Army Physical Fitness Test Scorecard

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

NAME *(LAST, FIRST MIDDLE)*

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 ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐		WEIGHT: _____ lbs GO / NO-GO ☐ ☐	BODY FAT: _____ % GO / NO-GO ☐ ☐
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 ☐ NO-GO ☐		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____ TIME _____ GO ☐ NO-GO ☐		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**