AFTPass AFT Score Chart 2026

The Army Fitness Test scoring scales for all 5 events, every age group, General and Combat MOS standards. Sourced from the official US Army AFT Scoring Scales (effective 1 June 2025).

Quick Reference: Minimum Passing Scores (60 points per event)

AGE	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
17-21	150	120	15	11	2:28	3:15	1:30	19:57	22:55
22-26	150	120	14	11	2:31	3:15	1:25	19:45	22:45
27-31	150	120	14	11	2:32	3:15	1:20	19:45	22:45
32-36	140	120	13	11	2:36	3:22	1:15	20:44	22:50
37-41	140	120	12	10	2:41	3:27	1:10	20:44	22:59
42-46	140	120	11	10	2:45	3:42	1:10	22:04	23:15
47-51	140	120	11	10	2:53	3:51	1:10	22:04	23:30
52-56	140	120	10	10	3:00	4:03	1:10	22:50	24:00
57-61	140	120	10	10	3:12	4:48	1:10	23:36	24:48
62+	140	120	10	10	3:16	4:48	1:10	23:36	25:00

A soldier must score at least 60 points on every event AND meet the total: General standard = 300 total. Combat MOS standard = 350 total (sex-neutral, uses the M/Cbt column). Full point-by-point tables for each age group follow.

AFTPass Army Fitness Test Score Chart 2026

Age Group 17-21

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	340	220	58	53	1:29	1:55	3:40	13:22	16:00
95	315	195	52	38	1:37	2:08	3:24	14:45	17:23
90	295	178	46	32	1:43	2:16	3:08	15:39	17:55
85	270	164	41	27	1:48	2:22	2:51	16:28	18:44
80	245	150	37	23	1:53	2:28	2:35	17:13	19:30
75	220	140	32	22	1:58	2:34	2:19	17:52	20:13
70	200	136	28	18	2:03	2:41	2:03	18:35	21:06
65	170	133	22	14	2:11	2:53	1:46	19:23	22:12
60 MIN	**150**	**120**	**15**	**11**	**2:28**	**3:15**	**1:30**	**19:57**	**22:55**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	16	16	2:38	3:25	1:50	20:25	23:24
40	120	100	8	8	2:48	3:35	1:40	20:53	23:53
30	110	90	7	7	2:58	3:45	1:30	21:21	24:22
20	100	80	6	6	3:08	3:55	1:20	21:49	24:51
10	90	70	5	5	3:18	4:05	1:10	22:17	25:20

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 22-26

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	350	230	61	50	1:30	1:55	3:35	13:25	15:30
95	320	200	53	39	1:37	2:06	3:19	14:41	16:27
90	295	185	48	33	1:43	2:15	3:03	15:38	17:44
85	270	172	42	28	1:48	2:22	2:46	16:29	18:38
80	245	157	37	23	1:53	2:29	2:30	17:07	19:25
75	220	147	31	20	1:59	2:35	2:14	17:55	20:12
70	190	139	26	16	2:05	2:43	1:58	18:23	21:00
65	170	134	21	13	2:14	2:54	1:41	19:07	22:07
60 MIN	**150**	**120**	**14**	**11**	**2:31**	**3:15**	**1:25**	**19:45**	**22:45**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	17	15	2:41	3:25	1:45	20:13	23:14
40	120	100	8	8	2:51	3:35	1:35	20:41	23:43
30	110	90	7	7	2:55	3:33	1:25	21:09	24:12
20	100	80	6	6	3:07	3:47	1:15	21:37	24:41
10	90	70	5	5	3:19	4:01	1:05	22:05	25:10

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 27-31

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	350	240	62	48	1:30	1:55	3:30	13:25	15:30
95	320	200	54	39	1:38	2:08	3:14	14:41	16:27
90	295	185	48	33	1:45	2:16	2:58	15:38	17:44
85	270	173	43	28	1:50	2:23	2:41	16:33	18:59
80	245	158	37	23	1:55	2:29	2:25	17:21	19:45
75	220	147	32	20	2:00	2:36	2:09	18:04	20:26
70	190	140	26	16	2:06	2:43	1:53	18:23	21:00
65	170	135	21	14	2:15	2:54	1:36	19:15	21:49
60 MIN	**150**	**120**	**14**	**11**	**2:32**	**3:15**	**1:20**	**19:45**	**22:45**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	17	15	2:31	3:05	1:40	20:13	23:14
40	120	100	8	8	2:43	3:19	1:30	20:41	23:43
30	110	90	7	7	2:55	3:33	1:20	21:09	24:12
20	100	80	6	6	3:08	3:47	1:10	21:37	24:41
10	90	70	5	5	3:20	4:01	1:00	22:05	25:10

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 32-36

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	350	230	60	47	1:33	1:59	3:25	13:42	15:48
95	320	200	53	38	1:41	2:11	3:09	15:01	17:23
90	295	180	47	32	1:48	2:20	2:53	15:50	18:21
85	270	168	42	27	1:53	2:27	2:36	16:30	19:09
80	245	154	36	23	1:58	2:34	2:20	17:16	19:53
75	220	143	31	19	2:03	2:40	2:04	17:58	20:33
70	190	133	26	16	2:10	2:47	1:48	18:30	21:13
65	170	134	20	13	2:19	2:58	1:31	19:34	21:55
60 MIN	**140**	**120**	**13**	**11**	**2:36**	**3:22**	**1:15**	**20:44**	**22:50**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	17	15	2:35	3:11	1:35	21:12	23:19
40	120	100	8	8	2:47	3:25	1:25	21:40	23:48
30	110	90	7	7	2:59	3:39	1:15	22:08	24:17
20	100	80	6	6	3:11	3:53	1:05	22:36	24:46
10	90	70	5	5	3:24	4:08	0:55	23:04	25:15

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 37-41

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	350	220	59	43	1:36	2:02	3:20	13:42	15:51
95	320	190	51	35	1:45	2:15	3:04	15:10	17:28
90	295	175	46	30	1:52	2:25	2:48	16:01	18:25
85	270	160	40	26	1:57	2:31	2:31	16:48	19:13
80	245	150	35	22	2:02	2:38	2:15	17:33	19:57
75	220	140	30	19	2:08	2:45	1:59	18:14	20:37
70	190	133	24	16	2:14	2:52	1:43	18:35	21:16
65	170	133	19	13	2:24	3:02	1:26	19:31	21:58
60 MIN	**140**	**120**	**12**	**10**	**2:41**	**3:27**	**1:10**	**20:44**	**22:59**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	17	14	2:39	3:15	1:30	21:12	23:28
40	120	100	8	8	2:51	3:29	1:20	21:40	23:57
30	110	90	7	7	3:04	3:44	1:10	22:08	24:26
20	100	80	6	6	3:16	3:58	1:00	22:36	24:55
10	90	70	5	5	3:29	4:13	0:50	23:04	25:24

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 42-46

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	350	210	57	40	1:40	2:09	3:20	14:05	16:00
95	321	189	49	33	1:49	2:20	3:04	15:24	17:39
90	290	170	44	29	1:56	2:30	2:48	16:15	18:37
85	266	160	39	25	2:01	2:37	2:31	17:01	19:25
80	245	152	34	21	2:07	2:44	2:15	17:47	20:10
75	215	143	29	18	2:12	2:50	1:59	18:35	20:50
70	190	130	23	15	2:20	2:58	1:43	18:55	21:30
65	165	131	18	13	2:29	3:10	1:26	20:10	22:12
60 MIN	**140**	**120**	**11**	**10**	**2:45**	**3:42**	**1:10**	**22:04**	**23:15**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	16	13	2:43	3:26	1:30	22:32	23:44
40	120	100	8	8	2:55	3:41	1:20	23:00	24:13
30	110	90	7	7	3:08	3:56	1:10	23:28	24:42
20	100	80	6	6	3:20	4:11	1:00	23:56	25:11
10	90	70	5	5	3:33	4:27	0:50	24:24	25:40

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 47-51

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	340	200	55	38	1:45	2:11	3:20	14:30	16:30
95	311	179	48	32	1:55	2:28	3:04	15:47	18:06
90	285	164	42	28	2:02	2:37	2:48	16:39	19:03
85	265	153	37	24	2:08	2:44	2:31	17:25	19:50
80	240	143	32	20	2:14	2:50	2:15	18:12	20:34
75	215	135	27	17	2:20	2:57	1:59	19:00	21:14
70	190	140	22	15	2:27	3:05	1:43	19:30	21:45
65	165	130	17	13	2:37	3:21	1:26	20:50	22:35
60 MIN	**140**	**120**	**11**	**10**	**2:53**	**3:51**	**1:10**	**22:04**	**23:30**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	16	13	2:49	3:31	1:30	22:32	23:59
40	120	100	8	8	3:02	3:47	1:20	23:00	24:28
30	110	90	7	7	3:15	4:03	1:10	23:28	24:57
20	100	80	6	6	3:27	4:19	1:00	23:56	25:26
10	90	70	5	5	3:40	4:35	0:50	24:24	25:55

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 52-56

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	330	190	51	36	1:52	2:18	3:20	15:09	16:59
95	300	170	45	30	2:03	2:35	3:04	16:33	18:50
90	280	163	40	26	2:10	2:44	2:48	17:26	19:47
85	255	150	35	22	2:16	2:51	2:31	18:13	20:35
80	230	142	30	19	2:23	2:58	2:15	19:00	21:19
75	205	134	26	17	2:29	3:07	1:59	19:49	21:59
70	180	138	21	14	2:35	3:19	1:43	20:20	22:38
65	164	129	16	12	2:44	3:38	1:26	21:40	23:20
60 MIN	**140**	**120**	**10**	**10**	**3:00**	**4:03**	**1:10**	**22:50**	**24:00**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	15	13	2:56	3:41	1:30	23:18	24:29
40	120	100	8	8	3:09	3:57	1:20	23:46	24:58
30	110	90	7	7	3:22	4:14	1:10	24:14	25:27
20	100	80	6	6	3:34	4:30	1:00	24:42	25:56
10	90	70	5	5	3:47	4:47	0:50	25:10	26:25

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 57-61

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	250	170	46	24	1:58	2:26	3:20	15:28	17:18
95	208	167	35	19	2:09	2:44	3:04	17:14	19:15
90	207	164	29	15	2:17	2:54	2:48	18:17	20:26
85	186	162	24	14	2:23	3:00	2:31	19:00	21:10
80	164	156	18	14	2:29	3:07	2:15	19:45	21:51
75	164	152	15	14	2:36	3:21	1:59	20:22	22:30
70	168	133	14	12	2:43	3:36	1:43	21:00	23:11
65	154	126	11	12	2:53	3:54	1:26	22:03	23:53
60 MIN	**140**	**120**	**10**	**10**	**3:12**	**4:48**	**1:10**	**23:36**	**24:48**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	14	11	3:05	4:07	1:30	24:04	25:17
40	120	100	8	8	3:18	4:27	1:20	24:32	25:46
30	110	90	7	7	3:32	4:47	1:10	25:00	26:15
20	100	80	6	6	3:45	5:08	1:00	25:28	26:44
10	90	70	5	5	3:59	5:28	0:50	25:56	27:13

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.

AFTPass Army Fitness Test Score Chart 2026

Age Group 62+

POINTS	DEADLIFT (LBS)		PUSH-UPS (REPS)		SPRINT-DRAG-CARRY		PLANK	2-MILE RUN	
	M/CBT	F	M/CBT	F	M/CBT	F		M/CBT	F
100	230	170	43	24	2:09	2:26	3:20	15:28	17:18
95	200	160	34	19	2:14	2:44	3:04	17:14	19:15
90	208	150	26	15	2:17	2:54	2:48	18:17	20:26
85	196	148	22	15	2:22	3:00	2:31	19:00	21:10
80	185	140	17	13	2:28	3:07	2:15	19:45	21:59
75	174	134	14	14	2:32	3:21	1:59	20:22	22:38
70	163	112	13	11	2:37	3:36	1:43	21:00	23:20
65	151	126	14	12	2:43	3:54	1:26	22:03	23:58
60 MIN	**140**	**120**	**10**	**10**	**3:16**	**4:48**	**1:10**	**23:36**	**25:00**
BELOW PASSING (60 POINTS REQUIRED PER EVENT)									
50	130	110	14	11	3:13	4:07	1:30	24:04	25:29
40	120	100	8	8	3:25	4:27	1:20	24:32	25:58
30	110	90	7	7	3:38	4:47	1:10	25:00	26:27
20	100	80	6	6	3:51	5:08	1:00	25:28	26:56
10	90	70	5	5	4:03	5:28	0:50	25:56	27:25

M/Cbt = Male (General) and all Combat MOS (sex-neutral). F = Female (General). Plank is gender-neutral. Times are mm:ss. General pass = 60 per event and 300 total; Combat pass = 60 per event and 350 total.