

[Click to view Tables](#)

Army Physical Fitness Test Scorecard

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

NAME (Last, First, MI)

SMITH, JOHN, D

GENDER

Male

UNIT

1ST BDE 82ND ABN DIV

TEST ONE			TEST TWO			TEST THREE			TEST FOUR		
DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE
20200417	E-4	22									
HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION	
	WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:
67	180 lbs. GO / NO-GO	17 % GO / NO-GO		lbs. GO / NO-GO	% GO / NO-GO		lbs. GO / NO-GO	% GO / NO-GO		lbs. GO / NO-GO	% GO / NO-GO
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS
82	JW	100									
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS
82	JW	100									
2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS
13:00	JW	100									
ALTERNATE AEROBIC EVENT		TOTAL POINTS	ALTERNATE AEROBIC EVENT		TOTAL POINTS	ALTERNATE AEROBIC EVENT		TOTAL POINTS	ALTERNATE AEROBIC EVENT		TOTAL POINTS
EVENT			EVENT			EVENT			EVENT		
TIME			TIME			TIME			TIME		
GO NO-GO		300	GO NO-GO			GO NO-GO			GO NO-GO		
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE		
COMMENTS			COMMENTS			COMMENTS			COMMENTS		
NCOIC and Grader can NOT be the same person											

SPECIAL INSTRUCTION: USE INK

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

人
人
人

SAMPLE

[Click to view Tables](#)

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