

# ■ ARMY FITNESS TEST ■

## Official Scoring Chart — All Events

Effective: 1 June 2025 | Approved: 15 May 2025

MINIMUM PASSING: 60 pts per event | 300 pts total

HONORS: 270+ pts (90+ avg)

M = Male | F = Female | --- = Not applicable

### ① MAX DEADLIFT (MDL) — 3 Repetitions

Score in Pounds (LBS) | Higher weight = more points

Pts	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+		Pts
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
100	340	220	350	230	350	240	350	230	350	220	350	210	340	200	330	190	250	170	230	170	100
99	---	---	340	---	---	230	340	220	340	210	340	---	330	---	320	---	240	160	220	160	99
98	330	210	---	220	340	220	---	---	---	---	---	200	---	190	---	180	230	---	210	---	98
97	---	200	330	210	330	---	330	210	330	200	330	---	320	---	310	---	220	---	---	---	97
96	320	---	---	---	---	210	---	---	---	---	---	190	---	180	---	---	210	---	---	---	96
95	---	---	320	200	320	200	320	200	320	190	320	---	310	---	300	170	---	---	200	---	95
94	310	190	---	---	---	---	---	---	---	---	---	---	---	---	---	---	200	---	190	---	94
93	---	---	310	190	310	---	310	190	310	---	310	180	300	170	290	---	190	---	180	---	93
92	300	---	---	---	---	190	---	---	---	180	300	---	---	---	---	---	---	---	170	---	92
91	---	180	300	---	300	---	300	---	300	---	---	---	290	---	280	160	180	---	---	---	91
90	---	---	---	---	---	---	---	180	---	---	290	170	---	---	---	---	---	150	---	150	90
89	290	---	290	180	290	180	290	---	290	170	---	---	280	160	270	---	170	---	---	---	89
88	---	170	---	---	---	---	---	---	---	---	280	---	---	---	---	---	---	---	---	---	88
87	280	---	280	---	280	---	280	170	280	---	---	---	---	---	---	---	---	---	---	---	87
86	---	---	---	170	---	170	---	---	---	---	270	160	270	---	260	---	---	---	---	---	86
85	270	---	270	---	270	---	270	---	270	160	---	---	---	---	---	150	---	---	---	---	85
84	---	160	---	---	---	---	---	---	---	---	260	---	260	150	250	---	---	---	---	---	84
83	260	---	260	---	260	---	260	160	260	---	---	---	---	---	---	---	---	---	---	---	83
82	---	---	---	160	---	160	---	---	---	---	250	150	250	---	240	---	---	---	160	---	82
81	250	---	250	---	250	---	250	---	250	---	---	---	---	---	---	---	---	---	---	---	81
80	---	150	---	---	---	---	---	---	---	150	---	---	240	---	230	---	---	140	---	140	80





## ⑤ TWO-MILE RUN (2MR)

Overall time (mm:ss) | Faster time = more points

Pts	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+		Pts
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
100	13:22	16:00	13:25	15:30	13:25	15:30	13:42	15:48	13:42	15:51	14:05	16:00	14:30	16:30	15:09	16:59	15:28	17:18	15:28	17:18	100
95	14:45	17:23	14:41	16:27	14:41	16:27	15:01	17:23	15:10	17:28	15:24	17:39	15:47	18:06	16:33	18:50	17:14	19:15	17:14	19:15	95
90	15:39	17:55	15:38	17:44	15:38	17:44	15:50	18:21	16:01	18:25	16:15	18:37	16:39	19:03	17:26	19:47	18:17	20:26	18:17	20:26	90
85	16:28	18:44	16:29	18:38	16:33	18:59	16:30	19:09	16:48	19:13	17:01	19:25	17:25	19:50	18:13	20:35	19:00	21:10	19:00	21:10	85
80	17:13	19:30	---	19:25	17:21	19:45	17:16	19:53	17:33	19:57	17:47	20:10	18:12	20:34	19:00	21:19	19:45	21:51	19:45	21:59	80
75	17:52	20:13	17:55	20:12	18:04	20:26	17:58	20:33	18:14	20:37	18:35	20:50	19:00	21:14	19:49	21:59	20:22	22:30	20:22	22:38	75
70	18:35	21:06	18:23	21:00	18:23	21:00	18:30	21:13	18:35	21:16	18:55	21:30	19:30	21:45	20:20	22:38	21:00	23:11	21:00	23:20	70
65	19:23	22:12	19:07	22:07	19:15	21:49	19:34	21:55	19:31	21:58	20:10	22:12	20:50	22:35	21:40	23:20	22:03	23:53	22:03	23:58	65
60	19:57	22:55	19:45	22:45	19:45	22:45	20:44	22:50	20:44	22:59	22:04	23:15	22:04	23:30	22:50	24:00	23:36	24:48	23:36	25:00	60
50	20:25	23:24	20:13	23:14	20:13	23:14	21:12	23:19	21:12	23:28	22:32	23:44	22:32	23:59	23:18	24:29	24:04	25:17	24:04	25:29	50
40	20:53	23:53	20:41	23:43	20:41	23:43	21:40	23:48	21:40	23:57	23:00	24:13	23:00	24:28	23:46	24:58	24:32	25:46	24:32	25:58	40
30	21:21	24:22	21:09	24:12	21:09	24:12	22:08	24:17	22:08	24:26	23:28	24:42	23:28	24:57	24:14	25:27	25:00	26:15	25:00	26:27	30
20	21:49	24:51	21:37	24:41	21:37	24:41	22:36	24:46	22:36	24:55	23:56	25:11	23:56	25:26	24:42	25:56	25:28	26:44	25:28	26:56	20
10	22:17	25:20	22:05	25:10	22:05	25:10	23:04	25:15	23:04	25:24	24:24	25:40	24:24	25:55	25:10	26:25	25:56	27:13	25:56	27:25	10
0	22:45	25:50	22:33	25:40	22:33	25:40	23:32	25:45	23:32	25:54	24:52	26:10	24:52	26:25	25:38	26:55	26:24	27:43	26:24	27:55	0

## ⑤ ALTERNATE AEROBIC EVENTS — Go/No-Go

Maximum time allowed for each event (mm:ss) — Must complete within time to pass

Event	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
2.5-mi Walk	31:00	34:00	30:45	33:30	30:30	33:00	30:45	33:30	31:00	34:00	31:00	34:00	32:00	35:00	32:00	35:00	33:00	36:00	33:00	36:00
12 km Bike	26:25	28:58	26:12	28:31	26:00	28:07	26:12	28:31	26:25	28:58	26:25	28:58	27:16	29:50	27:16	29:50	28:07	30:41	28:07	30:41
1 km Swim	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48
5 km Row	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48

Source: Army Fitness Test Score Tables | Approved: 15 May 2025 | Effective: 1 June 2025 | All scores shown are key benchmark rows; consult official AFT regulations for complete point-by-point tables.