

Army approves new physical fitness test

By Curt Keester 09 July 2018



Lt. Col. Eric Beaty and other members of the Army War College resident Class of 2018 had an opportunity to experience the Army's newly approved physical fitness test - the Army Combat Fitness test (ACFT), March 14-16, 2018.

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The Army has approved a new physical fitness test - the Army Combat Fitness test (ACFT) - to directly connect fitness with combat readiness for all Soldiers.

The test will improve Soldier physical readiness, change the Army fitness culture, reduce preventable injuries and unplanned attrition, better inform Commanders of unit readiness, and enhance mental toughness and stamina.

The test is designed to replace the current test of record with a gender- and age-neutral assessment based on the physical demands of combat.

Field Tests begin in October 2018 with 60 designated battalions of different types in all three Army components - Regular Army, Army National Guard,

and U.S. Army Reserve.

The ACFT will be implemented across the Army in October 2019 and will become the Army's fitness test of record no later than October 2020.

The Army Physical Fitness Test (APFT) will remain in effect during the transition period.

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