Army Physical Fitness Test Scorecard

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

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: _____ 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 - PUSHUPS; SU - SIT UPS; 2MR - 2 MILE RUN; 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.