Master the Army AFT Chart: A Quick Guide

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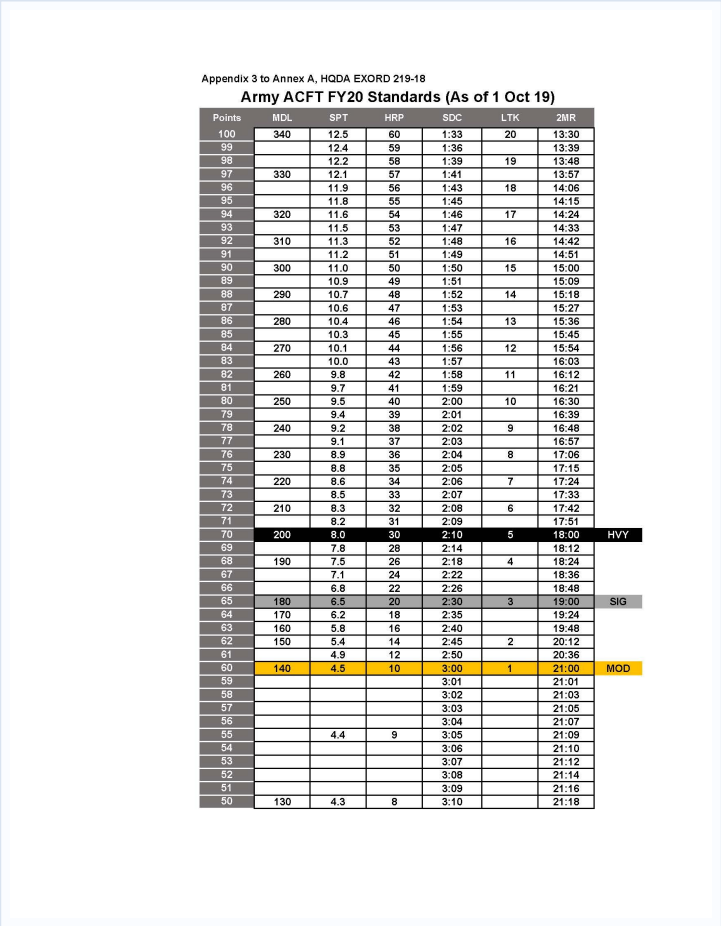

Appendix 3 to Annex A, HQDA EXORD 219-18

Army ACFT FY20 Standards (As of 1 Oct 19)

Points	MDL	SPT	HRP	SDC	LTK	2MR	
100	340	12.5	60	1:33	20	13:30	
99		12.4	59	1:36		13:39	
98		12.2	58	1:39	19	13:48	
97	330	12.1	57	1:41		13:57	
96		11.9	56	1:43	18	14:06	
95		11.8	55	1:45		14:15	
94	320	11.6	54	1:46	17	14:24	
93		11.5	53	1:47		14:33	
92	310	11.3	52	1:48	16	14:42	
91		11.2	51	1:49		14:51	
90	300	11.0	50	1:50	15	15:00	
89		10.9	49	1:51		15:09	
88	290	10.7	48	1:52	14	15:18	
87		10.6	47	1:53		15:27	
86	280	10.4	46	1:54	13	15:36	
85		10.3	45	1:55		15:45	
84	270	10.1	44	1:56	12	15:54	
83		10.0	43	1:57		16:03	
82	260	9.8	42	1:58	11	16:12	
81		9.7	41	1:59		16:21	
80	250	9.5	40	2:00	10	16:30	
79		9.4	39	2:01		16:39	
78	240	9.2	38	2:02	9	16:48	
77		9.1	37	2:03		16:57	
76	230	8.9	36	2:04	8	17:06	
75		8.8	35	2:05		17:15	
74	220	8.6	34	2:06	7	17:24	
73		8.5	33	2:07		17:33	
72	210	8.3	32	2:08	6	17:42	
71		8.2	31	2:09		17:51	
70	200	8.0	30	2:10	5	18:00	HVY
69		7.8	28	2:14		18:12	
68	190	7.5	26	2:18	4	18:24	
67		7.1	24	2:22		18:36	
66		6.8	22	2:26		18:48	
65	180	6.5	20	2:30	3	19:00	SIG
64	170	6.2	18	2:35		19:24	
63	160	5.8	16	2:40		19:48	
62	150	5.4	14	2:45	2	20:12	
61		4.9	12	2:50		20:36	
60	140	4.5	10	3:00	1	21:00	MOD
59				3:01		21:01	
58				3:02		21:03	
57				3:03		21:05	
56				3:04		21:07	
55		4.4	9	3:05		21:09	
54				3:06		21:10	
53				3:07		21:12	
52				3:08		21:14	
51				3:09		21:16	
50	130	4.3	8	3:10		21:18	

Printing & Usage Overview

The army aft chart is a handy tool for anyone looking to understand and track their physical fitness progress, especially those with a military background or an interest in meeting army fitness standards. This guide will cover the basics of reading and interpreting the chart, ensuring you can use it effectively. It provides a clear visual representation of the Army Physical Fitness Test (APFT) standards, including push-up and sit-up requirements, and can help you assess your current fitness level and set goals. While the exact values may vary depending on your region and specific army guidelines, the chart offers a reliable framework to get you started on your fitness journey. Understanding the Army AFT Chart The army aft chart , or the Army Physical Fitness Test (APFT) chart, is a valuable tool used to assess and evaluate soldiers' physical fitness levels. It provides a standardized way to measure and

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