 67	96 95	-				68 67		
66	81	81	83	88	89	66	94	100	100	<u> </u>		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	78	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	7.3	78	. 80	57	85	90	91	92	94	57		
56	65	68	72	76 75	79	56	84	89	89	91	92	56		
55 54	63	67 65	71	74	78 77	55 54	63 82	88 87	88 87	90 89	91	55 54		
53	60	64	69	73	78	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	58	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	84	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	39	48 47	58 55	59	63	41	69	72	74	75	76	41		
39	38	45	54	58 56	62 61	40 39	68	71 70	73	74 73	75 74	39		
38	36	44	52	55	60	38	68	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	87	69	70	35		
34	30	39	48	50	56	34	62	64	68	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	84	30		
29	22	32	43	45	50	29	57	59	61	62	63	29		
28	20	31	42	44	49	28	58	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	58	58	59	60	26		
25	.15	27	38	40	48	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 21	10 9	23	35 34	36 35	43 42	22	50 49	51	54 53	55 54	58 55	22		
Republique	MF	Z1 MF	M/F	35 MF	42 MF	Repetitions	48 MF	50	53	54 MF	MF	Recettions		
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROU		

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.

											STA	ND	ARI	S								
word described.	17 M	-21 F	22 M	-26 F	27 M	'-31 F	3: M	2-36 F	37 M	41	AND BROOM		-46		-51		-56	_	-81		2+	AND DESCRIP
Repetitore 77	110	-	100		100	-	-		_	F	Repettors 77	M	F	M	F	M	F	W	F	M	F	Republions 77
76			:		99						76											76
75			100		98		100				75											75
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71	100	_	95		94	_	98	_	98	\vdash	71								_		-	72
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69	97		93		92		94		96		69											69
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64	90		87		86		89		91		64	98										64
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58	82		81		80		83		85		58	91		99								58
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51	72		73		73	161	75		77		51	83		91		94		98				51
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46	66		67	100	67	95	70		72		46	78	_	85		89		92		95		46
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39	56	95	59	90	60	87	63	92	65	99	39	70		76		81		84		87		39
38	54	93	58	89	59	85	62	91	64	97	38	69	100	75		80		83		86		38
37 36	53 52	91	57 55	86	58 57	84	60	89 88	63	96	37 36	68 67	100 98	74		79 78		82		85	ļ	37
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34	49	88	53	83	55	81	58	85	60	91	34	64	95	71	100	76	_	78	┞──	81	 	34
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32	48	83	51	81	53	78	56	83	58	88	32	62	92	68	97	73		76		79		32
31	45	79	50 49	79 78	50	77	55 54	80	56	85	31	60	89	66	95	72	100 98	75		78		31
29	42	77	47	77	49	75	53	79	55	84	29	59	87	65	92	71	96	74	 -	76 75		30 29
28	41	76	46	75	48	73	52	77	54	82	28	58	86	64	90	69	95	71	100	74	\vdash	28
27	39	74	45	74	47	72	51	-76	53	81	27	57	84	62	88	68	93	70	98	73		27
26	38	72	44	72	46	71	50	75	52	79	26	58	82	61	87	67	91	69	96	72		26
25	37	70 69	43	71	45	70 68	49	73 72	51	78 76	25	54	70	60	85	84	89	68	94	71	100	25
23	34	67	41	68	43	67	47	71	49	75	23	53	79 78	59 58	83 82	64 63	87 85	66	92	68	98	24
22	32	65	39	87	42	68	48	69	48	73	22	51	78	56	80	62	84	85	88	67	93	22
21	31	63	38	66	41	65	45	68	47	72	21	50	74	55	78	81	82	63	86	-06	91	21
20 19	30	62	37	83	40	64	44	67	46 46	70	20	49	73	54	77	60	80	62	84	65	89	20
18	28	60 58	36	61	39	62 61	43	65 64	45	69 67	19	48	70	53	75	59 58	78 78	60	82	64	87	19
17	26	57	34	60	37	60	41	63	43	66	17	46	68	51	72	57	75	59	78	61	82	17
16	24	55	33	59	36	59	39	61	42	64	16	44	66	49	70	58	73	58	78	60	80	16
15	23	53	31	57	35	58	38	60	41	63	15	43	65	48	68	54	71	57	74	59	78	15
14	21	51	30	56	34	56	37	59	39	61	14	42	63	47	67	53	69	55	72	58	76	14
13	19	50 48	29	54 52	33	55 54	38 35	58 56	38	60 59	13	41	62	46	85	52 51	67	54	70	56	73	13
11	17	48	27	50	31	52	34	54	30	57	11	39	60 58	45	63	50	65	53	68	55	71	12
10	16	44	26	49	29	50	33	52	35	56	10	38	57	42	60	49	82	51	64	53	87	10
9	14	43	25	49	28	49	32	50	34	54	9	37	55	41	58	48	60	50	62	52	64	9
8	13	41	23	48	27	49	31	49	33	53	8	36	54	40	57	47	58	49	60	-51	62	8
7	12	39	22	46	26	48	30	49	32	51	7	34	52	39	55	46	56	47	58	49	60	7
5	9	37	21	45	25	47	29	48 47	31:	50 48	5	33 32	50 49	38	53 52	44	55 53	46	56	48	58 58	5
4	8	34	19	42	23	44	27	45	29	47	+-	1	75	30	136	13	33	13	34	1.5/.	56	
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Repellions ARE GROUP		F 7-21	!. M	F 2-26	M ₂	F 7-31	<u> M</u>	F 12-36	<u> M</u>	F 7-41	Repetitions		F 2-46	M	F 7.51	<u>. M.</u>	F 2-58	M.		M		Republican
											last over				7-51				7-61		62+	APPL MAGU

Scoring standards are used to convert raw scores to point scores after lest 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. Record that number in the Push-Up points block on the front of the scorecard.

											JN STA	ND	ARI					-				
AGE GROUP	17-2		22-2		27-3		32-		37-4		AGE GROUP	42-4		47-5	_	52-50		57-8		62		AGE GROUP
Time	M	F	M	F	M	F	2	F	M	F	Time	M	F	M	F	М	F	M	F	M	F	Time
12:54											12:54											12:54
13:00	100		100			L.					13:00											13:00
13:06	99		99								13:06											13:06
13:12	97		8								13:12										\neg	13:12
13:18	96		97		100		100				13:18							\neg	7	_		13:1B
13:24	94		96		99		99				13:24			,						一寸		13:24
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13:36	92	_	93		97	\vdash	97		100		13:36	\vdash				-1	$\neg \neg$		_	-	\dashv	13:36
13:42	90		92		98		98		99		13:42	Н	-		_						\dashv	13:42
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14:54	74		79		83		85		89		14:54	93		96		96						14:54
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16:00	59	95	67	96	71	98	75	99	80	<u> </u>	16:00	83	ш	87		90	لــــا	94		97	\Box	16:00
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16:12	56	93	64	94	69	97	74	98	78	Щ.	18:12	82		86		88		92	_	95		18:12
16:18	54	92	63	93	68	96	73	97	77	<u> </u>	16:18	81	\Box	85		67		91		94_		16:18
16;24	53	90	62	92	66	95	72	97	76		16;24	80		84		87		90		93		15:24
16:30	52	89	61	91	65	94	71	96	75		16:30	79		B4		86		8		93		16:30
16:35	50	8	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	1	15:42	77		82		84		88		91		16:42
16:48	48	85	56	86	62	91	68	94	73		16:48	77		81		84		87		90		15:48
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	100	17:00	75		80		82		85		88		17:00
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	30 *\$	M 17-7	F	M 22-7	F	M 27-	F	M 32-	F	M 37-	F	26:30 Time	M 42-	F	5 47-	F	7 M 52-5	F	3 M 57-	F	M	48 F	26:30 Time

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.