DEPARTMENT OF HEALTH AND HUMAN SERVICES

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

SECTION I – OFFICER INFORMATION

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

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

Height: _____ (ft) _____ (in)	Weight: _____ (lbs.)	BMI: _____ kg/m^2

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) _____ (time recorded to the nearest second) ☐ Swim (450 m) _____ (time recorded to the nearest second) ☐ Swim (500 yd.) _____ (time recorded to the nearest second) ☐ Elliptical _____ (calories from machine + offset value) ÷ body weight (lbs.) ☐ Stationary Bike _____ (calories from machine + offset value) ÷ body weight (lbs.)	Category A number of points: _____ Elliptical/bike model: _____
CATEGORY B – UPPER BODY ENDURANCE ☐ Push - ups _____ (record number completed in 2 minutes)	Category B number of points: _____
CATEGORY C – CORE ENDURANCE *(perform **one** of the following)* ☐ Plank _____ (record time in seconds that position is held) ☐ Side bridge _____ (record time in seconds that position is held) ☐ Sit-ups _____ (record number completed in 2 minutes)	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

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.

APFT LEVEL *(check box)*

- ☐ 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)	EMPLOYEE ID (Corps officers only)
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

1. Run (Category A – Cardiorespiratory Endurance)

2. Push-ups (Category B – Upper Body Endurance)

3. Plank (Category C – Core Endurance)

4. Seated toe touch (Category D – Flexibility)

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.