

Army Physical Fitness Test Scorecard

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

NAME (LAST, FIRST MIDDLE) DOE, JOHN Q.	
SSN 123-45-6789	GENDER MALE
UNIT C TRP 1-14 CAV	

TEST ONE			TEST TWO			TEST THREE			TEST FOUR	
DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE		
20050730	E4	25								<p>Soldier demonstrated physical fitness requirement on diagnostic test administered within 30 days of scheduled departure for school. (as required). For students with permanent profiles, their profile must include an aerobic event. Soldiers with permanent profiles that permit an alternate APFT event must also meet course graduation requirements.</p> <p>Ref: PRE-EXECUTION CHECKLIST AND THE U.S. ARMY SERGEANTS MAJOR ACADEMY (WLC) ACTIVE COMPONENT (AC) COURSE MANAGEMENT PLAN OCT 05</p>
HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION			
	WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		
67	____ lbs GO / NO-GO <input type="checkbox"/> <input type="checkbox"/>	____ % GO / NO-GO <input type="checkbox"/> <input type="checkbox"/>								
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS		
89	JAC	100								
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS		
90	JAC	100								
2MRRAW SCORE	INITIALS	POINTS	2MRRAW SCORE	INITIALS	POINTS	2MRRAW SCORE	INITIALS	POINTS		
12:50	JAC	100								
ALTERNATE AEROBIC EVENT		TOTAL POINTS	ALTERNATE AEROBIC EVENT		TOTAL POINTS	ALTERNATE AEROBIC EVENT		TOTAL POINTS		
EVENT _____		300	EVENT _____			EVENT _____				
TIME _____			TIME _____			TIME _____				
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>				
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE				
COMMENTS			COMMENTS			COMMENTS				
RECORD OR DIAGNOSTIC APFT										

PT TEST MUST BE WITHIN 30 DAYS OF CLASS START DATE!

SPECIAL INSTRUCTION: USE INK

LEGEND: PU - PUSH UPS 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.