**APFT FAILURE COUNSELING**

**Results of APFT:**

On xxxx, you were administered an APFT (Record Test). You achieved the following scores:

Push-ups (reps/score): \_xx\_ / \_xx\_       Sit-ups (reps/score): \_xx\_ / \_xx\_       2 Mile run (reps/score): \_xx\_ / \_xx\_

You failed to achieve a passing score in the Sit-up and 2 Mile run event

**Actions:**

As a result, or your performance, I am recommending/directing that the following actions be taken (indicated by the check mark):

\_\_\_\_\_You will be evaluated by the THOR III fitness staff and begin a special physical training program designed for you.  
\_\_\_\_\_You be removed from jump status.  
\_\_\_\_\_You be removed from attendance in any NCOES schools.  
\_\_\_\_\_You be flagged and/or barred from reenlistment.

Soldier was informed that they will have up to 90 days from initial failure in which to retake and pass the APFT. The commander may allow Soldier to retake the test as soon as the Soldier and the commander feel the Soldier is ready.

**Two consecutive APFT failures are grounds for separation**.

You are also not in compliance with height and weight standards IAW AR 600-9.

Soldiers Actual weight: xx lbs       Screening Table weight: xx lbs       Over: xx lbs

Soldiers Actual Body Fat: xx%       Authorized Body Fat: xx%       Over: x%