

Military Fitness Test Quick Reference

Every branch's PT test at a glance — events, max score, passing score, and how scoring works. These are program-level summaries, not the full age/gender breakpoint tables (which run to hundreds of rows per branch). For your exact score, use the calculator at honestmos.com/tools/pt-calculator.

ARMY

Army Combat Fitness Test (ACFT)

500

MAX SCORE

300

PASSING

5

EVENTS

EVENT	UNIT	MAX PTS
Maximum Deadlift (MDL)	lbs	100
Hand Release Push-Up (HRP)	reps	100
Sprint-Drag-Carry (SDC)	seconds	100
Plank (PLK)	seconds	100
2-Mile Run (2MR)	seconds	100

Points (sum of events)

FM 7-22 — Holistic Health and Fitness

MARINE CORPS

Physical Fitness Test (PFT)

300

MAX SCORE

150

PASSING

3

EVENTS

EVENT	UNIT	MAX PTS
Pull-Ups	reps	100
Plank	seconds	100
3-Mile Run	seconds	100

Points → named category

CATEGORIES

1st Class 235+

2nd Class 200+

3rd Class 150+

Failure 0+

MC0 6100.13A — Marine Corps Physical Fitness Program

NAVY

Physical Readiness Test (PRT)

300

MAX SCORE

135

PASSING

3

EVENTS

EVENT	UNIT	MAX PTS
Push-Ups (2 min)	reps	100
Forearm Plank	seconds	100
1.5-Mile Run	seconds	100

Points → named category

CATEGORIES

Outstanding 270+

Excellent 225+

Good 180+

Satisfactory 135+

Probationary 105+

Failure 0+

OPNAVINST 6110.1J — Physical Readiness Program

COAST GUARD

Physical Fitness Test (PFT)

300

MAX SCORE

300

PASSING

3

EVENTS

EVENT	UNIT	MAX PTS
Push-Ups (1 min)	reps	100
Plank	seconds	100
1.5-Mile Run	seconds	100

Pass / fail per event

Pass/fail only — no point scoring. Must meet the minimum on all 3 events; there is no partial credit for exceeding one event to cover a shortfall on another.

COMDTINST M1020.8 — Coast Guard Physical Fitness Program

AIR FORCE

Physical Fitness Assessment (PFA)

100

MAX SCORE

75

PASSING

3

EVENTS

EVENT	UNIT	MAX PTS
Push-Ups (1 min)	reps	20
Sit-Ups (1 min)	reps	20
1.5-Mile Run	seconds	60

Points (sum of events)

AFI 36-2905 — Fitness Program

SPACE FORCE

Physical Fitness Assessment (PFA)

100

MAX SCORE

75

PASSING

3

EVENTS

EVENT	UNIT	MAX PTS
Push-Ups (1 min)	reps	20
Sit-Ups (1 min)	reps	20
1.5-Mile Run	seconds	60

Points (sum of events)

Space Force has not published its own PT test — it currently uses the Air Force PFA standard unchanged.

AFI 36-2905 — Fitness Program (shared with Air Force)