

acft weight cheat sheet

****ACFT Weight Cheat Sheet: Your Ultimate Guide to Mastering Army Combat Fitness Test Requirements****

acft weight cheat sheet might sound like just another military acronym, but for soldiers preparing to tackle the Army Combat Fitness Test, it's a crucial tool. Understanding how weight factors into your ACFT score can make a significant difference in your preparation and performance. Whether you're a soldier aiming to pass with flying colors or a fitness enthusiast curious about military standards, this guide will walk you through everything you need to know about the ACFT weight cheat sheet.

What Is the ACFT Weight Cheat Sheet?

The ACFT weight cheat sheet is essentially a reference guide that helps soldiers quickly determine the minimum and maximum weight standards they need to meet for their height and age group. The Army Combat Fitness Test has specific weight requirements that impact your overall readiness score and physical evaluation. This cheat sheet allows you to track whether your weight is within the acceptable range to maximize your ACFT score and maintain compliance with Army regulations.

Why Weight Matters in the ACFT

Weight plays a crucial role in the ACFT because it affects your body composition and overall fitness level. The ACFT is designed to measure functional fitness, strength, endurance, and mobility, but body composition standards are still enforced to ensure soldiers maintain a healthy and fit physique. Being outside of the prescribed weight range can lead to additional testing, such as a body fat assessment, which might affect your career progression.

Understanding the ACFT Weight Standards

The Army uses height and weight tables, often represented in cheat sheets, to set boundaries for each individual based on their stature. The tables are tailored not only by height but also take into consideration age and gender, ensuring fairness and relevance. The weight standards are designed to reflect a healthy body composition, which supports optimal performance during the ACFT.

How to Use an ACFT Weight Cheat Sheet

Using an ACFT weight cheat sheet is straightforward:

- Identify your height in inches or centimeters on the chart.
- Find your corresponding weight range for your age group.
- Compare your current weight to see if you fall within the acceptable limits.
- If you're over the maximum weight, prepare for a body fat assessment test.

This quick reference helps soldiers monitor their readiness and avoid surprises on test day.

Body Composition and the ACFT

The Army emphasizes body composition as part of physical readiness, which is why weight alone isn't the only factor. If your weight exceeds the acceptable range, you'll undergo a tape test to measure body fat percentage. The ACFT weight cheat sheet can help you avoid this by keeping you within the standards. However, remember that muscle mass can sometimes push your weight above the limit, so body composition assessments give a more accurate picture of fitness.

Body Fat Standards

Body fat percentage standards vary by age and gender. For example, younger soldiers have slightly stricter limits compared to older age groups. The cheat sheet and related tables will often list these percentages alongside weight ranges, providing a comprehensive overview of what's expected.

Tips for Managing Your Weight for the ACFT

Preparing for the ACFT means more than just training for the events; managing your weight is equally important. Here are some practical tips to stay within the ACFT weight standards:

1. **Track Your Weight Regularly:** Use the cheat sheet as a baseline and monitor your weight weekly to avoid unexpected weight gains.
2. **Maintain a Balanced Diet:** Proper nutrition fuels workouts and supports healthy body composition.
3. **Incorporate Strength and Cardio Training:** Both help build lean muscle and reduce fat, improving overall fitness.

4. **Stay Hydrated:** Dehydration can impact weight and performance during testing.

These strategies not only help you meet ACFT standards but also improve your overall health and fitness.

Common Misconceptions About the ACFT Weight Cheat Sheet

There are a few myths surrounding the ACFT weight cheat sheet that can confuse soldiers:

Myth 1: “If I’m over the weight limit, I automatically fail the ACFT.”

This is false. Exceeding the weight limit triggers a body fat assessment, but you can still pass the ACFT if your body fat percentage is within acceptable limits.

Myth 2: “Muscle weight doesn’t count toward the standard.”

Muscle mass does count toward your weight, but the body fat assessment helps distinguish between fat and muscle, so muscular soldiers aren’t unfairly penalized.

Myth 3: “The cheat sheet is the only tool I need to track my readiness.”

While it’s useful, the cheat sheet is just one piece of the puzzle. Regular physical training, nutrition, and understanding the ACFT events themselves are equally important.

Where to Find Reliable ACFT Weight Cheat Sheets

Many soldiers rely on official Army publications and resources for the most accurate and updated weight cheat sheets. The Army’s official websites often provide downloadable charts and tools. Additionally, fitness apps tailored to military personnel may integrate these standards for easy monitoring.

Using Digital Tools for ACFT Weight Tracking

Several smartphone apps and online calculators allow you to input your height, weight, age, and gender to instantly check compliance with ACFT standards. These tools can sync with your training logs and provide reminders, making weight management more seamless.

How the ACFT Weight Cheat Sheet Fits Into Your Overall Training Strategy

Incorporating the cheat sheet into your training plan ensures you're not only physically prepared for the six ACFT events but also within the necessary weight parameters. It acts as an early warning system, helping you adjust your nutrition and workouts before testing day. When combined with targeted exercises like deadlifts, sprint-drag-carries, and leg tucks, maintaining your weight within the cheat sheet's range maximizes your chances of success.

Navigating the complexities of the Army Combat Fitness Test can feel overwhelming, but having tools like the acft weight cheat sheet simplifies the process. By understanding the standards, monitoring your body composition, and integrating smart training and nutrition habits, you'll set yourself up for peak performance. Remember, the cheat sheet isn't just about numbers; it's a part of a holistic approach to becoming a stronger, fitter soldier.

Frequently Asked Questions

What is an ACFT weight cheat sheet?

An ACFT weight cheat sheet is a quick reference guide that lists the weight standards and scoring metrics for the Army Combat Fitness Test (ACFT) to help soldiers easily track and understand the weight requirements for each event.

How can an ACFT weight cheat sheet help improve my test performance?

An ACFT weight cheat sheet helps you by clearly outlining the weight thresholds and performance standards, allowing you to tailor your training and nutrition plans to meet or exceed the required weights for optimal scoring.

Where can I find a reliable ACFT weight cheat sheet?

Reliable ACFT weight cheat sheets can be found on official Army websites, military training forums, or through Army-approved training apps that provide updated and

accurate information on ACFT standards.

Does the ACFT weight cheat sheet vary based on age and gender?

Yes, the ACFT weight standards can vary based on age and gender categories, and a comprehensive cheat sheet will include these distinctions to provide accurate performance targets for each individual.

Can I customize an ACFT weight cheat sheet for my training needs?

Absolutely. Many soldiers create personalized ACFT weight cheat sheets that include their current stats, goals, and progress to better track improvements and focus on areas needing more attention.

Is using an ACFT weight cheat sheet allowed during the test?

No, using an ACFT weight cheat sheet is not permitted during the actual test. It is intended as a training and preparation tool to help soldiers understand and meet the standards before test day.

Additional Resources

****ACFT Weight Cheat Sheet: A Critical Tool for Military Fitness Preparation****

acft weight cheat sheet is an increasingly sought-after resource among soldiers and fitness enthusiasts preparing for the Army Combat Fitness Test (ACFT). As the military transitions from the traditional Army Physical Fitness Test (APFT) to the more comprehensive ACFT, understanding how weight and body composition factor into performance assessments has become essential. This guide explores the nuances of ACFT weight standards, the impact of body mass on test outcomes, and the practical utility of weight cheat sheets in optimizing training and readiness.

Understanding the Role of Weight in the ACFT

The ACFT represents a significant evolution in military fitness testing, emphasizing functional movements and overall combat readiness. Unlike the APFT, which focused primarily on push-ups, sit-ups, and a two-mile run, the ACFT comprises six events designed to simulate battlefield tasks. These include the three-repetition maximum deadlift, standing power throw, hand-release push-up, sprint-drag-carry, leg tuck (or plank), and a two-mile run.

Weight plays a multifaceted role in the ACFT. While the test itself does not impose strict

weight limits, body composition standards remain critical for military personnel. Soldiers must meet Army Body Composition Program (ABCP) guidelines, which assess body fat percentage relative to height and weight. Exceeding these limits can lead to administrative actions regardless of ACFT performance. Therefore, a comprehensive understanding of how weight influences both test results and compliance with body composition standards is indispensable.

The Importance of Body Composition Standards

The ABCP uses a combination of weight and circumference measurements to estimate body fat percentage. This method serves as a more accurate indicator of fitness and health than weight alone. Soldiers who exceed the maximum allowable weight for their height are subjected to tape measurements at the neck, waist, and hips (for females) to calculate body fat percentage.

The relationship between ACFT performance and body composition is complex. Heavier soldiers with greater muscle mass often excel in strength-based events like the deadlift and sprint-drag-carry. Conversely, higher body fat percentages can hinder performance in endurance and agility components, such as the two-mile run and standing power throw. Hence, managing weight strategically without compromising strength is a common challenge.

What Is an ACFT Weight Cheat Sheet?

An ACFT weight cheat sheet is essentially a quick-reference guide that helps soldiers correlate their weight, height, and body composition with ACFT standards and scoring criteria. This tool often includes:

- Optimal weight ranges based on height and gender
- Body fat percentage thresholds aligned with Army standards
- Estimated score projections for each ACFT event based on weight
- Training tips tailored to body composition goals

By consolidating this information, the cheat sheet aids in goal-setting and self-monitoring, allowing for more targeted fitness regimens. Military personnel can use it to identify whether their current weight supports peak ACFT performance or if adjustments are necessary.

Components Typically Included in a Cheat Sheet

Most cheat sheets integrate data from official Army guidelines with empirical findings from training programs. Key components include:

1. **Height-to-Weight Charts:** These tables provide maximum allowable weights for soldiers to remain within ABCP limits.
2. **Body Fat Percentage Calculators:** Tools or tables that estimate body fat based on circumference measurements.
3. **Event-Specific Weight Impact:** Insights into how weight influences performance in each ACFT event.
4. **Nutrition and Training Recommendations:** Guidelines for adjusting diet and exercise to meet weight and performance goals.

These cheat sheets are often available in print or digital formats and are shared informally among units or through official military fitness resources.

Analyzing the Impact of Weight on ACFT Performance

The ACFT's design inherently favors a balance between strength, power, and endurance. Weight, particularly lean muscle mass, can enhance performance in some events while challenging others. Understanding this dynamic is vital for effective training.

Strength-Based Events

Events like the three-repetition maximum deadlift and sprint-drag-carry benefit from increased muscle mass. Soldiers with higher lean body weight often generate greater force and power, which translates into better scores. However, excessive fat mass can be counterproductive, as it adds unnecessary load without contributing to strength.

Endurance and Agility Events

The two-mile run and standing power throw demand cardiovascular fitness and explosive power. Excess body fat tends to impair endurance by increasing the energy cost of movement. Consequently, soldiers with optimal weight-to-muscle ratios tend to perform better in these events.

Balancing Weight for Optimal ACFT Scores

A critical insight from performance data is that maintaining a healthy weight with a high proportion of lean muscle mass correlates with superior ACFT results. Soldiers who focus solely on weight loss may inadvertently lose muscle mass, reducing their strength and power output. Conversely, those who prioritize muscle gain without managing fat accumulation risk lower endurance scores and possible ABCP non-compliance.

Pros and Cons of Using an ACFT Weight Cheat Sheet

Like any tool, an ACFT weight cheat sheet has advantages and limitations that merit consideration.

Advantages

- **Efficient Goal-Setting:** Provides clear targets for weight and body composition aligned with military standards.
- **Enhanced Self-Awareness:** Enables soldiers to understand how their weight affects performance across different ACFT events.
- **Streamlined Training Focus:** Helps tailor fitness programs to address specific weaknesses related to body composition.
- **Time-Saving Reference:** Offers a quick-access summary of complex data, reducing the need for extensive research.

Limitations

- **Oversimplification Risk:** May not capture individual variability in metabolism, genetics, or training response.
- **Potential for Misuse:** Could encourage unhealthy weight manipulation practices if not used responsibly.
- **Static Data:** Some cheat sheets may not reflect updates in Army policies or scientific research.

Despite these limitations, when used judiciously, an ACFT weight cheat sheet can be a valuable component of a soldier's preparation toolkit.

Integrating the Cheat Sheet into a Holistic Fitness Strategy

Achieving optimal ACFT performance requires more than monitoring weight; it demands a comprehensive approach incorporating nutrition, strength training, endurance conditioning, and recovery.

Nutrition Considerations

Proper dietary planning supports lean muscle retention and fat reduction. Soldiers aiming to align with cheat sheet guidelines should focus on:

- Balanced macronutrient intake with adequate protein
- Caloric management to support training demands
- Hydration and micronutrient sufficiency

Training Adaptations

Training programs must reflect the interplay between weight and event-specific demands. For example, increasing deadlift capacity might involve heavy resistance training, while improving run times requires cardiovascular conditioning and weight management.

Regular Assessment

Using the cheat sheet as a dynamic tool involves regular weigh-ins, body composition measurements, and ACFT practice tests. This iterative process allows soldiers to adjust their training and nutrition plans based on real-world feedback.

Conclusion: The Value of an ACFT Weight Cheat Sheet in Military Fitness

While the ACFT emphasizes functional fitness over arbitrary weight metrics, managing

body composition remains a cornerstone of military readiness. An acft weight cheat sheet bridges the gap between raw numbers and actionable insights, enabling soldiers to navigate the complexities of the test's physical demands. By fostering informed decisions about weight management and training priorities, this tool contributes to safer, more effective preparation strategies that align with Army standards and mission requirements.

Acft Weight Cheat Sheet

Find other PDF articles:

<https://lxc.avoicemen.com/archive-th-5k-005/Book?ID=hVP75-8384&title=cpi-training-cpi-holds.pdf>

acft weight cheat sheet: Chart Supplement, Pacific , 2005

acft weight cheat sheet: Airman's Guide , 1952

acft weight cheat sheet: Air Pilot, United Kingdom Great Britain. Ministry of Civil Aviation, 1948

acft weight cheat sheet: Notices to Airmen , 1984

acft weight cheat sheet: Analysis of Aircraft Overruns and Undershoots for Runway Safety Areas Jim W. Hall, Airport Cooperative Research Program, 2008 TRB's Airport Cooperative Research Program (ACRP) Report 3: Analysis of Aircraft Overruns and Undershoots for Runway Safety Areas explores overrun and undershoot accident and incident data conditions relating to these occurrences. The report also includes an assessment of risk in relation to the runway safety area and highlights a set of alternatives to the traditional runway safety area.

acft weight cheat sheet: Airfield Management Specialist (AFSC 27151): Base operations John R. Jacobs, 1984

acft weight cheat sheet: Air Force Manual United States. Department of the Air Force, 1975

acft weight cheat sheet: Flying Training United States. Department of the Air Force, 1977

acft weight cheat sheet: Contractions United States. Air Traffic Service, 1963

acft weight cheat sheet: Contractions United States. Federal Aviation Administration, 1969
Contains the approved word and phrase contractions used by personnel of the Federal Aviation Administration and other agencies in the use of air traffic control, communications, weather, charting, and associated services.

acft weight cheat sheet: Commerce Business Daily , 1997-12-31

acft weight cheat sheet: Sun Valley Lake Dam, Ross County, Ohio United States. Army. Corps of Engineers. Pittsburgh District, 1978

acft weight cheat sheet: Briefs of Accidents Involving Corporate/executive Aircraft, U.S. General Aviation United States. National Transportation Safety Board, 1969

acft weight cheat sheet: Briefs of Accidents, United States Civil Aviation United States. National Transportation Safety Board, 1969

acft weight cheat sheet: United States Civil Notice to Airmen (NOTAM) System Handbook United States. Federal Aviation Administration, 1978

acft weight cheat sheet: Approach , 1958 The naval aviation safety review.

acft weight cheat sheet: Aerodrome Directory Australia. Department of Transport, 1984

acft weight cheat sheet: Air Force Journal of Logistics , 1983

acft weight cheat sheet: International Notices to Airmen , 1978

Related to acft weight cheat sheet

ARMY FITNESS TEST The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release announcing the AFT

Find Your Career in the U.S. Army | GoArmyJAG JOIN THE ARMY JAG CORPS! The JAG Corps provides you the opportunity to get immediate, meaningful experience in a variety of fields. Complete an application for the Active

ATP 7-22.01 HOLISTIC HEALTH AND FITNESS TESTING The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively

Army Combat Physical Fitness Test Scorecard DA FORM 705-TEST, APR 2022 PREVIOUS EDITIONS ARE OBSOLETE

ACFT Prep Guide - United States Army Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve your recorded weight/time/distance as

ABCP - Body Fat Calculator Home Ready and Resilient Homepage Army Body Composition Program Body Fat Calculator Body Fat Calculator In June 2023, the Army announced a new Army Body Fat Circumference

Army Combat Fitness Test (ACFT) on Evaluations Reports Why? With the issuance of Army Directive 2022-05, the ACFT became the official fitness test of record beginning 1 October 2022. Therefore, all rating officials must enter a record ACFT

ALARACT 061/2025 - (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST

Army establishes new fitness test of record to strengthen readiness The U.S. Army announced today the establishment of the Army Fitness Test (AFT) as the official physical fitness test of record for all Sold

Army Combat Fitness Test Appendix A, Testing Equipment and ACFT Field, provides the standards and specifications for the ACFT. ACFT field standards are being developed by the Army Corps of

ARMY FITNESS TEST The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release announcing the AFT

Find Your Career in the U.S. Army | GoArmyJAG JOIN THE ARMY JAG CORPS! The JAG Corps provides you the opportunity to get immediate, meaningful experience in a variety of fields. Complete an application for the Active

ATP 7-22.01 HOLISTIC HEALTH AND FITNESS TESTING The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively

Army Combat Physical Fitness Test Scorecard DA FORM 705-TEST, APR 2022 PREVIOUS EDITIONS ARE OBSOLETE

ACFT Prep Guide - United States Army Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve your recorded weight/time/distance as

ABCP - Body Fat Calculator Home Ready and Resilient Homepage Army Body Composition Program Body Fat Calculator Body Fat Calculator In June 2023, the Army announced a new Army Body Fat Circumference

Army Combat Fitness Test (ACFT) on Evaluations Reports Why? With the issuance of Army

Directive 2022-05, the ACFT became the official fitness test of record beginning 1 October 2022. Therefore, all rating officials must enter a record ACFT

ALARACT 061/2025 - (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST

Army establishes new fitness test of record to strengthen The U.S. Army announced today the establishment of the Army Fitness Test (AFT) as the official physical fitness test of record for all Sold **Army Combat Fitness Test** Appendix A, Testing Equipment and ACFT Field, provides the standards and specifications for the ACFT. ACFT field standards are being developed by the Army Corps of

ARMY FITNESS TEST The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release announcing the AFT

Find Your Career in the U.S. Army | GoArmyJAG JOIN THE ARMY JAG CORPS! The JAG Corps provides you the opportunity to get immediate, meaningful experience in a variety of fields. Complete an application for the Active

ATP 7-22.01 HOLISTIC HEALTH AND FITNESS TESTING The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively

Army Combat Physical Fitness Test Scorecard DA FORM 705-TEST, APR 2022 PREVIOUS EDITIONS ARE OBSOLETE

ACFT Prep Guide - United States Army Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve your recorded weight/time/distance as

ABCP - Body Fat Calculator Home Ready and Resilient Homepage Army Body Composition Program Body Fat Calculator Body Fat Calculator In June 2023, the Army announced a new Army Body Fat Circumference

Army Combat Fitness Test (ACFT) on Evaluations Reports Why? With the issuance of Army Directive 2022-05, the ACFT became the official fitness test of record beginning 1 October 2022. Therefore, all rating officials must enter a record ACFT

ALARACT 061/2025 - (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST

Army establishes new fitness test of record to strengthen The U.S. Army announced today the establishment of the Army Fitness Test (AFT) as the official physical fitness test of record for all Sold **Army Combat Fitness Test** Appendix A, Testing Equipment and ACFT Field, provides the standards and specifications for the ACFT. ACFT field standards are being developed by the Army Corps of

ARMY FITNESS TEST The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release announcing the AFT

Find Your Career in the U.S. Army | GoArmyJAG JOIN THE ARMY JAG CORPS! The JAG Corps provides you the opportunity to get immediate, meaningful experience in a variety of fields. Complete an application for the Active

ATP 7-22.01 HOLISTIC HEALTH AND FITNESS TESTING The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively

Army Combat Physical Fitness Test Scorecard DA FORM 705-TEST, APR 2022 PREVIOUS EDITIONS ARE OBSOLETE

ACFT Prep Guide - United States Army Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve

your recorded weight/time/distance as

ABCP - Body Fat Calculator Home Ready and Resilient Homepage Army Body Composition Program Body Fat Calculator Body Fat Calculator In June 2023, the Army announced a new Army Body Fat Circumference

Army Combat Fitness Test (ACFT) on Evaluations Reports Why? With the issuance of Army Directive 2022-05, the ACFT became the official fitness test of record beginning 1 October 2022. Therefore, all rating officials must enter a record ACFT

ALARACT 061/2025 - (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST

Army establishes new fitness test of record to strengthen readiness The U.S. Army announced today the establishment of the Army Fitness Test (AFT) as the official physical fitness test of record for all Sold

Army Combat Fitness Test Appendix A, Testing Equipment and ACFT Field, provides the standards and specifications for the ACFT. ACFT field standards are being developed by the Army Corps of

ARMY FITNESS TEST The ACFT will be replaced by the Army Fitness Test on June 1, 2025. This site will be updated as information is released. For more information, see the official press release announcing the AFT

Find Your Career in the U.S. Army | GoArmyJAG JOIN THE ARMY JAG CORPS! The JAG Corps provides you the opportunity to get immediate, meaningful experience in a variety of fields. Complete an application for the Active

ATP 7-22.01 HOLISTIC HEALTH AND FITNESS TESTING The ACFT measures a Soldier's physical ability to execute combat-related tasks. The ACFT validates the Soldier's and unit's physical readiness training; it demonstrates how effectively

Army Combat Physical Fitness Test Scorecard DA FORM 705-TEST, APR 2022 PREVIOUS EDITIONS ARE OBSOLETE

ACFT Prep Guide - United States Army Throughout the 8 week ACFT Prep Program, you will log your information in the following format shown below. Your goal should be to gradually improve your recorded weight/time/distance as

ABCP - Body Fat Calculator Home Ready and Resilient Homepage Army Body Composition Program Body Fat Calculator Body Fat Calculator In June 2023, the Army announced a new Army Body Fat Circumference

Army Combat Fitness Test (ACFT) on Evaluations Reports Why? With the issuance of Army Directive 2022-05, the ACFT became the official fitness test of record beginning 1 October 2022. Therefore, all rating officials must enter a record ACFT

ALARACT 061/2025 - (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST

Army establishes new fitness test of record to strengthen The U.S. Army announced today the establishment of the Army Fitness Test (AFT) as the official physical fitness test of record for all Sold

Army Combat Fitness Test Appendix A, Testing Equipment and ACFT Field, provides the standards and specifications for the ACFT. ACFT field standards are being developed by the Army Corps of

Back to Home: <https://lxc.avoiceformen.com>