



SECRETARY OF THE ARMY
WASHINGTON

17 APR 2026

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2026-07 (Army Physical Fitness Standards)

1. References. See enclosure 1.
2. Purpose. This directive establishes the Combat Field Test (CFT) as an Army fitness requirement and updates the Army Fitness Test (AFT) to align with Secretary of War intent in reference 1a.
3. Applicability. The provisions of this directive apply to the Regular Army (RA) and U.S. Army National Guard/Army National Guard of the United States and U.S. Army Reserve (referred to collectively as the Reserve Components, or RC).
4. Policy.
 - a. Implementation of the CFT.
 - (1) Effective immediately, the CFT is required for all Soldiers serving in combat specialties, listed in enclosure 2. RA, Active Guard Reserve (AGR), and RC Soldiers on active-duty orders for 365 days or more will now take 1 CFT and 1 AFT record test annually. All other RC Soldiers in combat specialties will take one fitness test per calendar year alternating between the AFT and CFT, taking a record AFT one calendar year and a record CFT the next calendar year.
 - (2) The CFT is designed as a pass or fail test (no points). The CFT is a continuous event where no individual event is timed; instead, the cumulative time to complete all events in succession is used to determine whether a Soldier passes or fails. The Deputy Chief of Staff (DCS), G-3/5/7 will publish the time standard to implement this directive.
 - (3) The CFT consists of 7 events that are performed in sequence: (a) 1-mile run; (b) 30 dead-stop pushups; (c) 100-meter sprint; (d) 16 forty-pound sandbag lifts onto a 65-inch platform; (e) 50-meter carry of two 5-gallon army water cans (each weighing 40 pounds); (f) 50-meter movement drill consisting of a high crawl for 25 meters and a 25-meter, 3–5 second rush; and (g) a second 1-mile run.
 - (4) The uniform for the CFT is the Army Combat Uniform (top and bottom), including brown t-shirt and combat boots but no headgear. All personnel taking the test must complete

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each event before moving to the next. Individuals unable to complete an event will be terminated from the test, and the test will be recorded as a failure.

(5) The CFT is not a substitute for the AFT.

(6) There is no prerequisite to take or pass the AFT prior to or after the CFT. The minimum time between a record CFT and AFT is 4 months for Soldiers in combat specialties, listed in enclosure 2, who serve in the Regular Army, AGR, and RC on active-duty orders for 365 days or more. For all other RC combat specialty Soldiers, the minimum time between a record fitness test, either CFT or AFT, is 8 months. RC Soldiers in combat specialties who are not on AGR orders on or active-duty orders for 365 days or more may take an additional record AFT within 8 months of a previous CFT or AFT for promotion or schooling.

(7) Soldiers on Permanent Profiles.

(a) Soldiers in combat specialties with permanent profiles that prevent them from performing any primary event on the AFT are ineligible to complete the CFT and will be evaluated for military occupational specialty (MOS)/area of concentration (AOC) reclassification pursuant to references 1j and 1n.

(b) Waiver authority for reclassification resides with the general court-martial convening authority (GCMCA) or the first general officer (GO) in the chain of command, who will evaluate occupational requirements outlined in Department of the Army Pamphlet 611-21 (Smartbook) as well as Soldier performance, chain of command recommendations, and the Soldier's ability to meet MOS/AOC requirements. Waivers for existing permanent profiles or those assigned during the diagnostic/implementation period for this policy may be requested. Soldiers may appeal waiver denials to the next higher commander in their chain of command. If there is no such commander below the Headquarters, Department of the Army, the appeal will be referred to the DCS, G-1.

(c) Soldiers granted a waiver for a permanent profile will remain subject to the annual 2-AFT requirement (1 AFT annually for RC Soldiers not on AGR orders or on active-duty orders for 365 days or more).

(d) The GCMCA or first GO in the chain of command will review all profiles and annually reassess waiver applicability for every Soldier under their waiver authority.

(8) Soldiers on Temporary Profiles. Soldiers serving in combat specialties with temporary profiles preventing completion of the CFT, including pregnancy and postpartum profiles, will adhere to their profiles and the guidance for AFTs in Field Manual 7-22 (Holistic Health and Fitness) until such time that they can take a CFT. Test/event modifications are not available for Soldiers on profiles.

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(9) Implementation Period. The implementation period provides a one-year transition, when no administrative action will be taken solely because of a failed CFT or a permanent profile that prevents a Soldier from taking the CFT. Full implementation begins 365 days from the date of this directive, when failure to pass the CFT will result in administrative actions, including flagging and potential reclassification.

(10) Administrative Procedures.

(a) Soldiers in combat specialties failing the CFT will be flagged and enrolled in reconditioning training pursuant to unit standing operating procedures detailed in FM 7-22 (Holistic Health and Fitness).

(b) Soldiers must then retake the test within 90 days after the test failure (180 days for RC Soldiers who are not AGR or on active-duty orders for 365 days or more).

(c) All Soldiers serving in combat specialties listed in enclosure 2 who fail to take a record CFT within 12 months of full implementation will be flagged unless taking the CFT is prohibitive due to a temporary profile.

(d) The unit commander (or other authorized initiating official) will initiate reclassification or utilization actions for Soldiers who fail the CFT retest pursuant to references 1j and 1n unless the Soldier has an approved waiver.

(e) Soldiers in combat specialties listed in enclosure 2 are required to include CFT pass/fail or waiver on evaluations with a thru date 18 months after publication of this directive or later.

(f) Enlisted Soldiers in combat specialties listed in enclosure 2 who fail two consecutive CFTs, or who have an AFT-limiting permanent profile and are denied a waiver, are subject to involuntary separation pursuant to Army Regulation (AR) 635–200, chapter 13 (RA enlisted), and AR 135–178, chapter 9 (RC enlisted), if they refuse to extend or reenlist to facilitate reclassification or are otherwise ineligible to reclassify their MOS.

(g) Officers in combat specialties listed in enclosure 2 who fail two consecutive CFTs, or who have an AFT-limiting permanent profile and are denied a waiver, are subject to elimination pursuant to AR 600–8–24, paragraph 4–2(a) (RA officer), and AR 135–175, paragraph 2–12 (non-active duty officer), if they refuse or are otherwise ineligible for an involuntary branch transfer and/or mandatory assignment utilization.

b. Changes to the AFT. Effective immediately, where the provisions of this policy conflict with another Army regulation or directive, this directive is controlling. This includes AR 350–1 and AD 2025-06

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(1) All evaluation reports will reflect both pass/fail and actual points earned for the record AFT.

(2) AOCs/MOSs 12D, 89D, and 89E are hereby designated as combat specialties, and Soldiers assigned to them are required to meet the AFT combat standard in AR 350-1, paragraph C-5.

5. Proponent. The DCS, G-3/5/7 will track policy proponent incorporation of the provisions of this directive into related Army regulations within 2 years of the date of this directive. The proponents of other related regulations will incorporate the provisions of this directive into all identified references within 2 years of the date of this directive.

6. Duration. This directive is rescinded on publication of the revised regulations.



Dan Driscoll

Encls

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REFERENCES

- a. Secretary of War memorandum (Military Fitness Standards), 30 September 2025
- b. Secretary of the Army memorandum (Mission Focus of Army Training), 31 July 2025
- c. Army Directive 2025-06 (Army Fitness Test), 17 April 2025 (hereby superseded, in part)
- d. Army Regulation (AR) 40–501 (Standards of Medical Fitness), 27 June 2019
- e. AR 40–502 (Medical Readiness), 27 June 2019
- f. AR 135–175 (Separation of Officers), 29 May 2025
- g. AR 135–178 (Army National Guard and Reserve Enlisted Administrative Separations), 6 June 2025
- h. AR 140–111 (U.S. Army Reserve Reenlistment Program), 2 March 2018
- i. AR 350–1 (Army Training and Leader Development), 1 June 2025
- j. AR 600–8–24 (Officer Transfers and Discharges), 8 February 2020
- k. AR 601–280 (Army Retention Program), 14 April 2023
- l. AR 614–100 (Officer Assignment Policies and Procedures), 8 May 2024
- m. AR 635–200 (Active Duty Enlisted Administrative Separations), 30 June 2025
- n. Department of the Army Pamphlet 611–21 (Military Occupational Classification and Structure), 20 December 2022
- o. Headquarters, Department of the Army Field Manual 7-22 (Holistic Health and Fitness), October 2020, incorporating Change 2, effective 1 August 2025
- p. Army Techniques Publication 7-22.01 (Holistic Health and Fitness Testing), 1 October 2020
- q. U.S. Army Infantry School Pamphlet 350-6 (Expert Infantryman Badge), 21 April 2025

COMBAT SPECIALTIES

11A	Infantry Officer
11B	Infantry Soldier
11C	Indirect Fire Infantry Soldier
11Z	Senior Infantry Leader
12A	Engineer Officer
12B	Combat Engineer
12D	Army Diver
13A	Field Artillery Officer
13F	Fire Support Specialist
180A	Special Forces Warrant Officer
18A	Special Forces Officer
18B	Special Forces Weapons Sergeant
18C	Special Forces Engineer Sergeant
18D	Special Forces Medical Sergeant
18E	Special Forces Communications Sergeant
18F	Special Forces Assistant Operations and Intelligence Sergeant
18Z	Special Forces Team Sergeant
19A	Armor Officer
19C	Bradley Fighting Vehicle Crewman
19D	Cavalry Scout
19K	M1 Armor Crewman
19Z	Armor Senior Sergeant
89D	Explosive Ordnance Disposal Specialist
89E	Explosive Ordnance Disposal Officer