Functional Capability Form – Army Combat Fitness Test (ACFT)

Soldier’s Name: ____________________ Soldier’s DoD ID Number: ____________________

**Event #1 - Maximum Dead Lift (MDL)**
Given this Soldier’s permanent joint condition or restriction is he/she able to:

- a. Squat to touch the hands to mid-calf level while maintaining a flat back? ☐ Yes ☐ No
- b. Lift a weighted bar (of up to 140 pounds) from the floor with the arms straight at the side? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #1 (MDL) - 3-rep Maximum Dead Lift ☐ May Participate

**Event #2 – Standing Power Throw (SPT)**
Given this Soldier’s permanent joint condition or restriction is he/she able to:

- a. Grasp a 10 pound medicine ball with both hands and bend at the hips/knees to lower it between the legs? ☐ Yes ☐ No
- b. Throw a 10 pound medicine ball backward and overhead? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #2 (SPT) – Standing Power Throw ☐ May Participate

**Event #3 – Hand Release Push-up (HRP)**
Given this Soldier’s permanent joint condition or restriction is he/she able to:

- a. Perform a standard push-up from start to finish? ☐ Yes ☐ No
- b. Lie down in a push-up position and move both arms out to the side, extending the elbows to a T position? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #3 (HRP) – Hand Release Push-up ☐ May Participate

**Event #4 – Sprint Drag Carry (SDC)**
Given this Soldier’s permanent joint condition or restriction is he/she able to:

- a. Sprint 50 meters? ☐ Yes ☐ No
- b. Grasp a two-handled strap and move backwards pulling a sled with two 45-pound weights? ☐ Yes ☐ No
- c. Move in a lateral direction while leading with the left foot and repeat while leading with the right foot? ☐ Yes ☐ No
- d. Move in a forward direction while carrying a 40 pound kettle bell in each hand? ☐ Yes ☐ No

Check means Soldier may participate in ACFT Event #4 (SDC) – Sprint-Drag-Carry ☐ May Participate
Event #5 – Leg Tuck (LTK)

Given this Soldier’s permanent joint condition or restriction is he/she able to:

a. Grasp with both hands, and hang from, a metal bar with a 1.25 inch diameter?☐ Yes □ No

b. Flex hips and knees while flexing the elbows and extending the shoulders to bring the knees to the elbows?☐ Yes □ No

Check means Soldier may participate in ACFT Event #5 (LTK) – Leg Tuck □ May Participate

Event #6 – 2 Mile Run (2MR)

Given this Soldier’s permanent joint condition or restriction is he/she able to:

a. Run 2 miles on level terrain?☐ Yes □ No

Check means Soldier may participate in ACFT Event #6 (2MR) – 2 Mile Run □ May Participate

Alternate Cardio Event

* Alternate Cardio Event is only to be included if Soldier is deemed unable to participate in ACFT Event #6 above *

Given this Soldier’s permanent joint condition or restriction is he/she able to:

a. Ride a stationary bike for 25 minutes?☐ Yes □ No

b. Row an ergometric rowing machine for 25 minutes?☐ Yes □ No

c. Swim laps in a pool for 25 minutes?☐ Yes □ No

A “yes” in the above boxes means Soldier may participate in that particular alternate cardio event for the ACFT

Soldier’s Name: _________________________ Soldier’s DoD ID number: _________________________

Physician’s Name: _________________________ Physician’s Signature: _________________________

Date: _______________

For videos demonstrating ACFT Events #1-5, visit the links below:

https://www.youtube.com/watch?v=Eef09p0NlrM&spfreload=10
https://www.youtube.com/watch?v=ihpqz2Wtooc&spfreload=10
https://www.youtube.com/watch?v=1jMmXpHktn0
https://www.youtube.com/watch?v=e74I7lqNu_8&spfreload=10
https://www.youtube.com/watch?v=bXSHlJVjplM&spfreload=10

For overall information on the ACFT and for links to ACFT training apps, visit the link below:

https://www.army.mil/acft/