Source: AFT Scoring Scales, effective June 1, 2025
Last verified October 21, 2026

# ARMY FITNESS TEST (AFT) QUICK REFERENCE

Events, passing standards, and the minimum result for each event by age group.

## EVENTS

- **3-Repetition Maximum Deadlift:** heaviest weight lifted three times
- **Hand-Release Push-Up:** correct reps in 2 minutes
- **Sprint-Drag-Carry:** five 50-meter shuttles, timed
- **Plank:** time held in proper position
- **2-Mile Run:** total time

## PASSING STANDARDS

- **General:** at least 60 points in every event and 300 total
- **Combat:** at least 60 points in every event and 350 total, one scale for men and women
- Each event is worth up to 100 points, 500 total
- Alternate aerobic events (walk, bike, swim, row) are Go/No-Go

## MINIMUM FOR 60 POINTS, BY AGE GROUP

**Men, general standard (also the combat standard for everyone)**

| Event | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | 42-46 | 47-51 | 52-56 | 57-61 | 62+ |
|---|---|---|---|---|---|---|---|---|---|---|
| Deadlift (lbs) | 150 | 150 | 150 | 140 | 140 | 140 | 140 | 140 | 140 | 140 |
| Hand-release push-ups | 15 | 14 | 14 | 13 | 12 | 11 | 11 | 10 | 10 | 10 |
| Sprint-drag-carry | 2:28 | 2:31 | 2:32 | 2:36 | 2:41 | 2:45 | 2:53 | 3:00 | 3:12 | 3:16 |
| Plank | 1:30 | 1:25 | 1:20 | 1:15 | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 |
| 2-mile run | 19:57 | 19:45 | 19:45 | 20:44 | 20:44 | 22:04 | 22:04 | 22:50 | 23:36 | 23:36 |

**Women, general standard**

| Event | 17-21 | 22-26 | 27-31 | 32-36 | 37-41 | 42-46 | 47-51 | 52-56 | 57-61 | 62+ |
|---|---|---|---|---|---|---|---|---|---|---|
| Deadlift (lbs) | 120 | 120 | 120 | 120 | 120 | 120 | 120 | 120 | 120 | 120 |
| Hand-release push-ups | 11 | 11 | 11 | 11 | 10 | 10 | 10 | 10 | 10 | 10 |
| Sprint-drag-carry | 3:15 | 3:15 | 3:15 | 3:22 | 3:27 | 3:42 | 3:51 | 4:03 | 4:48 | 4:48 |
| Plank | 1:30 | 1:25 | 1:20 | 1:15 | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 | 1:10 |
| 2-mile run | 22:55 | 22:45 | 22:45 | 22:50 | 22:59 | 23:15 | 23:30 | 24:00 | 24:48 | 25:00 |

**Score your AFT**
militaryfitness.org/army-aft-calculator/

**Veteran career resources**
hireaveteran.org/

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