

AFT

ARMY FITNESS TEST



The Army Fitness Test (AFT) is the official physical fitness test of record for all Soldiers on June 1, 2025, replacing the Army Combat Fitness Test.

Designed to increase warfighting readiness, reduce injury risk, and enhance the physical performance of the force.

AFT Events

Three-Repetition
Maximum Deadlift



Hand-Release
Push-Up Arm
Extension



Sprint-Drag-Carry



Plank



Two-Mile Run



Combat Specialties: Introduces one sex-neutral, age-normed standard that requires a total score of 350, with a minimum of 60 points per event.

Combat Enabling Specialties: Maintains sex- and age-normed scoring that requires a total score of 300.

April 23, 2025

Army Directive
published on Army
Publishing
Directorate:
<https://armypubs.army.mil/>

May 2025

Execution Order
published with
Implementation
Guidance

June 1, 2025

AFT becomes official
test of record

Jan. 1, 2026

New scoring
standards for
Soldiers in 21 combat
military occupational
specialties (MOS)
take effect for the
active component

June 1, 2026

New scoring
standards for
Soldiers in 21
combat military
occupational
specialties (MOS) for
the Reserve and
National Guard

Combat Specialties

11A. Infantry Officer
11B. Infantryman
11C. Indirect Fire Infantryman (Mortarman)
11Z. Infantry Senior Sergeant
12A. Engineer, General Engineer
12B. Combat Engineer
13A. Field Artillery Officer
13F. Fire Support Specialist
18A. Special Forces Officer
180A. Special Forces Warrant Officer
18B. Special Forces Weapons Sergeant

18C. Special Forces Engineer Sergeant
18D. Special Forces Medical Sergeant
18E. Special Forces Communications Sergeant
18F. Special Forces Intelligence Sergeant
18Z. Special Forces Senior Sergeant
19A. Armor Officer
19C. Bradley Crew member
19D. Cavalry Scout
19K. M1 Armor Crewman
19Z. Armor Senior Sergeant

Combat Specialties will start prepping for Combat AFT standards after June 1, 2025

For more information
Scan the QR code.



Testing For Combat

Thomas Griffiths



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