

APFT

- **Push-Up Standards**
- **Sit-Up Standards**
- **2-Mile Run Standards**

AR 600-9

Height/Weight Standards

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

USAPA V1.00

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			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		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	56	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	98			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	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</																		

20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	67	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.

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Table 3-1
Weight for height table (screening table weight)

Height (in inches)	Minimum weight (in 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	173	234	240	247	250	227	230	233	236

Notes:

* Male and female Soldiers who fall below the minimum weights shown in table 3-1 will be referred for immediate medical evaluation.

¹ Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches; if the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.

² Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound; if the weight fraction is 1/2 pound or greater, round up to the next highest pound.

³ All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

⁴ If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.

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

b. Commanders and supervisors will provide educational and other motivational programs to encourage personnel to attain and maintain proper weight (body fat) standards. Such programs will include—

(1) Nutrition education sessions conducted by qualified health care personnel. These sessions are required for all Soldiers enrolled in a weight control program.

(2) Exercise programs, even though minimum APFT standards are achieved.

c. Maximum allowable percent body fat standards are shown in table 3-2. However, all personnel are encouraged to achieve the more stringent Department of Defense goal, which is 18 percent body fat for males and 26 percent body fat for females.

Table 3-2
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%