



DEPARTMENT OF THE ARMY
2ND BATTALION, 6TH AIR DEFENSE ARTILLERY
1612 RANDOLPH ROAD FORT SILL, OKLAHOMA 73503

REPLY TO
ATTENTION OF:

ATSA-TPY

25 AUG 2025

MEMORANDUM FOR All personnel assigned or attached to the 2-6 ADA Battalion.

SUBJECT: Policy Letter #12 –Army Fitness Test (AFT)

1. References:

- a. FM 7-22, Holistic Health and Fitness, dated 08 October 2020.
- b. ATP 7-22.01 w/C2, Holistic Health and Fitness Testing, dated 01 August 2022.

2. The purpose of this memorandum is to outline the standards for conducting the Army Fitness Test (AFT). All standards outlined in ATP 7-22.01 will be followed with supplemental changes to incorporate Army Directives and EXORDs as applicable to account for changes to AFT execution between the ATP's publication date and today. Whenever weather and road conditions are safe, the AFT will be conducted outdoors whenever possible.

3. As of 01 October 2020, the Army Fitness Test (AFT) is the Army's only physical fitness test of record. The Army adapted to meet the physical requirements to fight and win in large-scale combat operations by implementing the AFT as its events directly relate to common Soldier tasks. Soldiers and Leaders with a will to WIN, pursue excellence in the fundamentals through progressive and integrated physical training programs.

4. All student AFTs (DCC, WOES, and AIT) will be executed at the Battery level, supervised at Battalion level, and supported by Battalion S3 as requested. The Battery command teams must have at least the Commander or First Sergeant present for every student test that is for record. The AFTs will be added to the BN's master calendar. Battery Leadership will coordinate with the BN S-3 to schedule AFT support as required. Multiple courses conducting AFTs at the same time will be consolidated into a single event at the battery level. This includes multiple Warrant and Commissioned officer cohorts as well as multiple AIT or NCO courses. Individual units/courses will be responsible for providing the OIC for each test and the BN S3 can provide additional graders or NCO to serve as the NCOIC when requested. Graders and support staff will be resourced from Drill Sergeants, Instructors, Battery staff, and BN Staff in that priority.

5. AFT protocols and standards are important for the safety of the Soldier and the readiness of the Army. Soldiers and graders must know the testing protocols and standards to successfully pass the AFT. Commanders and First Sergeants will ensure

the proper administration of “Record” AFTs being conducted in their organization. The unit commander or 1SG will be present at each event to ensure compliance with published regulations and this policy letter. This includes supervising the AFT, preparing the training site, developing qualified graders, and selecting and inspecting the equipment required to execute the AFT.

a. Supervision. The success of any physical fitness testing program depends on obtaining valid and accurate test results. Therefore, leaders must administer the AFT to standard to accurately evaluate individual Soldiers. Supervision of the AFT is necessary to ensure the objectives of the physical fitness program are met. Proper supervision provides for standardization in the following:

- i. (Preparing Soldiers to test) Test preparation.
- ii. (Managing the testing site) Control of the environment.
- iii. Training test personnel to increase awareness and enforcement of event standards.
- iv. Administering and scoring the test.

b. Preparation of the AFT enables leaders to provide the most accurate evaluation of personnel participating in the test. Preparatory requirements include:

- i. Selecting and training the OIC/NCOIC, graders, timers, and support personnel. Commanders will ensure that OIC/NCOIC and graders are certified by either a H2F Integrator or unit 1SG if one is not available. The OIC/NCOIC and graders must be assigned to the 2-6 ADA BN. At no time will students be used as graders. Resourcing these personnel outside the BN is not authorized unless approved by the BN command team. Units will maintain a record of trained OICs/NCOICs and Graders.
- ii. Conducting equipment inventory and inspection.
- iii. Securing a proper test site.

c. Planning. The commander ensures that testing is consistent with regard to events, scoring, uniform, equipment, and facilities. The commander schedules testing to enable Soldiers to perform at their maximal level. The OIC/NCOIC will have a plan for medical support depending on weather and environmental conditions.

d. Duties. Each test will have an OIC or NCOIC and one grader for every four Soldiers tested. Individual Soldiers are not authorized to self-administer the AFT for record test purposes. The week prior to test day, the OIC briefs Soldiers on the purpose, organization, and protocols of the test. The OIC posts the AFT testing manual for Soldiers to review. The OIC explains test administration, to include demonstrating test event execution and answering questions about administrative procedures. The OIC supervises the AFT and the NCOIC manages the test, to include keeping a running clock.

e. Test Site. The NCOIC selects an outdoor grass or artificial turf test site that is

ATSA-TPY

SUBJECT: Policy Letter #12 –Army Combat Fitness Test (AFT)

flat and free of debris. The test site includes the start and finish point for the 2-Mile Run. A test site has the following:

- i. An area to conduct Preparation Drills, Recovery Drills, and the 3 Repetition Maximum Deadlift.
- ii. Standard surfaces are preferred. All surfaces must be level.

f. Equipment. Prior to executing the AFT, all equipment should be visibly inspected for serviceability by the event NCOIC. Specifications for AFT equipment are described in Appendix E. Paragraphs 2-21 through 2-26 of the ATP provide details for the minimum equipment requirements for a single lane and a 16-lane set for the AFT.

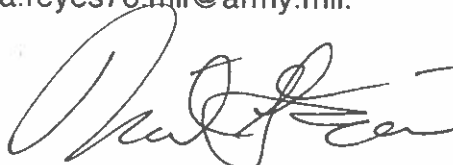
6. Before completing the Preparation Drill, the event NCOIC will read the instructions aloud to all Soldiers taking the AFT. The OIC hands out one DA Form 705-TEST to each Soldier at this time.

7. Soldiers complete the five events of the AFT in order on the same day during a test period not to exceed 120 minutes to include Preparation Drill and 3 Repetition Maximum Deadlift preparation. This time limit applies to all AFT scenarios, to include permanent profile Soldiers as well as Soldiers testing individually or in pairs. The 2-hour test period is the time that elapses from the first Bend and Reach of the Preparation Drill to the start of the 2-Mile Run or the alternate aerobic test event(s).

a. Soldiers can only wear prescribed APFU components during the AFT. Any piece of clothing not prescribed as a component of the APFU (non-authorized gloves, shoes with cleats, or uniforms with unit logos) are not permitted for wear during the AFT. To protect the hands, Soldiers may use gloves that conform to AR 670-1 for any event and at any time of year in any climate.

b. The Preparation Drill is a dynamic warm-up that properly prepares the body for more intense activity such as the AFT. The principal instructor for the Preparation Drill will not be one of the Soldiers who is about to be tested. Soldiers who are about to take the AFT will conduct the exercises in the Preparation Drill to at their own pace in order to avoid undue fatigue.

8. The POC for this memorandum is CSM Luis A. Reyes, BN Command Sergeant Major at 580-558-0793 or luis.a.reyes76.mil@army.mil.



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