

# 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:
	lbs	%		lbs	%		lbs	%		lbs	%
	GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS
2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS
ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS
TIME _____			TIME _____			TIME _____			TIME _____		
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE		
COMMENTS			COMMENTS			COMMENTS			COMMENTS		

**SPECIAL INSTRUCTION: USE INK**

**LEGEND:** PU - PUSH UPS    2MR - 2 MILE RUN  
 SU - SIT UPS    APFT - ARMY PHYSICAL FITNESS TEST

# 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 FIVE			TEST SIX			TEST SEVEN			TEST EIGHT		
DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE	DATE	GRADE	AGE
HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION		HEIGHT (IN INCHES)	BODY COMPOSITION	
	WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:		WEIGHT:	BODY FAT:
	lbs	%		lbs	%		lbs	%		lbs	%
	GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO		GO / NO-GO	GO / NO-GO
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS	PU RAW SCORE	INITIALS	POINTS
SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS	SU RAW SCORE	INITIALS	POINTS
2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS	2MR RAW SCORE	INITIALS	POINTS
ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS	ALTERNATE AEROBIC EVENT EVENT _____		TOTAL POINTS
TIME _____			TIME _____			TIME _____			TIME _____		
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>			GO <input type="checkbox"/> NO-GO <input type="checkbox"/>		
NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE			NCOIC/OIC SIGNATURE		
COMMENTS			COMMENTS			COMMENTS			COMMENTS		

**SPECIAL INSTRUCTION: USE INK**

**LEGEND:** PU - PUSH UPS      2MR - 2 MILE RUN  
 SU - SIT UPS                APFT - ARMY PHYSICAL FITNESS TEST

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

SIT-UP STANDARDS												
AGEGROUP	17-21	22-26	27-31	32-36	37-41	AGEGROUP	42-46	47-51	52-56	57-61	62+	AGEGROUP
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	89	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	36	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
AGEGROUP	17-21	22-26	27-31	32-36	37-41	AGEGROUP	42-46	47-51	52-56	57-61	62+	AGEGROUP

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.

## 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	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		98								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		98		98				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		95		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		86		91		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	86	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	10	53	28	61	33	69	44	75	50	82	19:30	53	87	60	88	62	96	63		65		19:30
19:36	9	52	27	60	32	68	43	74	49	82	19:36	52	86	59	87	62	96	63		64		19:36
19:42	8	50	26	59	31	67	42	74	48	81	19:42	51	85	58	87	61	95	62	100	63		19:42
19:48	6	49	24	58	30	66	41	73	47	80	19:48	50	85	58	86	60	94	61	99	62		19:48
19:54	5	48	23	57	29	65	40	72	46	80	19:54	50	84	57	86	59	93	60	98	61		19:54
20:00	3	47	22	56	28	64	39	72	46	79	20:00	49	83	56	85	58	93	59	98	60	100	20:00
20:06	2	45	21	55	26	63	38	71	45	78	20:06	48	83	55	84	58	92	58	97	59	99	20:06
20:12	1	44	20	54	25	63	37	70	44	78	20:12	47	82	55	84	57	91	57	96	58	98	20:12
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
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</																					

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	Time	M	F	M	F	M	F	M	F	Time		
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	83	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	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 soldiers 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.