

Individual Training Report

Rank: [REDACTED]
Unit: [REDACTED]
Sex: [REDACTED]
DoB: [REDACTED]

MOS: [REDACTED]
EDIPI: [REDACTED]
Skill Lvl: [REDACTED]
DoR: [REDACTED]

PCS Date: [REDACTED]
ETS Date: [REDACTED]
BASD: [REDACTED]
Small Unit: [REDACTED]

Height / Weight

Date	Height	Weight	Height/Weight Pass	Body Fat %	Body Fat Pass	Comments	Hips	Neck	Waist	Abdomen
24 Oct 2024	69	182	True							
18 Jan 2023	69	194	False	12	True			17.00	33.00	
08 Jun 2021	69	192	False	14	True	Record		16.50	33.50	
01 Nov 2020	69	193	False	9	True	SFAS		17.00	32.00	
20 Feb 2020	69	179	True							
09 Jul 2019	69	193	False	13	True			16.50	33.00	

ACFT

ACFT Date	For Record	Profile Name	3 Repetition Max Deadlift	Standing Power Throw	Hand Release Push-up - Arm Ext	Sprint Drag Carry	Plank Score	Two Mile Run	Aerobic Event	Aerobic Time	3 Repetition Max Deadlift Points	Standing Power Throw Points	Hand Release Push-up - Arm Ext Points	Sprint Points	Plank Points	Two Mile Run Points	Aerobic Points	Total Points	Pass / Fail
25 Feb 2025	True		340	12.3	53	01:34	3:45	14:15			100	96	96	98	100	98		588	Pass
23 Oct 2024	True		300	12.1	45	01:36	3:02	15:53			89	95	89	96	91	89		549	Pass
26 Mar 2024	True		340	13.1	62	01:31	3:30	14:20			100	100	100	99	100	97		596	Pass
23 Feb 2023	True		340	12.1	63	01:32	3:23	13:57			100	95	100	98	97	99		589	Pass
13 Nov	True		410	12.2	70	01:29	3:27	13:29			100	96	100	100	99	100		595	Pass

2022																				
30 Sep 2022	False		410	12.2	70	01:29	3:27	13:29			100	96	100	100	99	100		595	Pass	