

Sleep Recommendations by Age Group

- **Infants (4 to 12 months):** [12 to 16 hours](#) per 24 hours (including naps).
- **Toddlers (1 to 2 years):** 11 to 14 hours per 24 hours (including naps).
- **Preschoolers (3 to 5 years):** 10 to 13 hours per 24 hours (including naps).
- **School-Age Children (6 to 12 years):** 9 to 12 hours per 24 hours.
- **Teenagers (13 to 18 years):** 8 to 10 hours per 24 hours. *(Note: Young athletes in this group often require the higher end of this range or strategic napping for physical recovery).*
- **Adults (18+ years):** 7 or more hours per night.

Army Physical Fitness Test Scorecard For use of this form, see FM 7-22; the proponent agency is TRADOC.						NAME (Last, First, MI)					
						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:
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											

ARMY FITNESS TEST SCORECARD

For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.

NOTE: To convert raw scores to scaled scores, refer to the AFT event score conversion tables posted to the Army Fitness Test website at: <https://www.army.mil/aft>.

Body Composition Testing will **NOT** be conducted on the same day as the AFT. To avoid illness and injury, height and weight should be recorded at least 7 days before or at least 7 days after the AFT when feasible.

FOR OFFICIAL USE ONLY

NAME (Last, First, MI)

SEX ☐ MALE ☐ FEMALE

UNIT/LOCATION

PRIVACY ACT STATEMENT

AUTHORITY: 10 USC 7013, Department of the Army; 10 USC 671, Members not to be assigned outside United States before completing training; 10 USC 14503, Discharge of officers with less than six years of commissioned service or found not qualified for promotion to first lieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.

PRINCIPAL PURPOSE: The Army Fitness Test (AFT) assesses a Soldier's fitness capability. Fitness test standards are adjusted for combat MOS requirements, age and sex. For additional information, see the System of Records Notice DoD-005, Defense Training Records, <https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records>.

ROUTINE USES: None.

DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.

TEST ONE

DATE (YYYYMMDD)	MOS	PAY GRADE	AGE
STANDARD: ☐ COMBAT ☐ GENERAL		BODY COMPOSITION DATE: _____	
HEIGHT (inches)	WEIGHT ____ lbs. ☐ GO ☐ NOGO	BODY FAT ____ % ☐ GO ☐ NOGO	
3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT ☐ _____	2ND ATTEMPT ☐ _____	POINTS	GRADER INITIALS
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)			
REPETITIONS	POINTS	GRADER INITIALS	
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
PLANK (maintain proper straight line position (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
2 - MILE RUN (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
5K ROW / 1K SWIM / 12K BIKE / 2.5MI WALK [(circle or use the drop down list) (overall time to reach required distance (minutes : seconds))]			
TIME	☐ GO ☐ NOGO	POINTS (60/0)	GRADER INITIALS

SOLDIER SIGNATURE	DATE	TOTAL POINTS
OIC/NCOIC NAME (Last, First, MI)	PAY GRADE	☐ GO ☐ NOGO
OIC/NCOIC SIGNATURE	DATE	

TEST TWO

DATE (YYYYMMDD)	MOS	PAY GRADE	AGE
STANDARD: ☐ COMBAT ☐ GENERAL		BODY COMPOSITION DATE: _____	
HEIGHT (inches)	WEIGHT ____ lbs. ☐ GO ☐ NOGO	BODY FAT ____ % ☐ GO ☐ NOGO	
3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))			
1ST ATTEMPT ☐ _____	2ND ATTEMPT ☐ _____	POINTS	GRADER INITIALS
HAND-RELEASE PUSH-UP (number of correctly performed repetitions)			
REPETITIONS	POINTS	GRADER INITIALS	
SPRINT - DRAG - CARRY (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
PLANK (maintain proper straight line position (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
2 - MILE RUN (overall event time (minutes : seconds))			
TIME	POINTS	GRADER INITIALS	
5K ROW / 1K SWIM / 12K BIKE / 2.5MI WALK [(circle or use the drop down list) (overall time to reach required distance (minutes : seconds))]			
TIME	☐ GO ☐ NOGO	POINTS (60/0)	GRADER INITIALS

SOLDIER SIGNATURE	DATE	TOTAL POINTS
OIC/NCOIC NAME (Last, First, MI)	PAY GRADE	☐ GO ☐ NOGO
OIC/NCOIC SIGNATURE	DATE	

SIT-UP STANDARDS												
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79		99	97			79						79
78	100	97	96			78						78
77	98	96	95			77						77
76	97	95	94	100	100	76						76
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73						73
72	90	89	88	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	86	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	96	97	60
59	70	72	75	80	82	59	87	92	93	95	96	59
58	68	71	74	79	81	58	86	91	92	94	95	58
57	66	69	73	78	80	57	85	90	91	92	94	57
56	65	68	72	76	79	56	84	89	89	91	92	56
55	63	67	71	75	78	55	83	88	88	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	76	53	81	86	86	88	89	53
52	58	63	68	72	75	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
41	41	48	56	59	63	41	69	72	74	75	76	41
40	39	47	55	58	62	40	68	71	73	74	75	40
39	38	45	54	56	61	39	67	70	72	73	74	39
38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	64	66	68	69	34
33	28	37	47	49	55	33	61	63	65	66	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
25	15	27	38	40	46	25	53	54	57	58	59	25
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23	35	38	43	22	50	51	54	55	56	22
21	9	21	34	35	42	21	49	50	53	54	55	21
Repetitions	MF	MF	MF	MF	MF	Repetitions	MF	MF	MF	MF	MF	Repetitions
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

PUSH-UP STANDARDS																				
Age group	17-21		22-26		27-31		32-36		37-41		Age group	42-46		47-51		52-56		57-61		62+
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	Repetitions
77					100						77									77
76					99						76									76
75			100		98		100				75									75
74			99		97		99				74									74
73			98		96		98		100		73									73
72			97		95		97		99		72									72
71	100		95		94		96		98		71									71
70	99		94		93		95		97		70									70
69	97		93		92		94		96		69									69
68	96		92		91		93		95		68									68
67	94		91		89		92		94		67									67
66	93		90		88		91		93		66	100								66
65	92		89		87		90		92		65	99								65
64	90		87		86		89		91		64	98								64
63	89		86		85		88		90		63	97								63
62	88		85		84		87		89		62	96								62
61	86		84		83		86		88		61	94								61
60	85		83		82		85		87		60	93								60
59	83		82		81		84		86		59	92	100							59
58	82		81		80		83		85		58	91	99							58
57	81		79		79		82		84		57	90	98							57
56	79		78		78		81		83		56	89	96	100						56
55	78		77		77		79		82		55	88	95	99						55
54	77		76		76		78		81		54	87	94	98						54
53	75		75		75		77		79		53	86	93	97	100					53
52	74		74		74		76		78		52	84	92	96	99					52
51	72		73		73		75		77		51	83	91	94	98					51
50	71		71		72	100	74		76		50	82	89	93	97	100				50
49	70		70		71	99	73		75		49	81	88	92	96	99				49
48	68		69		69	98	72		74		48	80	87	91	94	98				48
47	67		68		68	96	71		73		47	79	86	90	93	96				47
46	66		67	100	67	95	70		72		46	78	85	89	92	95				46
45	64		66	99	66	94	69	100	71		45	77	84	88	91	94				45
44	63		65	97	65	93	68	99	70		44	76	82	87	90	93				44
43	61		63	96	64	92	67	97	69		43	74	81	86	89	92				43
42	60	100	62	94	63	90	66	96	68		42	73	80	84	87	91				42
41	59	98	61	93	62	89	65	95	67		41	72	79	83	86	89				41
40	57	97	60	92	61	88	64	93	66	100	40	71	78	82	85	88				40
39	56	95	59	90	60	87	63	92	65	99	39	70	76	81	84	87				39
38	54	93	58	89	59	85	62	91	64	97	38	69	75	80	83	86				38
37	53	91	57	88	58	84	61	89	63	96	37	68	74	79	82	85				37
36	52	90	55	86	57	83	60	88	62	94	36	67	73	78	81	84				36
35	50	88	54	85	56	82	59	87	61	93	35	66	72	77	79	82				35
34	49	86	53	83	55	81	58	85	60	91	34	64	71	76	78	81				34
33	48	84	52	82	54	79	57	84	59	90	33	63	69	74	77	80				33
32	46	83	51	81	53	78	56	83	58	88	32	62	68	73	76	79				32
31	45	81	50	79	52	77	55	81	57	87	31	61	67	72	75	78				31
30	43	79	49	78	50	76	54	80	56	85	30	60	66	71	74	77				30
29	42	77	47	77	49	75	53	79	55	84	29	59	65	70	73	76				29
28	41	76	46	76	48	73	52	77	54	82	28	58	64	69	72	75	78			28
27	39	74	45	74	47	72	51	76	53	81	27	57	63	68	71	74				27
26	38	72	44	72	46	71	50	75	52	79	26	56	62	67	70	73				26
25	37	70	43	71	45	70	49	73	51	78	25	54	61	66	69	72				25
24	35	69	42	70	44	68	48	72	50	76	24	53	59	64	67	70				24
23	34	67	41	68	43	67	47	71	49	75	23	52	58	63	66	69				23
22	32	65	39	67	42	66	46	69	48	73	22	51	56	61	64	67				22
21	31	63	38	66	41	65	45	68	47	72	21	50	55	60	63	66				21
20	30	62	37	64	40	64	44	67	46	70	20	49	54	59	62	65				20
19	28	60	36	63	39	62	43	65	45	69	19	48	53	58	61	64				19
18	27	58	35	61	38	61	42	64	44	67	18	47	52	57	60	63				18
17	26	57	34	60	37	60	41	63	43	66	17	46	51	56	59	62				17
16	24	55	33	58	36	59	39	61	42	64	16	44	49	54	57	60				16
15	23	53	31	57	35	58	38	60	41	63	15	43	48	53	56	59				15
14	21	51	30	56	34	56	37	59	39	61	14	42	47	52	55	58				14
13	20	50	29	54	33	55	36	58	38	60	13	41	46	51	54	57				13
12	19	48	28	52	32	54	35	56	37	59	12	40	45	50	53	56				12
11	17	46	27	50	31	52	34	54	36	57	11	39	44	49	52	55				11
10	16	44	26	49	29	50	33	52	35	56	10	38	43	48	51	54				10
9	14	43	25	48	28	49	32	50	34	54	9	37	42	47	50	53				9
8	13	41	23	46	27	48	31	49	33	53	8	36	41	46	49	52				8
7	12	39	22	46	26	48	30	49	32	51	7	34	39	44	47	50				7
6	10	37	21	45	25	47	29	48	31	50	6	33	38	43	46	49				6
5	9	36	20	43	24	45	28	47	30	48	5	32	37	42	45	48				5
4	8	34	19	42	23	44	27	45	29	47										
3	6	32	18	41	22	43	26	44	28	45										
2	5	30	17	39	21	42	25	43	27	44										
1	3	29	15	38	20	41	24	41	26	42										
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	Repetitions
Age group	17-21		22-26		27-31		32-36		37-41		Age group	42-46		47-51		52-56		57-61		62+

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Push-Up points block on the front of the scorecard.

2-MILE RUN STANDARDS																									
AGE GROUP		17-21		22-26		27-31		32-36		37-41		AGE GROUP		42-46		47-51		52-56		57-61		62+		AGE GROUP	
Time	M	F	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time	
12:54													12:54											12:54	
13:00	100		100										13:00											13:00	
13:06	99		99										13:06											13:06	
13:12	97		96										13:12											13:12	
13:18	96		97		100		100						13:18											13:18	
13:24	94		96		99		99						13:24											13:24	
13:30	93		94		96		96						13:30											13:30	
13:36	92		93		97		97		100				13:36											13:36	
13:42	90		92		96		96		99				13:42											13:42	
13:48	89		91		95		95		98				13:48											13:48	
13:54	88		90		94		95		97				13:54											13:54	
14:00	86		89		92		94		97				14:00											14:00	
14:06	85		88		91		93		96				14:06	100										14:06	
14:12	83		87		90		92		95				14:12	99										14:12	
14:18	82		86		89		91		94				14:18	98										14:18	
14:24	81		84		88		90		93				14:24	97		100								14:24	
14:30	79		83		87		89		92				14:30	97		99								14:30	
14:36	78		82		86		88		91				14:36	96		98								14:36	
14:42	77		81		85		87		91				14:42	95		98		100						14:42	
14:48	75		80		84		86		90				14:48	94		97		99						14:48	
14:54	74		79		83		85		89				14:54	93		96		98						14:54	
15:00	72		78		82		85		88				15:00	92		95		98						15:00	
15:06	71		77		81		84		87				15:06	91		95		97						15:06	
15:12	70		76		79		83		86				15:12	90		94		96						15:12	
15:18	68		74		78		82		86				15:18	90		93		96		100				15:18	
15:24	67		73		77		81		85				15:24	89		92		95		99				15:24	
15:30	66		72		76		80		84				15:30	88		91		94		98				15:30	
15:36	64	100	71	100	75		79		83				15:36	87		91		93		97				15:36	
15:42	63	99	70	99	74		78		82				15:42	86		90		92		97		100		15:42	
15:48	61	98	69	98	73	100	77		81				15:48	85		89		91		96		99		15:48	
15:54	60	96	68	97	72	99	76	100	80				15:54	84		88		91		95		98		15:54	
16:00	59	95	67	96	71	98	75	99	80				16:00	83		87		90		94		97		16:00	
16:06	57	94	66	95	70	97	75	99	79				16:06	83		87		89		93		96		16:06	
16:12	56	93	64	94	69	97	74	98	78				16:12	82		86		88		92		95		16:12	
16:18	54	92	63	93	68	96	73	97	77				16:18	81		85		87		91		94		16:18	
16:24	53	90	62	92	66	95	72	97	76				16:24	80		84		87		90		93		16:24	
16:30	52	89	61	91	65	94	71	96	75				16:30	79		84		86		90		93		16:30	
16:36	50	88	60	90	64	93	70	95	74				16:36	78		83		85		89		92		16:36	
16:42	49	87	59	89	63	92	69	94	74				16:42	77		82		84		88		91		16:42	
16:48	48	85	58	88	62	91	68	94	73				16:48	77		81		84		87		90		16:48	
16:54	46	84	57	87	61	91	67	93	72				16:54	76		80		83		86		89		16:54	
17:00	45	83	56	86	60	90	66	92	71	100			17:00	75		80		82		85		88		17:00	
17:06	43	82	54	85	59	89	65	92	70	99			17:06	74		79		81		84		87		17:06	
17:12	42	81	53	84	58	88	65	91	69	99			17:12	73		78		80		83		86		17:12	
17:18	41	79	52	83	57	87	64	90	69	98			17:18	72		77		80		83		85		17:18	
17:24	39	78	51	82	56	86	63	90	68	97			17:24	71	100	76		79		82		84		17:24	
17:30	38	77	50	81	55	85	62	89	67	96			17:30	70	99	76		78		81		83		17:30	
17:36	37	76	49	80	54	85	61	88	66	96			17:36	70	99	75	100	77		80		82		17:36	
17:42	35	75	48	79	52	84	60	88	65	95			17:42	69	98	74	99	76		79		81		17:42	
17:48	34	73	47	78	51	83	59	87	64	94			17:48	68	97	73	99	76		78		80		17:48	
17:54	32	72	46	77	50	82	58	86	63	94			17:54	67	97	73	98	75		77		80		17:54	
18:00	31	71	44	76	49	81	57	86	63	93			18:00	66	96	72	97	74		77		79		18:00	
18:06	30	70	43	75	48	80	56	85	62	92			18:06	65	96	71	97	73		76		78		18:06	
18:12	28	68	42	74	47	80	55	84	61	92			18:12	64	95	70	96	73		75		77		18:12	
18:18	27	67	41	73	46	79	55	83	60	91			18:18	63	94	69	96	72		74		76		18:18	
18:24	26	66	40	72	45	78	54	83	59	90			18:24	63	94	69	95	71		73		75		18:24	
18:30	24	65	39	71	44	77	53	82	58	89			18:30	62	93	68	94	70		72		74		18:30	
18:36	23	64	38	70	43	76	52	81	57	89			18:36	61	92	67	94	69		71		73		18:36	
18:42	21	62	37	69	42	75	51	81	57	88			18:42	60	92	66	93	69		70		72		18:42	
18:48	20	61	36	68	41	74	50	80	56	87			18:48	59	91	65	92	68		70		71		18:48	
18:54	19	60	34	67	39	74	49	79	55	87			18:54	58	90	65	92	67		69		70		18:54	
19:00	17	59	33	66	38	73	48	79	54	86			19:00	57	90	64	91	66	100		68		69		19:00
19:06	16	58	32	65	37	72	47	78	53	85			19:06	57	89	63	91	65	99		67		68		19:06
19:12	14	56	31	64	36	71	46	77	52	85			19:12	56	89	62	90	65	99		66		67		19:12
19:18	13	55	30	63	35	70	45	77	51	84			19:18	55	88	62	89	64	98		65		67		19:18
19:24	12	54	29	62	34	69	45	76	51	83			19:24	54	87	61	89	63	97		64		66		19:24
19:30	1																								

20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30
20:36		39	16	50	21	59	34	68	40	75	20:36	43	80	51	81	54	88	54	93	54	95	20:36
20:42		38	14	49	20	58	33	67	40	74	20:42	43	79	51	81	53	87	53	92	53	94	20:42
20:48		37	13	48	19	57	32	66	39	73	20:48	42	78	50	80	52	87	52	91	53	94	20:48
20:54		36	12	47	18	57	31	66	38	73	20:54	41	78	49	79	51	86	51	91	52	93	20:54
21:00		35	11	46	17	56	30	65	37	72	21:00	40	77	48	79	51	85	50	90	51	92	21:00
21:06		33	10	45	16	55	29	64	36	71	21:06	39	77	47	78	50	84	50	89	50	91	21:06
21:12		32	9	44	15	54	28	63	35	71	21:12	38	76	47	77	49	84	49	88	49	90	21:12
21:18		31	8	43	14	53	27	63	34	70	21:18	37	75	46	77	48	83	48	87	48	90	21:18
21:24		30	7	42	12	52	26	62	34	69	21:24	37	75	45	76	47	82	47	87	47	89	21:24
21:30		28	6	41	11	51	25	61	33	68	21:30	36	74	44	76	47	81	46	86	46	88	21:30
21:36		27	4	40	10	51	25	61	32	68	21:36	35	73	44	75	46	81	45	85	45	87	21:36
21:42		26	3	39	9	50	24	60	31	67	21:42	34	73	43	74	45	80	44	84	44	86	21:42
21:48		25	2	38	8	49	23	59	30	66	21:48	33	72	42	74	44	79	43	84	43	86	21:48
21:54		24	1	37	7	48	22	59	29	66	21:54	32	71	41	73	44	79	43	83	42	85	21:54
22:00		22	0	36	6	47	21	58	29	65	22:00	31	71	40	72	43	78	42	82	41	84	22:00
22:06		21		35	5	46	20	57	28	64	22:06	30	70	40	72	42	77	41	81	40	83	22:06
22:12		20		34	4	46	19	57	27	64	22:12	30	70	39	71	41	76	40	80	40	82	22:12
22:18		19		33	3	45	18	56	26	63	22:18	29	69	38	71	40	76	39	80	39	82	22:18
22:24		18		32	2	44	17	55	25	62	22:24	28	68	37	70	40	75	38	79	38	81	22:24
22:30		16		31	1	43	16	54	24	61	22:30	27	68	36	69	39	74	37	78	37	80	22:30
22:36		15		30	0	42	15	54	23	61	22:36	26	67	36	69	38	73	37	77	36	79	22:36
22:42		14		29		41	15	53	23	60	22:42	25	66	35	68	37	73	36	76	35	78	22:42
22:48		13		28		40	14	52	22	59	22:48	24	66	34	67	36	72	35	76	34	78	22:48
22:54		12		27		40	13	52	21	59	22:54	23	65	33	67	36	71	34	75	33	77	22:54
23:00		10		26		39	12	51	20	58	23:00	23	64	33	66	35	70	33	74	32	76	23:00
23:06		9		25		38	11	50	19	57	23:06	22	64	32	66	34	70	32	73	31	75	23:06
23:12		8		24		37	10	49	18	56	23:12	21	63	31	65	33	69	31	73	30	74	23:12
23:18		7		23		36	9	49	17	56	23:18	20	63	30	64	33	68	30	72	29	74	23:18
23:24		5		22		35	8	48	17	55	23:24	19	62	29	64	32	67	30	71	28	73	23:24
23:30		4		21		34	7	48	16	54	23:30	18	61	29	63	31	67	29	70	27	72	23:30
23:36		3		20		34	6	47	15	54	23:36	17	61	28	62	30	66	28	69	27	71	23:36
23:42		2		19		33	5	46	14	53	23:42	17	60	27	62	29	65	27	69	26	70	23:42
23:48		1		18		32	5	46	13	52	23:48	16	59	26	61	29	64	26	68	25	70	23:48
23:54		0		17		31	4	45	12	52	23:54	15	59	25	61	28	64	25	67	24	69	23:54
24:00				16		30	3	44	11	51	24:00	14	58	25	60	27	63	24	66	23	68	24:00
24:06				15		29	2	43	11	50	24:06	13	57	24	59	26	62	23	65	22	67	24:06
24:12				14		29	1	43	10	49	24:12	12	57	23	59	25	61	23	65	21	66	24:12
24:18				13		28	0	42	9	49	24:18	11	56	22	58	25	61	22	64	20	66	24:18
24:24				12		27		41	8	48	24:24	10	56	22	57	24	60	21	63	19	65	24:24
24:30				11		26		41	7	47	24:30	10	55	21	57	23	59	20	62	18	64	24:30
24:36				10		25		40	6	47	24:36	9	54	20	56	22	59	19	62	17	63	24:36
24:42				9		24		39	6	46	24:42	8	54	19	56	22	58	18	61	16	62	24:42
24:48				8		23		39	5	45	24:48	7	53	18	55	21	57	17	60	15	62	24:48
24:54				7		23		38	4	45	24:54	6	52	18	54	20	56	17	59	14	61	24:54
25:00				6		22		37	3	44	25:00	5	52	17	54	19	56	16	58	13	60	25:00
25:06				5		21		37	2	43	25:06	4	51	16	53	18	55	15	58	13	59	25:06
25:12				4		20		36	1	42	25:12	3	50	15	52	18	54	14	57	12	58	25:12
25:18				3		19		35	0	42	25:18	3	50	15	52	17	53	13	56	11	58	25:18
25:24				2		18		34		41	25:24	2	49	14	51	16	53	12	55	10	57	25:24
25:30				1		17		34		40	25:30	1	49	13	51	15	52	11	55	9	56	25:30
25:36				0		17		33		40	25:36	0	48	12	50	15	51	10	54	8	55	25:36
25:42						16		32		39	25:42		47	11	49	14	50	10	53	7	54	25:42
25:48						15		32		38	25:48		47	11	49	13	50	9	52	6	54	25:48
25:54						14		31		38	25:54		46	10	48	12	49	8	51	5	53	25:54
26:00						13		30		37	26:00		45	9	47	11	48	7	51	4	52	26:00
26:06						12		30		36	26:06		45	8	47	11	47	6	50	3	51	26:06
26:12						11		29		35	26:12		44	7	46	10	47	5	49	2	50	26:12
26:18						11		28		35	26:18		43	7	46	9	46	4	48	1	50	26:18
26:24						10		28		34	26:24		43	6	45	8	45	3	47	0	49	26:24
26:30						9		27		33	26:30		42	5	44	7	44	3	47	0	48	26:30
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP										

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. In all cases, when a time falls between two point values, the lower point value is used. Record that number in the 2MR points block on the front of the scorecard.

Army Fitness Test Score Tables																					
Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	
100	58	53	61	50	62	48	60	47	59	43	57	40	55	38	51	36	46	24	43	24	100
99	57	48	59	45	60	45	58	44	57	41	55	38	53	37	50	34	43	23	41	23	99
98	55	44	57	44	58	43	57	42	55	39	53	37	51	35	48	33	40	22	39	22	98
97	54	42	56	42	57	42	55	40	54	38	52	36	50	34	47	32	38	21	37	21	97
96	53	40	55	40	55	40	54	39	53	37	51	35	49	33	46	31	37	20	35	20	96
95	52	38	53	39	54	39	53	38	51	35	49	33	48	32	45	30	35	19	34	19	95
94	51	36	52	38	53	37	52	36	50	34	48	32	46	31	44	29	34	18	33	18	94
93	49	35	51	36	52	36	51	35	49	33	47	31	45	30	43	28	33	---	31	---	93
92	48	34	50	35	51	35	49	34	48	32	46	30	44	29	42	27	31	17	30	17	92
91	47	33	49	34	49	34	48	33	47	31	45	---	43	28	41	---	30	16	29	16	91
90	46	32	48	33	48	33	47	32	46	30	44	29	42	---	40	26	29	15	26	15	90
89	45	31	46	32	47	32	46	31	45	29	43	28	41	27	39	25	26	14	24	14	89
88	44	30	45	31	46	31	45	30	44	28	42	27	40	26	38	24	25	---	---	---	88
87	43	29	44	30	45	30	44	29	42	27	41	26	39	25	37	---	24	---	23	---	87
86	42	28	43	29	44	29	43	28	41	---	40	25	38	24	36	23	23	---	---	13	86
85	41	27	42	28	43	28	42	27	40	26	39	---	37	---	35	22	---	---	22	---	85
84	40	26	41	27	42	27	41	26	39	25	38	24	36	23	34	---	22	13	21	---	84
83	---	25	40	26	41	26	40	25	38	24	37	23	35	22	33	21	21	---	20	---	83
82	39	---	39	25	39	25	39	24	37	23	36	22	34	---	32	20	20	---	19	---	82
81	38	24	38	24	38	24	37	---	36	---	35	---	33	21	31	---	19	---	18	---	81
80	37	23	37	23	37	23	36	23	35	22	34	21	32	20	30	19	18	---	17	---	80
79	36	22	36	---	36	---	35	22	34	21	33	20	31	---	29	---	---	---	16	12	79
78	35	21	35	22	35	22	34	21	33	---	32	---	30	19	28	18	17	---	---	---	78
77	34	---	34	21	34	21	33	---	32	20	31	19	29	---	27	---	---	12	15	---	77
76	33	20	32	20	33	20	32	20	31	19	30	---	28	18	26	17	16	---	14	---	76
75	32	---	31	---	32	---	31	19	30	---	29	18	27	17	---	---	15	---	---	---	75
74	31	---	30	19	31	19	30	---	29	18	28	17	26	---	25	16	---	---	13	---	74
73	30	19	29	18	30	18	29	18	28	17	26	---	25	16	24	---	14	---	---	---	73
72	29	---	28	---	29	---	28	17	27	---	25	16	24	---	23	15	---	---	---	---	72
71	---	---	27	17	28	17	27	---	25	16	24	---	23	15	22	---	13	---	12	---	71
70	28	18	26	16	26	16	26	16	24	---	23	15	22	---	21	14	---	---	---	---	70
69	26	---	25	---	25	---	25	---	23	15	22	---	21	14	20	---	---	---	---	11	69
68	25	15	24	15	24	15	24	15	22	---	21	14	20	---	19	13	12	---	11	---	68
67	24	---	23	---	23	---	22	14	21	14	20	---	19	---	18	---	---	11	---	---	67
66	23	14	22	14	22	14	21	---	20	---	19	13	18	13	17	---	---	---	---	---	66
65	22	---	21	13	21	---	20	13	19	13	18	---	17	---	16	12	11	---	---	---	65
64	21	13	19	---	20	13	19	---	18	---	17	12	16	12	15	---	---	---	---	---	64
63	19	---	18	12	18	---	18	12	17	12	16	---	15	---	14	11	---	---	---	---	63
62	18	12	17	---	17	12	16	---	15	---	15	11	14	11	13	---	---	---	---	---	62
61	17	---	15	---	15	---	15	---	14	11	13	---	12	---	11	---	---	---	---	---	61
60	15	11	14	11	14	11	13	11	12	10	11	10	11	10	10	10	10	10	10	10	60
50	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
40	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	40
30	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	30
20	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	20
10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0

Approved: 1 May 2025 Effective: 1 June 2025

	Army Fitness Test Score Tables																				
	Sprint / Drag / Carry																				
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		
Points	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	Points
60	2:28	3:15	2:31	3:15	2:32	3:15	2:36	3:22	2:41	3:27	2:45	3:42	2:53	3:51	3:00	4:03	3:12	4:48	3:16	4:48	60
59	2:29	3:16	2:32	3:16	2:33	3:16	2:37	3:23	2:42	3:28	2:46	3:43	2:54	3:52	3:01	4:04	3:13	4:49	3:17	4:49	59
58	2:30	3:17	2:33	3:17	2:34	3:17	2:38	3:24	2:43	3:29	2:47	3:44	2:55	3:53	3:02	4:05	3:14	4:50	3:18	4:50	58
57	2:31	3:18	2:34	3:18	2:35	3:18	2:39	3:25	2:44	3:30	2:48	3:45	2:56	3:54	3:03	4:06	3:15	4:51	3:19	4:51	57
56	2:32	3:19	2:35	3:19	2:36	3:19	2:40	3:26	2:45	3:31	2:49	3:46	2:57	3:55	3:04	4:07	3:16	4:52	3:20	4:52	56
55	2:33	3:20	2:36	3:20	2:37	3:20	2:41	3:27	2:46	3:32	2:50	3:47	2:58	3:56	3:05	4:08	3:17	4:53	3:21	4:53	55
54	2:34	3:21	2:37	3:21	2:38	3:21	2:42	3:28	2:47	3:33	2:51	3:48	2:59	3:57	3:06	4:09	3:18	4:54	3:22	4:54	54
53	2:35	3:22	2:38	3:22	2:39	3:22	2:43	3:29	2:48	3:34	2:52	3:49	3:00	3:58	3:07	4:10	3:19	4:55	3:23	4:55	53
52	2:36	3:23	2:39	3:23	2:40	3:23	2:44	3:30	2:49	3:35	2:53	3:50	3:01	3:59	3:08	4:11	3:20	4:56	3:24	4:56	52
51	2:37	3:24	2:40	3:24	2:41	3:24	2:45	3:31	2:50	3:36	2:54	3:51	3:02	4:00	3:09	4:12	3:21	4:57	3:25	4:57	51
50	2:38	3:25	2:41	3:25	2:42	3:25	2:46	3:32	2:51	3:37	2:55	3:52	3:03	4:01	3:10	4:13	3:22	4:58	3:26	4:58	50
49	2:39	3:26	2:42	3:26	2:43	3:26	2:47	3:33	2:52	3:38	2:56	3:53	3:04	4:02	3:11	4:14	3:23	4:59	3:27	4:59	49
48	2:40	3:27	2:43	3:27	2:44	3:27	2:48	3:34	2:53	3:39	2:57	3:54	3:05	4:03	3:12	4:15	3:24	5:00	3:28	5:00	48
47	2:41	3:28	2:44	3:28	2:45	3:28	2:49	3:35	2:54	3:40	2:58	3:55	3:06	4:04	3:13	4:16	3:25	5:01	3:29	5:01	47
46	2:42	3:29	2:45	3:29	2:46	3:29	2:50	3:36	2:55	3:41	2:59	3:56	3:07	4:05	3:14	4:17	3:26	5:02	3:30	5:02	46
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44	2:44	3:31	2:47	3:31	2:48	3:31	2:52	3:38	2:57	3:43	3:01	3:58	3:09	4:07	3:16	4:19	3:28	5:04	3:32	5:04	44
43	2:45	3:32	2:48	3:32	2:49	3:32	2:53	3:39	2:58	3:44	3:02	3:59	3:10	4:08	3:17	4:20	3:29	5:05	3:33	5:05	43
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41	2:47	3:34	2:50	3:34	2:51	3:34	2:55	3:41	3:00	3:46	3:04	4:01	3:12	4:10	3:19	4:22	3:31	5:07	3:35	5:07	41
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38	2:50	3:37	2:53	3:37	2:54	3:37	2:58	3:44	3:03	3:49	3:07	4:04	3:15	4:13	3:22	4:25	3:34	5:10	3:38	5:10	38
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35	2:53	3:40	2:56	3:40	2:57	3:40	3:01	3:47	3:06	3:52	3:10	4:07	3:18	4:16	3:25	4:28	3:37	5:13	3:41	5:13	35
34	2:54	3:41	2:57	3:41	2:58	3:41	3:02	3:48	3:07	3:53	3:11	4:08	3:19	4:17	3:26	4:29	3:38	5:14	3:42	5:14	34
33	2:55	3:42	2:58	3:42	2:59	3:42	3:03	3:49	3:08	3:54	3:12	4:09	3:20	4:18	3:27	4:30	3:39	5:15	3:43	5:15	33
32	2:56	3:43	2:59	3:43	3:00	3:43	3:04	3:50	3:09	3:55	3:13	4:10	3:21	4:19	3:28	4:31	3:40	5:16	3:44	5:16	32
31	2:57	3:44	3:00	3:44	3:01	3:44	3:05	3:51	3:10	3:56	3:14	4:11	3:22	4:20	3:29	4:32	3:41	5:17	3:45	5:17	31
30	2:58	3:45	3:01	3:45	3:02	3:45	3:06	3:52	3:11	3:57	3:15	4:12	3:23	4:21	3:30	4:33	3:42	5:18	3:46	5:18	30
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28	3:00	3:47	3:03	3:47	3:04	3:47	3:08	3:54	3:13	3:59	3:17	4:14	3:25	4:23	3:32	4:35	3:44	5:20	3:48	5:20	28
27	3:01	3:48	3:04	3:48	3:05	3:48	3:09	3:55	3:14	4:00	3:18	4:15	3:26	4:24	3:33	4:36	3:45	5:21	3:49	5:21	27
26	3:02	3:49	3:05	3:49	3:06	3:49	3:10	3:56	3:15	4:01	3:19	4:16	3:27	4:25	3:34	4:37	3:46	5:22	3:50	5:22	26
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22	3:06	3:53	3:09	3:53	3:10	3:53	3:14	4:00	3:19	4:05	3:23	4:20	3:31	4:29	3:38	4:41	3:50	5:26	3:54	5:26	22
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17	3:11	3:58	3:14	3:58	3:15	3:58	3:19	4:05	3:24	4:10	3:28	4:25	3:36	4:34	3:43	4:46	3:55	5:31	3:59	5:31	17
16	3:12	3:59	3:15	3:59	3:16	3:59	3:20	4:06	3:25	4:11	3:29	4:26	3:37	4:35	3:44	4:47	3:56	5:32	4:00	5:32	16
15	3:13	4:00	3:16	4:00	3:17	4:00	3:21	4:07	3:26	4:12	3:30	4:27	3:38	4:36	3:45	4:48	3:57	5:33	4:01	5:33	15
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13	3:15	4:02	3:18	4:02	3:19	4:02	3:23	4:09	3:28	4:14	3:32	4:29	3:40	4:38	3:47	4:50	3:59	5:35	4:03	5:35	13
12	3:16	4:03	3:19	4:03	3:20	4:03	3:24	4:10	3:29	4:15	3:33	4:30	3:41	4:39	3:48	4:51	4:00	5:36	4:04	5:36	12
11	3:17	4:04	3:20	4:04	3:21	4:04	3:25	4:11	3:30	4:16	3:34	4:31	3:42	4:40	3:49	4:52	4:01	5:37	4:05	5:37	11
10	3:18	4:05	3:21	4:05	3:22	4:05	3:26	4:12	3:31	4:17	3:35	4:32	3:43	4:41	3:50	4:53	4:02	5:38	4:06	5:38	10
9	3:19	4:06	3:22	4:06	3:23	4:06	3:27	4:13	3:32	4:18	3:36	4:33	3:44	4:42	3:51	4:54	4:03	5:39	4:07	5:39	9
8	3:20	4:07	3:23	4:07	3:24	4:07	3:28	4:14	3:33	4:19	3:37	4:34	3:45	4:43	3:52	4:55	4:04	5:40	4:08	5:40	8
7																					

		Army Fitness Test Score Tables																				
		Two-Mile Run (2MR) (Overall time: minutes and seconds)																				
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		
Points	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	Points	
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	
99	13:47	16:28	13:47	15:44	13:47	15:44	14:06	16:15	14:16	16:21	14:29	16:31	14:52	17:00	15:38	17:44	15:55	17:47	15:55	17:47	99	
98	14:04	16:49	13:55	15:55	13:55	15:55	14:23	16:36	14:32	16:42	14:45	16:52	15:08	17:20	15:54	18:05	16:22	17:56	16:22	17:56	98	
97	14:19	17:07	14:12	16:00	14:12	16:00	14:37	16:54	14:46	16:59	14:59	17:10	15:22	17:37	16:08	18:22	16:44	18:00	16:44	18:00	97	
96	14:32	17:14	14:27	16:04	14:27	16:04	14:49	17:09	14:59	17:14	15:12	17:25	15:35	17:52	16:21	18:37	16:58	18:25	16:58	18:25	96	
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	18:31	17:14	18:31	95	
94	14:56	17:31	14:54	16:46	14:54	16:46	15:12	17:36	15:21	17:41	15:35	17:52	15:58	18:19	16:44	19:03	17:27	18:36	17:27	18:36	94	
93	15:07	17:37	15:05	17:03	15:05	17:03	15:23	17:48	15:32	17:53	15:45	18:04	16:09	18:31	16:55	19:15	17:45	18:46	17:45	18:46	93	
92	15:18	17:44	15:17	17:17	15:17	17:17	15:33	17:59	15:42	18:04	15:55	18:16	16:19	18:42	17:06	19:26	17:57	18:48	17:57	18:48	92	
91	15:29	17:50	15:28	17:31	15:28	17:31	15:43	18:10	15:52	18:15	16:05	18:26	16:29	18:52	17:16	19:37	18:07	18:56	18:07	18:56	91	
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	18:59	18:17	18:59	90	
89	15:49	18:07	15:49	17:55	15:55	18:20	15:53	18:31	16:11	18:35	16:24	18:47	16:48	19:13	17:35	19:57	18:25	19:04	18:25	19:04	89	
88	15:59	18:13	15:59	18:07	16:05	18:30	16:02	18:41	16:20	18:45	16:33	18:57	16:58	19:22	17:45	20:07	18:36	19:14	18:36	19:14	88	
87	16:09	18:24	16:09	18:18	16:14	18:40	16:12	18:50	16:29	18:54	16:43	19:07	17:07	19:32	17:54	20:16	18:45	19:29	18:45	19:29	87	
86	16:19	18:34	16:19	18:28	16:24	18:50	16:21	19:00	16:39	19:04	16:52	19:16	17:16	19:41	18:04	20:26	18:53	19:41	18:53	19:41	86	
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	19:45	19:00	19:45	85	
84	16:38	18:54	16:39	18:48	16:43	19:08	16:40	19:18	16:57	19:22	17:10	19:35	17:35	19:59	18:22	20:44	19:07	19:58	19:07	19:58	84	
83	16:48	19:03	16:49	18:58	16:52	19:18	16:49	19:27	17:06	19:31	17:19	19:44	17:44	20:08	18:32	20:53	19:17	20:02	19:17	20:02	83	
82	16:57	19:12	16:59	19:07	17:02	19:27	16:58	19:36	17:15	19:40	17:28	19:53	17:53	20:17	18:41	21:02	19:27	20:07	19:27	20:07	82	
81	17:07	19:21	17:08	19:16	17:12	19:36	17:07	19:45	17:24	19:49	17:37	20:01	18:02	20:26	18:51	21:10	19:36	20:17	19:36	20:17	81	
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	20:22	19:45	20:22	80	
79	17:17	19:39	17:18	19:34	17:30	19:53	17:26	20:01	17:41	20:05	17:56	20:18	18:21	20:42	19:10	21:27	19:51	20:31	19:51	20:31	79	
78	17:25	19:47	17:28	19:43	17:38	20:01	17:34	20:09	17:50	20:13	18:06	20:26	18:31	20:50	19:20	21:35	19:59	20:38	19:59	20:38	78	
77	17:34	19:56	17:37	19:52	17:47	20:10	17:42	20:17	17:58	20:21	18:15	20:34	18:41	20:58	19:30	21:43	20:07	20:43	20:07	20:43	77	
76	17:43	20:05	17:46	20:01	17:55	20:18	17:50	20:25	18:06	20:29	18:25	20:42	18:51	21:06	19:39	21:51	20:14	20:44	20:14	20:44	76	
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	20:44	20:22	20:44	75	
74	18:00	20:24	18:03	20:24	18:13	20:34	18:07	20:41	18:22	20:45	18:45	20:58	19:10	21:22	19:59	22:07	20:31	20:50	20:31	20:50	74	
73	18:09	20:35	18:12	20:35	18:21	20:42	18:15	20:49	18:31	20:53	18:54	21:06	19:20	21:29	20:10	22:14	20:41	21:03	20:41	21:03	73	
72	18:18	20:45	18:21	20:46	---	20:50	18:23	20:57	---	21:00	---	21:14	---	21:37	---	22:22	20:46	21:15	20:46	21:15	72	
71	18:27	20:56	---	20:57	---	20:58	---	21:05	---	21:08	---	21:22	---	21:45	---	22:30	20:54	21:32	20:54	21:32	71	
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	21:40	20:20	22:38	21:00	21:40	21:00	21:40	70	
69	18:45	21:17	18:30	21:32	18:30	21:15	18:58	21:21	18:47	21:24	19:15	21:38	19:41	22:01	20:52	22:46	21:01	21:43	21:01	21:43	69	
68	18:54	21:28	18:39	21:40	18:39	21:23	19:06	21:29	19:04	21:32	19:36	21:46	20:02	22:09	21:03	22:54	21:19	21:59	21:19	22:02	68	
67	19:03	21:49	18:48	21:49	18:57	21:32	19:16	21:37	19:13	21:41	19:47	21:55	20:13	22:17	21:15	23:03	21:35	22:09	21:35	22:15	67	
66	19:13	22:01	18:57	21:58	19:06	21:40	19:25	21:46	19:22	21:49	19:58	22:03	20:37	22:26	21:27	23:11	21:47	22:23	21:47	22:31	66	
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	22:33	22:03	22:44	65	
64	19:33	22:25	19:16	22:16	19:25	21:59	19:44	22:04	19:41	22:07	20:37	22:22	21:04	22:44	21:54	23:29	22:21	22:43	22:21	22:50	64	
63	19:43	22:38	19:26	22:26	19:35	22:09	19:55	22:14	19:51	22:17	20:52	22:31	21:19	22:54	22:10	23:39	22:39	23:01	22:39	23:04	63	
62	---	22:53	19:36	22:37	---	22:19	20:06	22:24	20:12	22:27	21:09	22:42	21:37	23:04	22:28	23:49	22:58	23:22	22:58	23:22	62	
61	19:54	---	---	---	---	22:31	20:18	22:35	20:24	22:38	21:31	22:53	21:59	23:15	---	24:01	23:12	24:05	23:12	24:11	61	
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	

Army Fitness Test Score Tables																						
Two-Mile Run (2MR) (Overall time: minutes and seconds)																						
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62			
Points	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	Points	
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	
59	20:00	22:58	19:48	22:48	19:48	22:48	20:47	22:53	20:47	23:02	22:07	23:18	22:07	23:33	22:53	24:03	23:39	24:51	23:39	25:03	59	
58	20:03	23:01	19:51	22:51	19:51	22:51	20:50	22:56	20:50	23:05	22:10	23:21	22:10	23:36	22:56	24:06	23:42	24:54	23:42	25:06	58	
57	20:05	23:04	19:53	22:54	19:53	22:54	20:52	22:59	20:52	23:08	22:12	23:24	22:12	23:39	22:58	24:09	23:44	24:57	23:44	25:09	57	
56	20:08	23:07	19:56	22:57	19:56	22:57	20:55	23:02	20:55	23:11	22:15	23:27	22:15	23:42	23:01	24:12	23:47	25:00	23:47	25:12	56	
55	20:11	23:10	19:59	23:00	19:59	23:00	20:58	23:05	20:58	23:14	22:18	23:30	22:18	23:45	23:04	24:15	23:50	25:03	23:50	25:15	55	
54	20:14	23:12	20:02	23:02	20:02	23:02	21:01	23:07	21:01	23:16	22:21	23:32	22:21	23:47	23:07	24:17	23:53	25:05	23:53	25:17	54	
53	20:17	23:15	20:05	23:05	20:05	23:05	21:04	23:10	21:04	23:19	22:24	23:35	22:24	23:50	23:10	24:20	23:56	25:08	23:56	25:20	53	
52	20:19	23:18	20:07	23:08	20:07	23:08	21:06	23:13	21:06	23:22	22:26	23:38	22:26	23:53	23:12	24:23	23:58	25:11	23:58	25:23	52	
51	20:22	23:21	20:10	23:11	20:10	23:11	21:09	23:16	21:09	23:25	22:29	23:41	22:29	23:56	23:15	24:26	24:01	25:14	24:01	25:26	51	
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	
49	20:28	23:27	20:16	23:17	20:16	23:17	21:15	23:22	21:15	23:31	22:35	23:47	22:35	24:02	23:21	24:32	24:07	25:20	24:07	25:32	49	
48	20:31	23:30	20:19	23:20	20:19	23:20	21:18	23:25	21:18	23:34	22:38	23:50	22:38	24:05	23:24	24:35	24:10	25:23	24:10	25:35	48	
47	20:33	23:33	20:21	23:23	20:21	23:23	21:20	23:28	21:20	23:37	22:40	23:53	22:40	24:08	23:26	24:38	24:12	25:26	24:12	25:38	47	
46	20:36	23:36	20:24	23:26	20:24	23:26	21:23	23:31	21:23	23:40	22:43	23:56	22:43	24:11	23:29	24:41	24:15	25:29	24:15	25:41	46	
45	20:39	23:39	20:27	23:29	20:27	23:29	21:26	23:34	21:26	23:43	22:46	23:59	22:46	24:14	23:32	24:44	24:18	25:32	24:18	25:44	45	
44	20:42	23:42	20:30	23:32	20:30	23:32	21:29	23:37	21:29	23:46	22:49	24:02	22:49	24:17	23:35	24:47	24:21	25:35	24:21	25:47	44	
43	20:44	23:44	20:32	23:34	20:32	23:34	21:31	23:39	21:31	23:48	22:51	24:04	22:51	24:19	23:37	24:49	24:23	25:37	24:23	25:49	43	
42	20:47	23:47	20:35	23:37	20:35	23:37	21:34	23:42	21:34	23:51	22:54	24:07	22:54	24:22	23:40	24:52	24:26	25:40	24:26	25:52	42	
41	20:50	23:50	20:38	23:40	20:38	23:40	21:37	23:45	21:37	23:54	22:57	24:10	22:57	24:25	23:43	24:55	24:29	25:43	24:29	25:55	41	
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	
39	20:56	23:56	20:44	23:46	20:44	23:46	21:43	23:51	21:43	24:00	23:03	24:16	23:03	24:31	23:49	25:01	24:35	25:49	24:35	26:01	39	
38	20:58	23:59	20:46	23:49	20:46	23:49	21:45	23:54	21:45	24:03	23:05	24:19	23:05	24:34	23:51	25:04	24:37	25:52	24:37	26:04	38	
37	21:01	24:02	20:49	23:52	20:49	23:52	21:48	23:57	21:48	24:06	23:08	24:22	23:08	24:37	23:54	25:07	24:40	25:55	24:40	26:07	37	
36	21:04	24:05	20:52	23:55	20:52	23:55	21:51	24:00	21:51	24:09	23:11	24:25	23:11	24:40	23:57	25:10	24:43	25:58	24:43	26:10	36	
35	21:07	24:08	20:55	23:58	20:55	23:58	21:54	24:03	21:54	24:12	23:14	24:28	23:14	24:43	24:00	25:13	24:46	26:01	24:46	26:13	35	
34	21:10	24:11	20:58	24:01	20:58	24:01	21:57	24:06	21:57	24:15	23:17	24:31	23:17	24:46	24:03	25:16	24:49	26:04	24:49	26:16	34	
33	21:12	24:14	21:00	24:04	21:00	24:04	21:59	24:09	21:59	24:18	23:19	24:34	23:19	24:49	24:05	25:19	24:51	26:07	24:51	26:19	33	
32	21:15	24:16	21:03	24:06	21:03	24:06	22:02	24:11	22:02	24:20	23:22	24:36	23:22	24:51	24:08	25:21	24:54	26:09	24:54	26:21	32	
31	21:18	24:19	21:06	24:09	21:06	24:09	22:05	24:14	22:05	24:23	23:25	24:39	23:25	24:54	24:11	25:24	24:57	26:12	24:57	26:24	31	
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	
29	21:24	24:25	21:12	24:15	21:12	24:15	22:11	24:20	22:11	24:29	23:31	24:45	23:31	25:00	24:17	25:30	25:03	26:18	25:03	26:30	29	
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25	21:35	24:37	21:23	24:27	21:23	24:27	22:22	24:32	22:22	24:41	23:42	24:57	23:42	25:12	24:28	25:42	25:14	26:30	25:14	26:42	25	
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21	21:46	24:48	21:34	24:38	21:34	24:38	22:33	24:43	22:33	24:52	23:53	25:08	23:53	25:23	24:39	25:53	25:25	26:41	25:25	26:53	21	
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18	21:54	24:57	21:42	24:47	21:42	24:47	22:41	24:52	22:41	25:01	24:01	25:17	24:01	25:32	24:47	26:02	25:33	26:50	25:33	27:02	18	
17	21:57	25:00	21:45	24:50	21:45	24:50	22:44	24:55	22:44	25:04	24:04	25:20	24:04	25:35	24:50	26:05	25:36	26:53	25:36	27:05	17	
16	22:00	25:03	21:48	24:53	21:48	24:53	22:47	24:58	22:47	25:07	24:07	25:23	24:07	25:38	24:53	26:08	25:39	26:56	25:39	27:08	16	
15	22:03	25:06	21:51	24:56	21:51	24:56	22:50	25:01	22:50	25:10	24:10	25:26	24:10	25:41	24:56	26:11	25:42	26:59	25:42	27:11	15	
14	22:06	25:09	21:54	24:59	21:54	24:59	22:53	25:04	22:53	25:13	24:13	25:29	24:13	25:44	24:59	26:14	25:45	27:02	25:45	27:14	14	
13	22:08	25:12	21:56	25:02	21:56	25:02	22:55	25:07	22:55	25:16	24:15	25:32	24:15	25:47	25:01	26:17	25:47	27:05	25:47	27:17	13	
12	22:11	25:15	21:59	25:05	21:59	25:05	22:58	25:10	22:58	25:19	24:18	25:35	24:18									

		Army Fitness Test Score Tables																			
		Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62	
		M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F
2.5-mile 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	
		Approved: 1 May 2025 Effective: 1 June 2025																			

BODY FAT CONTENT WORKSHEET (Male)

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME (Last, First, Middle Initial)		RANK		NOTE:
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		1/2" = .50
AGE				
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)
1. Measure neck just below level of larynx (Adam's apple.) Round up to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
2. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
3. Enter the average neck circumference.				
4. Enter the average abdominal circumference.				
5. Enter circumference value (step 4 - step 3).				
6. Enter height in inches to the nearest 0.50 inch.				
7. Find the Soldier's circumference value (step 5) and height (step 6) in figure B-1 (Percent Fat Estimation for Men). Enter the percent body fat value that intercepts with the circumference value and height. This is Soldier's Percent Body Fat.				

REMARKS

CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
- ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY (Printed Name and Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)

BODY FAT CONTENT WORKSHEET (Male), Part 2

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

PRIVACY STATEMENT

AUTHORITY: Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; [Army Regulation 600-9, The Army Body Composition Program](#).

PRINCIPAL PURPOSE: To provide a means for Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) <https://dpcl.d.defense.gov/Portals/49/Documents/Privacy/SORNs/Army/A006-8-104-AHRC.pdf>

ROUTINE USES: For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

DISCLOSURE: Voluntary. However, failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

Soldier scored a 540 or higher on the ACFT and is exempt from the body fat assessment.

Preparer's Initials: _____

NAME (Last, First, Middle Initial)		RANK		NOTE:								
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		1/2" = .50								
AGE												
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)								
1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.												
2. Enter the average abdominal circumference.												
3. Weight factor. Enter the weight to the nearest pound.												
4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in AR 600-9 figure B-1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in AR 600-9 figure B-1. This is the Soldier's PERCENT BODY FAT.				BODY FAT PERCENTAGE								
-or- Calculate body fat percentage. See AR 600-9 Table B-5 for sample body fat calculations. Body Fat % = -26.97 – (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches)												
5. Supplemental Body Fat Assessment results, if applicable.				BODY FAT PERCENTAGE								
Name of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____ Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____												
AR 600-9 Table B-2 Maximum allowable percent body fat standards <table> <tr> <td>Age group: 17-20</td> <td>Age group: 21-27</td> <td>Age group: 28-39</td> <td>Age group: 40 and older:</td> </tr> <tr> <td>Male (% body fat): 20%</td> <td>Male (% body fat): 22%</td> <td>Male (% body fat): 24%</td> <td>Male (% body fat): 26%</td> </tr> </table>					Age group: 17-20	Age group: 21-27	Age group: 28-39	Age group: 40 and older:	Male (% body fat): 20%	Male (% body fat): 22%	Male (% body fat): 24%	Male (% body fat): 26%
Age group: 17-20	Age group: 21-27	Age group: 28-39	Age group: 40 and older:									
Male (% body fat): 20%	Male (% body fat): 22%	Male (% body fat): 24%	Male (% body fat): 26%									

REMARKS

CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
- ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY (Printed Name and Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)
_____	_____	_____	_____	_____	_____

M

TAB

TAB

TAB

TAB

BODY FAT CONTENT WORKSHEET (Female)

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

NAME (Last, First, Middle Initial)		RANK		NOTE:
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		AGE
STEP		FIRST	SECOND	THIRD
1. Measure neck just below level of larynx (<i>Adam's apple</i>). Round up to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
2. Measure waist (<i>abdomen</i>) at the point of minimal abdominal circumference. Round down to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
3. Measure hips at point where the gluteus muscles (<i>buttocks</i>) protrude backward the most. Round down to nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.				
4. CALCULATIONS		REMARKS		
A. Enter average waist circumference				
B. Enter average hip circumference				
C. TOTAL (4A + 4B)				
D. Enter average neck circumference				
E. Enter circumference value (4C - 4D)				
F. Enter height in inches to the (nearest 0.50 inch).				
G. Find the Soldier's circumference value (line 4E) and height (line 4F) in Figure B-2 (<i>Percent Fat Estimation for Women</i>). Enter the body fat value that intercepts with the circumference value and height. This is the Soldier's Percent Body Fat.				

CHECK ALL THAT APPLY

☐ Individual is in compliance with Army Standards.

☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY (Printed Name and Signature)	RANK	DATE (YYYYMMDD)	APPROVED BY SUPERVISOR (Printed Name and Signature)	RANK	DATE (YYYYMMDD)

DA FORM 5501, JUN 2023

PREVIOUS EDITIONS ARE OBSOLETE.

APD AEM v1.00ES

BODY FAT CONTENT WORKSHEET (Female), Part 2

For use of this form, AR 600-9; the proponent agency is DCS, G-1.

PRIVACY STATEMENT

AUTHORITY: Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; Army Regulation 600-9, The Army Body Composition Program.

PRINCIPAL PURPOSE: To provide a means for Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) <https://dpcl.d.defense.gov/Portals/49/Documents/Privacy/SORNs/Army/A006-8-104-AHRC.pdf>

ROUTINE USES: For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

DISCLOSURE: Voluntary. However, failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

Soldier scored a 540 or higher on the ACFT and is exempt from the body fat assessment.

Preparer's Initials: _____

NAME (Last, First, Middle Initial)		RANK		NOTE:								
HEIGHT (to nearest 0.50 inch)		WEIGHT (to nearest pound)		1/2" = .50								
AGE												
STEP	FIRST	SECOND	THIRD	AVERAGE (to nearest 0.50 in.)								
1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch.												
2. Enter the average abdominal circumference.												
3. Weight factor. Enter the weight to the nearest pound.												
4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in <u>AR 600-9</u> figure B-2. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in <u>AR 600-9</u> figure B-2. This is the Soldier's PERCENT BODY FAT.				BODY FAT PERCENTAGE								
-or- Calculate body fat percentage. See <u>AR 600-9</u> Table B-5 for sample body fat calculations. Body Fat % = $-9.15 - (0.015 \times \text{body weight in pounds}) + (1.27 \times \text{abdomen circumference in inches})$												
5. Supplemental Body Fat Assessment results, if applicable.				BODY FAT PERCENTAGE								
Name of Authorized Supplemental Body Fat Assessment Machine/Equipment:												
Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment:												
AR 600-9 Table B-2 Maximum allowable percent body fat standards <table> <tr> <td>Age group: 17-20</td> <td>Age group: 21-27</td> <td>Age group: 28-39</td> <td>Age group: 40 and older:</td> </tr> <tr> <td>Female (% body fat): 30%</td> <td>Female (% body fat): 32%</td> <td>Female (% body fat): 34%</td> <td>Female (% body fat): 36%</td> </tr> </table>					Age group: 17-20	Age group: 21-27	Age group: 28-39	Age group: 40 and older:	Female (% body fat): 30%	Female (% body fat): 32%	Female (% body fat): 34%	Female (% body fat): 36%
Age group: 17-20	Age group: 21-27	Age group: 28-39	Age group: 40 and older:									
Female (% body fat): 30%	Female (% body fat): 32%	Female (% body fat): 34%	Female (% body fat): 36%									

REMARKS

CHECK ALL THAT APPLY

☐ Individual is in compliance with Army Standards.

☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

PREPARED BY
(Printed Name and Signature)

RANK

DATE (YYYYMMDD)

APPROVED BY SUPERVISOR
(Printed Name and Signature)

RANK

DATE (YYYYMMDD)

Appendix B

Standard Methods for Determining Body Fat Using Body Circumferences, Height, and Weight

B-1. Introduction

a. The procedures for the measurements of height, weight, and specific body circumferences for the estimation of body fat are described in this appendix. The weight for height table is listed in table B-1 followed by the body fat standards in table B-2.

b. Although circumferences may be looked upon by untrained personnel as easy measures, they can give erroneous results if proper technique is not followed. The individual taking the measurements must have a thorough understanding of the appropriate body landmarks and measurement techniques. Unit commanders will require that designated personnel have read the instructions regarding technique and location and obtained adequate practice before official body fat determinations are made. Individuals taking the measurements will be designated unit fitness trainers, certified master fitness trainers, and/or trained in body circumference methodology, as specified in para 2-18c. Two members of the unit will be utilized in the taking of measurements; one to place the tape measure and determine measurements and the other to assure proper placement and tension of the tape, as well as to record the measurement on the worksheet (DA Form 5500 and DA Form 5501). Soldiers should be measured by trained individuals of the same gender. If a trained individual of the same gender is not available to conduct the measurements, a female Soldier will be present when a male measures a female, and a male Soldier will be present when a female measures a male. The two will work with the Soldier between them so the tape is clearly visible from all sides. Take all circumference measurements sequentially three times and record them to the nearest half inch. If any one of the three closest measurements differs by more than 1 inch from the other two, take an additional measurement and compute a mathematical average of the three measurements with the least difference to the nearest half inch and record this value.

c. Soldiers will be measured for body fat in stocking feet and standard Army physical fitness uniform trunks and T-shirt. Undergarments that may serve to bind the abdomen, hip, or thigh areas are not authorized for wear when a Soldier is being measured for body fat composition. This includes, but is not limited to spandex shorts or girdle-like undergarments.

d. When measuring circumferences, compression of the soft tissue requires constant attention. The tape will be applied so it makes contact with the skin and conforms to the body surface being measured. It will not compress the underlying soft tissues. However, the hip circumference measurement requires more firm pressure to compress the authorized physical fitness uniform trunks. All measurements are made in the horizontal plane (parallel to the floor), unless indicated otherwise.

e. The tape measure will be made of a nonstretchable material, preferably fiberglass; cloth or steel tapes are unacceptable. Cloth measuring tapes will stretch with usage and most steel tapes do not conform to body surfaces. The tape measure will be calibrated, that is, compared with a yardstick or a metal ruler to ensure validity. This is done by aligning the fiberglass tape measure with the quarter-inch markings on the ruler. The markings will match those on the ruler; if not, do not use that tape measure. The tape will be one-quarter to one-half inch wide (not exceeding one-half inch) and a minimum of 5 feet in length. A retractable fiberglass tape is the best type for measuring all areas.

Note. Tapes are currently available through the Army Supply System (Federal stock number 5210-01-238-8103 or national stock number 8315-01-238-8103). The current Army supply system or any other fiberglass tape (not to exceed one-half inch) may be used if retractable tapes cannot be purchased by unit budget funds available and if approved by installation commanders.

B-2. Height and weight measurements

a. The height will be measured with the Soldier in stocking feet (without running shoes) and wearing the authorized physical fitness uniform (trunks and T-shirt). The Soldier will stand on a flat surface with the head held horizontal, looking directly forward with the line of vision horizontal and the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. When measuring height to determine body fat percentage (fig B-1 or B-2), the Soldier's height is measured to the nearest half inch. When measuring height to use the weight for height screening table (table B-1) the Soldier's height is measured and then rounded to the nearest inch with the following guidelines:

- (1) If the height fraction is less than half an inch, round down to the nearest whole number in inches.
- (2) If the height fraction is half an inch or greater, round up to the next highest whole number in inches.

b. The weight will be measured with the Soldier in stocking feet and wearing the authorized physical fitness uniform (trunks and T-shirt); running shoes will not be worn. Scales used for weight measurement will be calibrated annually for accuracy. The measurement will be made on scales available in units and recorded to the nearest pound with the following guidelines:

- (1) If the weight fraction of the Soldier is less than one-half pound, round down to the nearest pound.
- (2) If the weight fraction of the Soldier is one half-pound or greater, round up to the next whole pound.
- (3) No weight will be deducted to account for clothing.

Table B-1
Weight for height table (screening table weight)

Height (inches)	Minimum weight ¹ (pounds)	Male weight in pounds, by age				Female weight in pounds, by age			
		17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	91	-	-	-	-	119	121	122	124
59	94	-	-	-	-	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80 ²	173	234	240	247	250	227	230	233	236

Notes:

¹ Male and female Soldiers who fall below the minimum weights shown in table B-1 will be referred by the commander for immediate medical evaluation.

² Add 6 pounds per inch for males over 80 inches and 5 pounds per inch for females over 80 inches.

Table B-2
Maximum allowable percent body fat standards

Age group: 17-20

Male (% body fat): 20%

Female (% body fat): 30%

Age group: 21-27

Male (% body fat): 22%

Female (% body fat): 32%

Age group: 28-39

Male (% body fat): 24%

Female (% body fat): 34%

Age group: 40 and older

Male (% body fat): 26%

Female (% body fat): 36%

Circumference Value	Height (inches)																		
	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5	68	68.5	69
13.5	9	9																	
14	11	11	10	10	10	10	9	9											
14.5	12	12	12	11	11	11	11	10	10	10		9	9						
15	13	13	13	13	12	12	12	12	11	11	11	11	10	10	10	10	10	9	9
15.5	15	15	15	15	15	15	13	13	13	12	12	12	12	11	11	11	11	11	10
16	16	16	15	15	15	15	14	14	14	14	13	13	13	13	12	12	12	12	12
16.5	17	17	16	16	16	16	15	15	15	15	14	14	14	14	14	13	13	13	13
17	18	18	18	17	17	17	17	16	16	16	16	15	15	15	15	14	14	14	14
17.5	19	19	19	18	18	18	18	17	17	17	17	16	16	16	16	16	15	15	15
18	20	20	20	19	19	19	19	18	18	18	18	18	17	17	17	17	16	16	16
18.5	21	21	21	20	20	20	20	19	19	19	19	19	18	18	18	18	17	17	17
19	22	22	22	21	21	21	21	20	20	20	20	20	19	19	19	19	18	18	18
19.5	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20	20	19	19	19
20	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21	21	20	20	20
20.5	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22	21	21	21	21
21	26	26	26	25	25	25	25	24	24	24	24	23	23	23	23	22	22	22	22
21.5	27	27	27	26	26	26	26	25	25	25	24	24	24	24	23	23	23	23	23
22	28	27	27	27	27	26	26	26	26	25	25	25	25	25	24	24	24	24	23
22.5	29	28	28	28	28	27	27	27	27	26	26	26	26	25	25	25	25	24	24
23	29	29	29	29	28	28	28	28	27	27	27	27	26	26	26	26	26	25	25
23.5	30	30	30	29	29	29	29	28	28	28	28	27	27	27	27	27	26	26	26
24	31	31	30	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27
24.5	32	31	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	27
25	32	32	32	32	31	31	31	31	30	30	30	30	30	29	29	29	29	28	28
25.5	33	33	33	32	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29
26	34	34	33	33	33	33	32	32	32	32	31	31	31	31	31	30	30	30	30
26.5	35	34	34	34	34	33	33	33	33	32	32	32	32	32	31	31	31	31	30
27	35	35	35	35	34	34	34	34	33	33	33	33	32	32	32	32	32	31	31
27.5	36	36	36	35	35	35	35	34	34	34	34	33	33	33	33	32	32	32	32
28	37	36	36	36	36	35	35	35	35	34	34	34	34	34	33	33	33	33	32
28.5			37	37	36	36	36	36	35	35	35	35	34	34	34	34	34	33	33
29					37	37	37	36	36	36	36	36	36	36	35	35	35	35	34
29.5								37	37	36	36	36	36	36	35	35	35	35	34
30											37	37	36	36	36	36	35	35	35
30.5													37	37	37	36	36	36	36
31																37	37	36	36
31.5																			37
32																			
32.5																			
33																			
33.5																			
34																			
34.5																			
35																			

Figure B-1. Percent fat estimates for males

Circumference Value	Height (inches)																				
	69.5	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5	78	78.5	79	79.5
13.5																					
14																					
14.5																					
15																					
15.5	10	10	10	9	9	9															
16	11	11	11	11	10	10	10	10	10	9	9										
16.5	12	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9	9				
17	14	13	13	13	13	13	12	12	12	12	11	11	11	11	11	10	10	10	10	10	9
17.5	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12	11	11	11	11	11
18	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13	12	12	12	12	12
18.5	17	17	16	16	16	16	15	15	15	15	15	14	14	14	14	14	13	13	13	13	13
19	18	18	17	17	17	17	16	16	16	16	16	15	15	15	15	15	14	14	14	14	14
19.5	19	18	18	18	18	18	17	17	17	17	17	16	1	16	16	16	15	15	15	15	15
20	20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16	16	16	16	16
20.5	21	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17	17	17	17	17	16
21	21	21	21	21	21	20	20	20	20	20	19	19	19	19	19	18	18	18	18	18	17
21.5	22	22	22	22	21	21	21	21	21	20	20	20	20	20	20	19	19	19	19	18	18
22	23	23	23	23	22	22	22	22	22	21	21	21	21	20	20	20	20	20	20	19	19
22.5	24	24	24	23	23	23	23	23	22	22	22	21	21	20	20	20	20	20	20	19	19
23	25	25	24	24	24	24	23	23	23	23	23	23	22	22	22	22	22	21	21	21	21
23.5	26	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22	22	22	22	22
24	26	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23	23	23	23	22
24.5	27	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24	24	23	23
25	28	28	28	27	27	27	27	26	26	26	26	26	25	25	25	25	25	24	24	24	24
25.5	29	29	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25	25	25	25	25
26	29	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26	26	26	25
26.5	30	30	30	30	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26
27	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27	27	27	27
27.5	32	31	31	31	31	30	30	30	30	30	29	29	29	29	29	28	28	28	28	28	27
28	32	32	32	32	31	31	31	31	31	30	30	30	30	29	29	29	29	29	29	28	28
28.5	33	33	32	32	32	32	32	31	31	31	31	31	30	30	30	30	30	29	29	29	29
29	34	33	33	33	33	32	32	32	32	32	31	31	31	31	31	30	30	30	30	30	29
29.5	34	34	34	34	33	33	33	33	32	32	32	32	32	31	31	31	31	31	30	30	30
30	35	35	34	34	34	34	34	33	33	33	33	32	32	32	32	32	31	31	31	31	31
30.5	35	35	35	35	35	34	34	34	34	34	33	33	33	33	32	32	32	32	32	32	31
31	36	36	36	35	35	35	35	35	34	34	34	34	33	33	33	33	33	33	32	32	32
31.5	37	36	36	36	36	36	35	35	35	35	35	34	34	34	34	33	33	33	33	33	33
32		37	37	37	36	36	36	36	36	35	35	35	35	34	34	34	34	34	33	33	33
32.5					37	37	36	36	36	36	36	35	35	35	35	35	34	34	34	34	34
33								37	37	36	36	36	36	36	35	35	35	35	35	34	34
33.5												37	37	36	36	36	36	35	35	35	35
34														37	37	37	36	36	36	36	35
34.5																	37	37	37	36	36
35																			37	37	36

Figure B-1. Percent fat estimates for males-Continued

Circumference Value	Height (inches)																					
	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5	63	63.5	64	64.5	65	65.5	66	66.5	67	67.5		
45	19																					
45.5	20	20	19																			
46	21	20	20	20	19																	
46.5	21	21	21	20	20	20	19	19														
47	22	22	22	21	21	20	20	20	19	19												
47.5	23	23	22	22	22	21	21	21	20	20	19	19										
48	24	23	23	23	22	22	22	21	21	21	20	20	20	19								
48.5	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19						
49	25	25	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19	19			
49.5	26	26	25	25	24	24	24	23	23	23	22	22	22	21	21	21	20	20	20	19		
50	27	26	26	26	25	25	24	24	24	23	23	23	22	22	22	22	21	21	21	20		
50.5	27	27	27	26	26	26	25	25	25	24	24	23	23	23	23	22	22	22	21	21		
51	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22	22	22		
51.5	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23	23	22		
52	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24	23	23		
52.5	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24	24	24		
53	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25	25	24		
53.5	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26	25	25		
54	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26	26	26		
54.5	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27	27	26		
55	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28	27	27		
55.5	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29	29	29	28	28	28		
56	35	34	34	34	33	33	33	32	32	31	31	31	30	30	30	30	29	29	29	28		
56.5	35	35	35	34	34	34	33	33	32	32	32	31	31	31	30	30	30	29	29	29		
57	36	36	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30	30	29		
57.5	37	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31	30	30		
58	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31	31	31		
58.5	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32	32	31		
59	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33	33	32	32		
59.5	39	39	38	38	38	37	37	36	36	36	35	35	35	34	34	34	33	33	33	33		
60	40	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34	33	33		
60.5	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34	34	34		
61	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35	35	35	34		
61.5	41	41	41	40	40	40	39	39	38	38	38	37	37	37	36	36	36	35	35	35		
62	42	42	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36	36	35		
62.5	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37	37	37	36	36		
63	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37	37	37		
63.5	44	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38	37	37		
64	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38	38	38		
64.5	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39	38		
65	45	45	45	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39	39	39		
65.5	46	45	45	45	44	44	44	43	43	43	42	42	42	41	41	41	40	40	40	39		
66	46	46	46	45	45	45	44	44	43	43	43	42	42	42	41	41	41	41	40	40		
66.5	47	46	46	46	45	45	45	44	44	44	43	43	43	42	42	42	41	41	41	40		
67			47	46	46	46	45	45	45	44	44	44	43	43	43	42	42	42	41	41		
67.5				47	46	46	46	45	45	45	44	44	44	43	43	43	42	42	42	41		
68					47	47	46	46	46	45	45	45	44	44	44	43	43	43	42	42		
68.5							47	46	46	46	45	45	45	44	44	44	43	43	43	42		
69								47	47	46	46	46	45	45	45	44	44	44	43	43		
69.5										47	46	46	46	45	45	45	44	44	44	43		
70											47	47	46	46	46	45	45	45	44	44		
70.5													47	46	46	46	45	45	45	44		
71														47	47	46	46	46	45	45		
71.5																47	47	46	46	46		
72																	47	47	46	46		
72.5																			47	47		
73																						
73.5																						
74																						
74.5																						
75																						
75.5																						
76																						
76.5																						
77																						
77.5																						
78																						
78.5																						
79																						

Figure B–2. Percent fat estimates for females

Circumference Value	Height (inches)								70	70.5	71	71.5	72	72.5
	66	66.5	67	67.5	68	68.5	69	69.5						
45														
45.5														
46														
46.5														
47														
47.5														
48														
48.5														
49	20	19	19											
49.5	20	20	20	19	19									
50	21	21	21	20	20	20	19							
50.5	22	22	21	21	21	20	20	20	19	19				
51	23	22	22	22	22	22	21	21	21	20	20	20	20	19
51.5	23	23	23	22	22	22	21	21	21	20	20	20	20	19
52	24	24	23	23	23	22	22	22	21	21	21	21	20	20
52.5	25	24	24	24	23	23	23	22	22	22	22	21	21	21
53	25	25	25	24	24	24	23	23	23	22	22	22	22	21
53.5	26	26	25	25	25	24	24	24	23	23	23	23	22	22
54	27	26	26	26	25	25	25	24	24	24	24	23	23	23
54.5	27	27	27	26	26	26	25	25	25	24	24	24	24	23
55	28	28	27	27	27	26	26	26	25	25	25	25	24	24
55.5	29	28	28	28	27	27	27	26	26	26	25	25	25	25
56	29	29	29	28	28	28	27	27	27	26	26	26	25	25
56.5	30	29	29	29	29	28	28	28	27	27	27	26	26	26
57	30	30	30	29	29	29	29	28	28	28	27	27	27	26
57.5	31	31	30	30	30	29	29	29	29	28	28	28	27	27
58	32	31	31	31	30	30	30	29	29	29	29	28	28	28
58.5	32	32	32	31	31	31	30	30	30	29	29	29	29	28
59	33	33	32	32	32	31	31	31	30	30	30	29	29	29
59.5	33	33	33	33	32	32	32	31	31	31	30	30	30	29
60	34	34	33	33	33	32	32	32	32	31	31	31	30	30
60.5	35	34	34	34	33	33	33	32	32	32	32	31	31	31
61	35	35	35	34	34	34	33	33	33	32	32	32	32	31
61.5	36	36	35	35	35	34	34	34	33	33	33	32	32	32
62	36	36	36	35	35	35	35	34	34	34	33	33	33	32
62.5	37	37	36	36	36	35	35	35	34	34	34	34	33	33
63	38	37	37	37	36	36	36	35	35	35	34	34	34	34
63.5	38	38	37	37	37	37	36	36	36	35	35	35	34	34
64	39	38	38	38	37	37	37	36	36	36	36	35	35	35
64.5	39	39	39	38	38	38	37	37	37	36	36	36	36	35
65	40	39	39	39	38	38	38	38	37	37	37	36	36	36
65.5	40	40	40	39	39	39	38	38	38	37	37	37	37	36
66	41	41	40	40	40	39	39	39	38	38	38	37	37	37
66.5	41	41	41	40	40	40	39	39	39	39	38	38	38	37
67	42	42	41	41	41	40	40	40	39	39	39	39	38	38
67.5	42	42	42	41	41	41	41	40	40	40	39	39	39	38
68	43	43	42	42	42	41	41	41	40	40	40	40	39	39
68.5	43	43	43	43	42	42	42	41	41	41	40	40	40	39
69	44	44	43	43	43	42	42	42	41	41	41	41	40	40
69.5	44	44	44	44	43	43	43	42	42	42	41	41	41	41
70	45	45	44	44	44	43	43	43	43	42	42	42	41	41
70.5	46	45	45	45	44	44	44	43	43	43	42	42	42	42
71	46	46	45	45	45	44	44	44	44	43	43	43	42	42
71.5	47	46	46	46	45	45	45	44	44	44	43	43	43	43
72	47	47	46	46	46	45	45	45	45	44	44	44	43	43
72.5			47	47	46	46	46	45	45	45	44	44	44	44
73					47	46	46	46	45	45	45	45	44	44
73.5						47	47	46	46	46	45	45	45	44
74								47	46	46	46	46	45	45
74.5									47	47	46	46	46	45
75											47	46	46	46
75.5												47	47	46
76														47

Figure B-2. Percent fat estimates for females-Continued

B-3. Description of circumference sites and their anatomical landmarks and technique

a. All circumference measurements will be taken three times and recorded to the nearest half inch (or 0.50). Each sequential measurement should be within 1 inch of the next or previous measurement. If the measurements are within 1 inch of each other, derive a mathematical average to the nearest half of an inch. If any one of the three measurements differs by more than 1 inch, take an additional measurement. Then, average the three closest measures.

b. Each set of measurements will be completed sequentially to discourage assumption of repeated measurement readings. For males, complete one set of neck and abdomen measurements, not three neck circumferences followed by three abdomen circumferences. Continue the process by measuring the neck and abdomen in series until three sets of measurements have been completed. For females, complete one set of neck, waist (abdomen), and hip measurements, not three neck circumferences followed by three waist (abdomen) circumferences, and so on. Continue the process by measuring neck, waist (abdomen), and hip series until three sets of measurements have been completed.

c. Instructions for computing body fat are at tables B-3 (males) and B-4 (females). Percent fat estimates are shown in figures B-1 (males) and B-2 (females). Illustrations of each tape measurement are at figures B-3 (males) and B-4 (females).

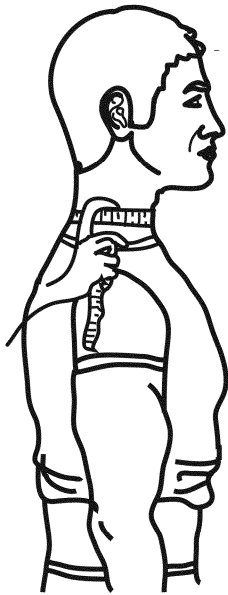
Table B-3

Instructions for completing DA Form 5500 (male)

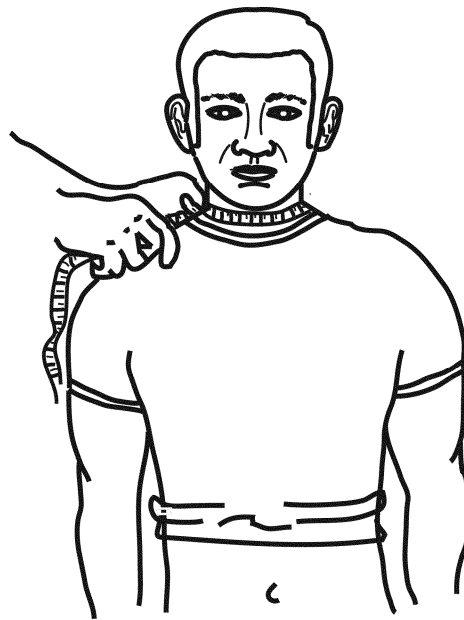
NAME	Print the Soldier's last name, first name, and middle initial in NAME block.
RANK	Print rank in the RANK box.
HEIGHT	Measure the Soldier's height as described in this appendix to the nearest half inch and record the measurement in HEIGHT block.
WEIGHT	Measure the Soldier's weight as described in this appendix to the nearest pound and record in WEIGHT block.
<i>Note: Follow the rounding rules for rounding height and weight measurement as described earlier in this appendix.</i>	
AGE	Print age in years in AGE block.
STEP 1	Neck measurement. Measure Soldier's neck circumference at a point just below the larynx (Adam's apple and perpendicular to the long axis of the neck). The Soldier should look straight ahead during the measurement, with shoulders down (not hunched). Round the neck measurement up to nearest half inch and record in block labeled FIRST.
STEP 2	Abdominal measurement. Measure the Soldier's abdominal circumference to nearest half inch. Round down to nearest half inch and record in block labeled FIRST.
<i>Note: Repeat STEPS 1 and 2 in series until you have completed three sets of neck and abdomen circumference measurements.</i>	
STEP 3	Average neck measurement. Find mathematical average of FIRST, SECOND, and THIRD neck circumference by adding them together and dividing by three. Place this number to nearest half inch in block marked AVERAGE for STEPS 1 and 3.
STEP 4	Average abdominal measurement. Find mathematical average of FIRST, SECOND, and THIRD abdominal circumference by adding them together and dividing by three. Place this number to nearest half inch in block marked AVERAGE for STEPS 2 and 4.
STEP 5	Circumference value equals abdominal circumference (STEP 4) minus neck circumference (STEP 3). Subtract STEP 4 from STEP 3 and enter results in STEP 5.
STEP 6	Height factor. Enter the height in inches to the nearest half inch.
<i>Note: Follow the rules for rounding of height and weight measurements as described earlier in this appendix.</i>	
STEP 7	Percent body fat. Determine percent body fat by finding Soldier's circumference value (value listed in STEP 5) and height in inches (value listed in STEP 6) in figure B-1. The percent body fat is the value that intercepts with circumference value and height in inches as listed in figure B-1. This is the Soldier's PERCENT BODY FAT.
<i>Note: Go to figure B-1 to locate the circumference value (abdomen minus neck difference) in the left-hand column.</i>	

Table B-4
Instructions for completing DA Form 5501 (female)

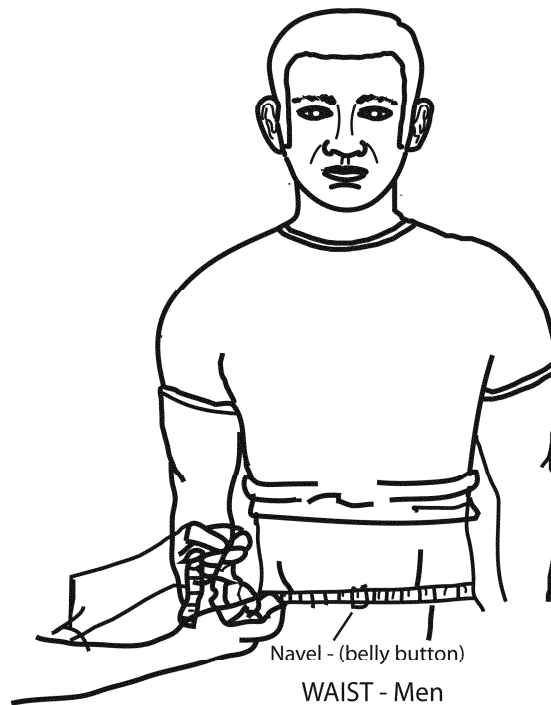
NAME	Print Soldier's last name, first name, and middle initial in NAME block.
RANK	Print rank in RANK block.
HEIGHT	Measure Soldier's height as described in this appendix to nearest half inch and record the measurement in HEIGHT block.
WEIGHT	Measure Soldier's weight as described in this appendix to nearest pound and record in WEIGHT block.
<i>Note: Follow the rules for rounding of height and weight measurement as described earlier in this appendix.</i>	
AGE	Print age in years in AGE block.
STEP 1	Neck measurement. Measure Soldier's neck circumference at a point just below the larynx (Adam's apple and perpendicular to the long axis of the neck). The Soldier should look straight ahead during the measurement, with shoulders down (not hunched). Round the neck measurement up to nearest half inch and record in block labeled FIRST.
STEP 2	Waist (abdomen) measurement. Measure Soldier's natural waist circumference against the skin at the point of minimal abdominal circumference, usually located about halfway between the navel and lower end of sternum (breastbone). If site is not easily visible, take several measurements at probable sites and use the smallest value. Ensure tape is level and parallel to floor. Soldier's arms must be at the sides. Take measurements at the end of Soldier's normal relaxed exhalation. Round the natural waist measurement down to nearest half inch and record in block labeled FIRST.
STEP 3	Hip measurement. Measure Soldier's hip circumference while facing Soldier's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) as viewed from the side. Ensure tape is level and parallel to floor. Apply sufficient tension on tape to minimize effect of clothing. Round hip measurement down to nearest half inch and record in block labeled FIRST.
	Repeat STEPS 1, 2, and 3 in series until you have completed three sets of neck, waist (abdomen), and hip circumference measurements. Find mathematical average of FIRST, SECOND, and THIRD circumference in STEPS 1, 2, and 3 by adding them together and dividing by three for each step. Place this number to nearest half inch in block marked AVERAGE for each step.
STEP 4	Calculations.
Line A	Waist (abdomen) circumference. Enter value from STEP 2 in line 4A.
Line B	Hip circumference. Enter value from STEP 3 in line 4B.
Line C	Total ($4A+4B=4C$). Add waist circumference (line 4A) and hip circumference (line 4B). Enter result in line 4C.
Line D	Neck circumference. Enter value from STEP 1 in line 4D.
Line E	Circumference value ($4C-4D=4E$). Subtract value in line 4C from value in line 4D. Enter result in line 4E.
Line F	Enter the height in inches to the nearest half inch in line 4F.
<i>Note: Follow the rules for rounding of height and weight measurements as described earlier in this appendix.</i>	
Line G	Percent body fat. Determine percent body fat by finding Soldier's circumference value (value listed in line 4E) and height in inches (line 4F) in figure B-2. Percent body fat is the value that intercepts with circumference value and height in inches as listed in figure B-2. This is the Soldier's PERCENT BODY FAT.
<i>Note: Go to figure B-2 to locate the circumference value in the left-hand column.</i>	



NECK - Men



NECK - Men

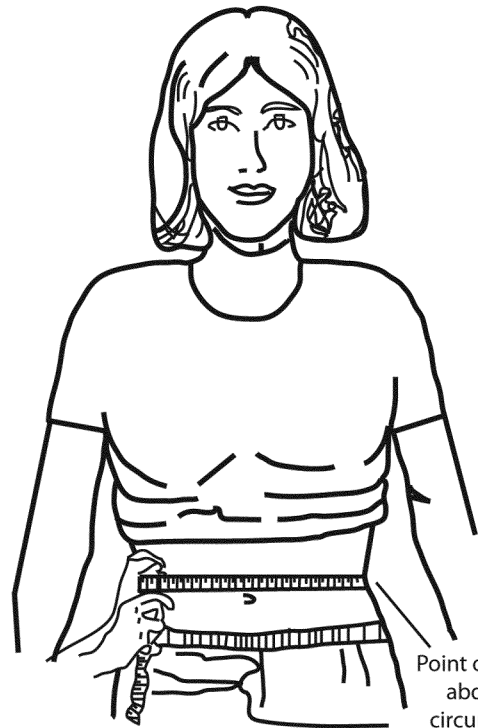


WAIST - Men

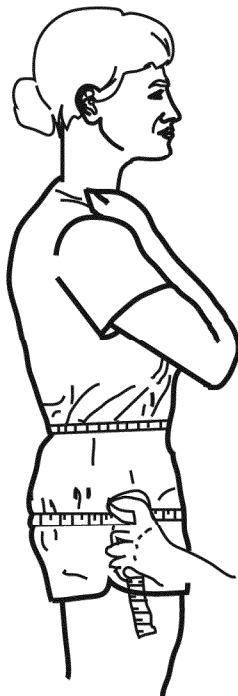
Figure B-3. Male tape measurement illustration



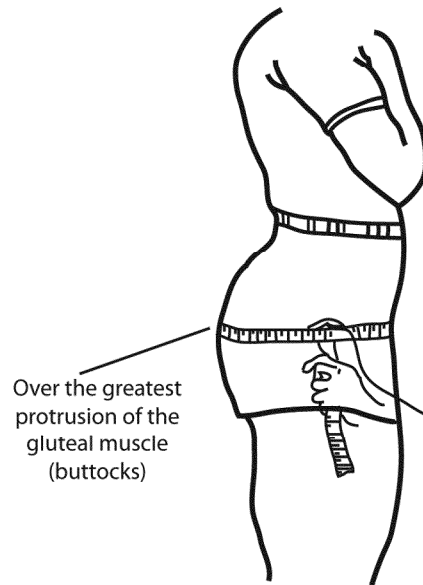
NECK - Women



WAIST - Women



HIP - Women
side measurement



HIP - Women
side measurement

Figure B-4. Female tape measurement illustration

B-4. Circumference sites and landmarks for males

a. Neck. Measure the neck circumference at a point just below the larynx (Adam's apple) and perpendicular to the long axis of the neck. Do not place the tape measure over the Adam's apple. Soldier will look straight ahead during measurement, with shoulders down (not hunched). The tape will be as close to horizontal as anatomically feasible (the tape line in the front of the neck will be at the same height as the tape line in the back of the neck). Care will be taken to ensure the shoulder/neck muscles (trapezius) are not involved in the measurement. Round neck measurement up to the nearest half inch and record (for example, round "16 ¼ inches" to "16 ½ inches").

b. Abdomen. Measure abdominal circumference against the skin at the navel (belly button) level and parallel to the floor. Arms are at the sides. Record the measurement at the end of Soldier's normal, relaxed exhalation. Round abdominal measurement down to the nearest half inch and record (for example, round "34 ¾ inches" to "34 ½ inches").

B-5. Circumference sites and landmarks for females

a. Neck. This procedure is the same as for males.

b. Waist (abdomen). Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference. The waist circumference is taken at the narrowest point of the abdomen, usually about halfway between the navel and the end of the sternum (breastbone). When this site is not easily observed, take several measurements at probable sites and record the smallest value. The Soldier's arms must be at the sides. Take measurements at the end of Soldier's normal relaxed exhalation. Tape measurements of the waist will be made directly against the skin. Round the natural waist measurement down to the nearest half inch and record (for example, round "28 5/8 inches" to "28 ½ inches").

c. Hip. The Soldier taking the measurement will view the person being measured from the side. Place the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks), keeping the tape in a horizontal plane (parallel to the floor). Check front to back and side to side to be sure the tape is level to the floor on all sides before the measurements are recorded. Because the Soldier will be wearing authorized physical fitness uniform trunks, the tape can be drawn snugly without compressing the underlying soft tissue to minimize the influence of the shorts on the size of the measurement. Round the hip measurement down to the nearest half inch and record (for example, round "44 3/8 inches" to "44 inches").

B-6. Preparation of DA Form 5500 and DA Form 5501

It is extremely important that the following instructions are read before attempting to complete DA Form 5500 and/or DA Form 5501. Have a copy of the form available when reading these instructions.

a. Tables B-3 and B-4 and figures B-1 through B-4 will provide information needed to prepare DA Form 5500 and DA Form 5501. The instructions for the forms are written in a stepwise fashion. The measurements and computation processes are different for males and females.

b. A DA Form 5500 (male) or DA Form 5501 (female) must be completed for Soldiers who exceed the weight for height table (table B-1) or when a unit commander or supervisor determines that the individual's appearance suggests that body fat is excessive (see para 3-2d). The purpose of this form is to help determine the Soldier's percent body fat using the circumference technique described in this regulation.

c. Before starting, have a thorough understanding of the measurements to be made as outlined in this appendix. A scale for measuring body weight, a device for measuring height, and a measuring tape (see specifications in para B-1d) for the circumference measurements are also required.

d. If any of the measurements are not listed in figure B-1 or B-2, see table B-5 for guidance on how to calculate body fat percentage.

Note. A scientific calculator, which can be found on computers, must be used. On the computer, pull up 'calculator' from 'programs' and then click on 'view' and choose 'scientific'. Commanders are responsible for the accuracy of all calculations. Use of auto calculators is not authorized.

Note. All measurements must be in inches. Use normal rounding rules for all measurements and calculations unless otherwise specified.

Table B-5
Sample body fat calculations

SAMPLE (WOMEN)

Measurements: Neck=15 inches; Waist=42 inches; Hip=44 inches; Height=64 inches

The equation for women is:

$$\% \text{ body fat} = [163.205 \times \text{Log}_{10} (\text{waist} + \text{hip} - \text{neck})] - [97.684 \times \text{Log}_{10} (\text{height})] - 78.387$$

- A. Solve: $[163.205 \times \text{Log}_{10} (71)]$. Take the $\text{Log}_{10} (71)=1.85$ (when using a calculator, be careful not to use $\ln$ (natural log). Instead, enter 71 and press the LOG key.
 - B. Solve: $[97.684 \times \text{Log}_{10} (64)]$. Take the $\text{Log}_{10} (64)=1.81$ (when using a calculator, be careful not to use the $\ln$ (natural log). Instead, enter 64 and press the LOG key.
 - C. Solve the equation:
 $\% \text{ body fat} = (163.205 \times 1.85) - (97.684 \times 1.81) - 78.387$
 $= 301.93 - 176.81 - 78.387$
 $= 47\%$ (actual number is 46.73%; round to the nearest whole %)
-

SAMPLE (MEN)

Measurements: Neck=16 inches; Waist=49 inches; Height=69 inches

The equation for men is:

$$\% \text{ body fat} = [86.010 \times \text{Log}_{10} (\text{waist} - \text{neck})] - [70.041 \times \text{Log}_{10} (\text{height})] + 36.76$$

- A. Solve: $[86.010 \times \text{Log}_{10} (33)]$. Take the $\text{Log}_{10} (33)=1.52$ (when using a calculator, be careful not to use $\ln$ (natural log). Instead, enter 33 and press the LOG key.
 - B. Solve: $[70.041 \times \text{Log}_{10} (69)]$. Take the $\text{Log}_{10} (69)=1.84$ (when using a calculator, be careful not to use the $\ln$ (natural log). Instead, enter 69 and press the LOG key.
 - C. Solve the equation:
 $\% \text{ body fat} = (86.010 \times 1.521) - (70.041 \times 1.841) + 36.76$
 $= 130.74 - 128.88 + 36.76$
 $= 39\%$ (actual number is 38.62%; round to the nearest whole %)
-

Body Composition Standards

AGE	1 ARMY	
	MALE	FEMALE
17-20	20%	30%
21-27	22%	32%
28-39	24%	34%
40+	26%	36%

Age-Based Tiers are Eliminated.

The new policy removes the four age-based categories in favor of a single set of standards for all members, regardless of age. Services will set their specific standards within these Department-wide “guardrails”.

Male

Max Limit: 26%

Min Stringency: 18%

Services cannot set a standard more liberal than 26% or more stringent than 18%.

Female

Max Limit: 36%

Min Stringency: 26%

Services cannot set a standard more liberal than 36% or more stringent than 26%.

Men

Fitness Categories for Body Composition (% Body Fat) for Men by Age

Age (yr)

%	Category	20-29	30-39	40-49	50-59	60-69	70-79
99	Very Lean	4.2	7.3	9.5	11.1	12.0	13.6
95		6.34	10.3	13.0	14.9	16.1	15.5
90	Excellent	7.9	12.5	15.0	17.0	18.1	17.5
85		9.1	13.8	16.4	18.3	19.2	19.0
80	Good	10.5	14.9	17.5	19.4	20.2	20.2
75		11.5	15.9	18.5	20.2	21.0	21.1
70		12.6	16.8	19.3	21.0	21.7	21.6
65		13.8	17.7	20.1	21.7	22.4	22.3
60		14.8	18.4	20.8	22.3	23.0	22.9
55	Fair	15.8	19.2	21.4	23.0	23.6	23.6
50		16.7	20.0	22.1	23.6	24.2	24.1
45		17.5	20.7	22.8	24.2	24.9	24.5
40		18.6	21.6	23.5	24.9	25.6	25.2
35	Poor	19.8	22.4	24.2	25.6	26.4	25.7
30		20.7	23.2	24.9	26.3	27.0	26.3
25		22.1	24.1	25.7	27.1	27.9	27.1
20		23.3	25.1	26.6	28.1	28.8	28.0
15	Very Poor	25.1	26.4	27.7	29.2	29.8	29.3
10		26.6	27.8	29.1	30.6	31.2	30.6
5		29.3	30.2	31.2	32.7	33.5	32.9
1		33.7	34.4	35.2	36.4	37.2	37.3
n		1,938	10,457	16,032	9,976	3,097	571

*Table from ACSM's Guidelines for Exercise Testing and Prescription 11th Edition