



**ACFT**

# ARMY COMBAT FITNESS TEST EVENTS

**3 REPETITION MAXIMUM DEADLIFT (MDL)**



**HAND RELEASE PUSH-UP ARM EXTENSION (HRP)**



**PLANK (PLK)**



**STANDING POWER THROW (SPT)**



**SPRINT-DRAG-CARRY (SDC)**



**TWO-MILE RUN (2MR)\***



\* The 2.5 mile walk has been added as an alternate aerobic event along with the row, bike, and swim

The **ACFT** is a general physical fitness assessment with age and gender performance-normed scoring scales

The **ACFT** measures a Soldier's readiness in the physical domain of the Army's Holistic Health and Fitness system



## IMPLEMENTATION TIMELINE

★ **APRIL 1, 2022** — ★ **OCTOBER 1, 2022** — ★ **APRIL 1, 2023** — ★ **APRIL 1, 2024**

Soldiers continue to take diagnostic tests

Regular Army and Active Guard Reserve start taking the ACFT for record

Reserve Component Soldiers start taking the ACFT for record. All Regular Army and Active Guard Reserve Soldiers must have a record ACFT

Reserve Component Soldiers must have a record ACFT

For more info: <https://www.army.mil/acft>

## TIME-PHASED PERSONNEL POLICY

	PME	FLAGS	REENLISTMENT	EVALUATIONS	NCO EVAL BOARD	E5/E6 PROMOTION POINTS	SEPARATIONS
<b>REGULAR ARMY/AGR</b>				October 1, 2022		April 1, 2023	
<b>ARMY RESERVE</b>	Oct 1, 2022			April 1, 2023		April 1, 2024	
<b>NATIONAL GUARD</b>	Oct 1, 2022			April 1, 2023		Will be issued by DARNG	April 1, 2024