



COMMISSIONED CORPS ANNUAL PHYSICAL FITNESS TEST (APFT)
READINESS STANDARDS REPORT

SECTION I - OFFICER INFORMATION

OFFICER'S NAME (Print last, first, middle initial) SERNO RANK/GRADE
Tested in person with officer (any Service) Tested in person with federal employee non-officer
Tested using video with officer (any Service) DATE TESTED (mm/dd/yy)

SECTION II - BODY MASS INDEX (see instructions for more information)

Height: (ft) (in) Weight: (lbs.) BMI: kg/m^2
Waist (at narrowest) Hip (at widest) Neck (at narrowest) Gender Body Fat
(in) (in) (in) Female Male %

SECTION III - ANNUAL PHYSICAL FITNESS TEST (Check the box for each exercise completed and record measurement and point value. Approved elliptical and stationary bikes and the offset values are found in the APFT Procedures. Select ONE exercise for categories A and C). Each officer must complete all categories.

CATEGORY A - CARDIORESPIRATORY ENDURANCE (perform one of the following)
Run (1.5 mi) Swim (450 m) Swim (500 yd.) Elliptical Stationary Bike
Category A number of points: Elliptical/bike model:
CATEGORY B - UPPER BODY ENDURANCE
Push - ups
Category B number of points:
CATEGORY C - CORE ENDURANCE (perform one of the following)
Plank Side bridge Sit-ups
Category C number of points:
CATEGORY D - FLEXIBILITY (seated toe touch exercise)
Did touch toes (Satisfactory) Did not touch toes (Unsatisfactory\*)
\*lowers overall APFT one level
Satisfactory Unsatisfactory

SECTION IV - SCORING (Calculate overall score and check corresponding APFT level). To pass the APFT, an officer must achieve satisfactory or greater on Category A, B, & C. Scoring unsatisfactory on the seated toe touch lowers the overall APFT score by one level.

WORKSHEET APFT LEVEL (check box)
1. Total number of points from Category A, B, & C:
2. Divide total in line 1 by 3\*:
\*Officers who have a medical wavier for a category should only divide by the number of categories completed.
3. If Category D is unsatisfactory, decrease APFT level by one.
Maximum = 100 points (maximum on each exercise)
Outstanding = 90-99 points
Excellent = 75-89 points
Good = 60-74 points
Satisfactory = 45-59 points
Failure = <45 points

SECTION V - VERIFICATION OF RESULTS

TESTING OFFICIAL (Print last, first, middle initial) SERNO

TESTING OFFICIAL'S SIGNATURE	EMAIL ADDRESS
OFFICER'S SIGNATURE	EMAIL ADDRESS

## Instructions for APFT Readiness Standards Report (Form PHS-7044)

All active-duty U.S. Public Health Service (USPHS) Commissioned Corps (Corps) officers are required to meet specific standards for the basic level of Force Readiness and must be tested annually on the Annual Physical Fitness Test (APFT). This report is part of the procedure for determining compliance with CCI 241.01 (old CCPM: CC26.1.8) "PHS Readiness Standards" and CCI 812.04 (old CCPM: MMC 377) "Force Readiness Standards, as Amended."

### **Recording**

The officer being tested must complete Sections I and II and sign section V of this report. The Testing Official must complete and verify Sections III, IV, and V. The officer must enter the results in Direct Access and retain a copy of the completed Form PHS-7044 for their records. Do not submit this form to the electronic Official Personnel Folder (eOPF).

### **Section I – Officer Information**

Options for observing and verifying APFT (Testing Official)

1. An officer (any Service) can observe and verify in person.
2. An officer (any Service) can observe and verify remotely (via live or recorded video).
3. A federal employee non-officer adult (e.g. coworker) can observe and verify in person

### **Section II – Body Mass Index**

Measurements should be taken without shoes and while wearing gym type clothing. Enter whole numbers for height and body weight (round down for values 0.4 and lower and round up for values 0.5 or higher). Calculate BMI using this formula: [body weight in lbs. x 703] ÷ [height in inches x height in inches] or use an online BMI calculator from NIH or CDC.

### **Section III – Annual Physical Fitness Test**

#### **APFT Exercises**

- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1. <b>Run</b> (Category A – Cardiorespiratory Endurance)</li> <li>2. <b>Push-ups</b> (Category B – Upper Body Endurance)</li> </ol> | <ol style="list-style-type: none"> <li>3. <b>Plank</b> (Category C – Core Endurance)</li> <li>4. <b>Seated toe touch</b> (Category D – Flexibility)</li> </ol> |
|--|--|

#### **Alternates APFT Exercises**

Swim (Category A)	Elliptical* (Category A)	Stationary bike* (Category A)
Side bridge (Category C)	Sit-ups (Category C)	

\*Only the approved elliptical and stationary bikes may be used. See the APFT Procedures for a complete list of machines and their offset values. Calculation: (calories from machine + offset value) ÷ body weight (lbs.)

### **Section IV – Scoring**

Cardiorespiratory endurance, upper body endurance, and core endurance exercises have 6 levels with corresponding point values (Maximum = 100 points; Outstanding = 90 points; Excellent = 75 points, Good = 60 points, Satisfactory = 45 points, and Failure = 0 points).

The seated toe touch exercise is scored as satisfactory or unsatisfactory. Scoring unsatisfactory lowers the overall APFT score by one level.

If each component of the APFT is satisfactory or above, the final APFT score is based on the *average* of the scores from the cardiorespiratory endurance, upper body endurance, and core endurance exercises.

**Example:** SATISFACTORY on the seated toe touch; MAXIMUM on the run (100 points); GOOD on the push-ups (60 points); EXCELLENT on the plank (75 points). **Overall** APFT score: EXCELLENT (100 + 60 + 75 = 235 points; then 235 ÷ 3 = 78 points).

Note: if the seated toe touch was UNSATISFACTORY, the overall APFT score would be GOOD.

If an officer scores satisfactory on the cardiovascular, upper body, and core endurance exercises, and scores unsatisfactory on the seated toe touch, they would not pass the APFT.