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|---|--|--|--|--|--|--|--|--|--|--|--|
| <div>Army Physical Fitness Test Scorecard</div> <div>For use of this form, see FM 21-20; the proponent agency is TRADOC</div> | | | | | | 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: | BODY FAT: | | WEIGHT: | BODY FAT: | | WEIGHT: | BODY FAT: | | WEIGHT: | BODY FAT: |
| | <div><div>_____ lbs</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | <div><div>_____ %</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | | <div><div>_____ lbs</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | <div><div>_____ %</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | | <div><div>_____ lbs</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | <div><div>_____ %</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | | <div><div>_____ lbs</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> | <div><div>_____ %</div><div>GO / NO-GO</div><div><input type="checkbox"/> <input type="checkbox"/></div></div> |
| 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 _____ | | TOTAL POINTS | ALTERNATE AEROBIC EVENT EVENT _____ | | TOTAL POINTS | ALTERNATE AEROBIC EVENT EVENT _____ | | TOTAL POINTS | ALTERNATE AEROBIC EVENT EVENT _____ | | TOTAL POINTS |
| TIME _____ GO <input type="checkbox"/> NO-GO <input type="checkbox"/> | | | TIME _____ GO <input type="checkbox"/> NO-GO <input type="checkbox"/> | | | TIME _____ GO <input type="checkbox"/> NO-GO <input type="checkbox"/> | | | TIME _____ GO <input type="checkbox"/> NO-GO <input type="checkbox"/> | | |
| NCOIC/OIC SIGNATURE | | | NCOIC/OIC SIGNATURE | | | NCOIC/OIC SIGNATURE | | | NCOIC/OIC SIGNATURE | | |
| COMMENTS | | | COMMENTS | | | COMMENTS | | | COMMENTS | | |
| SPECIAL INSTRUCTION: USE INK | | | | | | Data Required by the Privacy Act of 1974 | | | | | |
| LEGEND: PU - PUSHUPS 2MR - 2 MILE RUN SU - SIT UPS APFT - ARMY PHYSICAL FITNESS TEST | | | | | | 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. | | | | | |