# FITNESS TEST RESOURCES FOR UNITS

Free tools to help your people score, prepare for, and pass their fitness test.

## CALCULATORS FOR EVERY BRANCH

- Army AFT, Marine Corps PFT and CFT, Navy PRT, Air Force PFRA, and Coast Guard PFT calculators, plus a Space Force HPA standards guide
- Built from each branch's official scoring tables, with the source and verification date on every page

## RESULTS THAT POINT TO THE NEXT STEP

- Points for every event, pass or fail, and the overall category or class
- The weakest event, a training tip for it, and exactly how many reps or seconds reach the next score

## PRINTABLE RESOURCES

- One-page quick references with minimums by age group for each branch
- Training sheets for the plank, the run, and push-ups

## FREE, WITH NOTHING TO SIGN UP FOR

- Works on any phone, with no account and no app

## BEYOND THE TEST

- **HireAVeteran.org** helps service members translate their experience into a civilian career
- **VeteransDirectory.com** helps them find veteran service organizations and support

**MilitaryFitness.org**
militaryfitness.org/

**Veteran career resources**
hireaveteran.org/

**Veteran support**
veteransdirectory.com/

MilitaryFitness.org is an independent resource. It is not affiliated with or endorsed by the Department of Defense or any branch of the U.S. Armed Forces. Your official score is the one your unit records. Always confirm standards with your unit and your branch's official sources.
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