

Army War College Students participate in the Army Combat Fitness Test to meet their readiness challenges

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The diagnostic ACFT is meant to give students an awareness of the standards they will be required to meet.

The ACFT standards are based on the physical demands of Soldier Military Occupational Specialties. Standards are set at three levels:

- Gold: moderate MOS physical demands
- Grey: significant MOS physical demands
- Black: heavy MOS physical demands

Individual performance minimums will be set for each category. Soldiers will have to meet the Gold Standard as a requirement to graduate from Basic Combat Training, Advanced Individual Training, One Station Unit Training, Basic Officer Leadership and the Warrant Officers Basic Leadership courses.

The U.S. Army Research Institute of Environmental Medicine and U.S. Army Center for Initial Military Training conducted extensive research and a large field test to validate specific ACFT events.

Beginning Oct. 1, 2019, all Soldiers in Initial Military Training will take the ACFT.

Beginning FY20 the Army will implement training and practical testing of the ACFT for all Soldiers in Basic Combat Training, Advanced Individual Training, One Station Unit Training, Warrant Officers Basic Leadership and the Basic Officer Leaders Course.

Active-duty Soldiers, not in initial training units, will take the ACFT as a diagnostic twice during FY20. Army Reserve and National Guard Soldiers will take it once.

The FY20 Army-wide diagnostic tests will provide data to inform policy to transform the Army's human workforce for future combat. Final validations are expected to be complete by October 2020 (FY21).

Fundamental to Army readiness is the readiness of the Soldiers. The ACFT is part of the Army's evolving Holistic Health and Fitness System to generate lethal Soldiers, who are physically ready and mentally strong.

Implementation of the ACFT will improve movement lethality, transform the Army's fitness culture, reduce preventable injuries and associated attrition, and enhance Soldier mental toughness and stamina.