

## EOD Tier 2 Physical Fitness Test Scoresheet

**Name:** \_\_\_\_\_ **Rank:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Male / Female**  
**DOD Number:** \_\_\_\_\_ **Unit:** \_\_\_\_\_ **Test Date:** \_\_\_\_\_  
**Email:** \_\_\_\_\_ **Duty Phone:** \_\_\_\_\_

### TEST RESULTS : Administer test within time constraints and sequence listed below

Abdominal Circumference (inches)					Weight (pounds)		Height (inches)
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<b>1 Row Ergometer, 1000m (mins:secs:tenths)</b>	<b>Time</b>	<b>Points</b>
	<input style="width: 100px; height: 20px;" type="text"/> <small>record minutes:seconds.tenths of a second</small>	<input style="width: 50px; height: 20px;" type="text"/>

*Rest time between test components: REST 15 minutes*

<b>2 Grip Strength (psi)</b>	<b>Trial 1</b>	<b>Rest</b>	<b>Trial 2</b>	<b>Best</b>	<b>Points</b>
Rt Hand:	<input style="width: 60px; height: 20px;" type="text"/>	1 min	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>
Lft Hand:	<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 50px; height: 20px;" type="text"/>

*REST 1 minute*

<b>3 Medicine Ball Toss, 20 lb (ft)</b>	<b>Trial 1</b>	<b>Rest</b>	<b>Trial 2</b>	<b>Rest</b>	<b>Trial 3</b>	<b>Best</b>	<b>Points</b>
BACK	<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 60px; height: 20px;" type="text"/>	+	<input style="width: 50px; height: 20px;" type="text"/>
SIDE	<input style="width: 60px; height: 20px;" type="text"/>	1 min	<input style="width: 60px; height: 20px;" type="text"/>	1 min	<input style="width: 60px; height: 20px;" type="text"/>	+	<input style="width: 50px; height: 20px;" type="text"/>
LOG	<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 60px; height: 20px;" type="text"/>		<input style="width: 60px; height: 20px;" type="text"/>	=	<input style="width: 50px; height: 20px;" type="text"/>
					<i>Total distance</i>		<input style="width: 50px; height: 20px;" type="text"/>

*REST 1 minute*

<b>4 Trap Bar Lift, 5 RM</b>	<b>Trial 1</b>	<b>Rest</b>	<b>Trial 2</b>	<b>Rest</b>	<b>Trial 3</b>	<b>Best</b>	<b>Points</b>
	<input style="width: 60px; height: 20px;" type="text"/> lbs <input style="width: 60px; height: 20px;" type="text"/> reps	5 min	<input style="width: 60px; height: 20px;" type="text"/> lbs <input style="width: 60px; height: 20px;" type="text"/> reps	5 min	<input style="width: 60px; height: 20px;" type="text"/> lbs <input style="width: 60px; height: 20px;" type="text"/> reps	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 5 minutes*

<b>5 Pull-up (reps)</b>	<b>Reps</b>	<b>Points</b>
	<input style="width: 100px; height: 20px;" type="text"/>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 5 minutes*

<b>6 Farmer's Carry, 50 lb 4 x 25m (secs)</b>	<b>Time</b>	<b>Points</b>
	<input style="width: 100px; height: 20px;" type="text"/> <small>record to the 100th of a second</small>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 5 minutes*

<b>7 Grip Endurance, Beam 60 lb (secs)</b>	<b>Time</b>	<b>Points</b>
	<input style="width: 100px; height: 20px;" type="text"/> <small>record to the 100th of a second</small>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 5 minutes*

<b>8 Grusetter, 30 lb vest, 50 lb sandbag, 20x15m (mins:secs)</b>	<b>Time</b>	<b>Points</b>
	<input style="width: 100px; height: 20px;" type="text"/> <small>record minutes:seconds</small>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 15 minutes (refer to guidance document for execution of run component)*

<b>9 Run, 1.5 Mile (mins:secs)</b>	<b>Date</b>	<b>Time of Day</b>	<b>Run Time</b>	<b>Points</b>
	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 60px; height: 20px;" type="text"/>	<input style="width: 100px; height: 20px;" type="text"/> <small>record minutes:seconds</small>	<input style="width: 50px; height: 20px;" type="text"/>

*REST 15 minutes*

<b>10 Extended Cross Knee Crunch Metronome 56 bpm (reps)</b>	<b>Reps</b>
<i>Note: only accomplish after first nine components are complete</i>	<input style="width: 100px; height: 20px;" type="text"/>

<b>Test Member signature:</b> _____	<b>TOTAL POINTS</b>	<input style="width: 100px; height: 20px;" type="text"/>
<b>Physical Test Leader signature:</b> _____		

**Result if fail to achieve 5 reps**

RM	points	points	points	points
45	1	0	0	0
72	2	1	1	1
105	3	2	2	2
157	4	3	3	3
207	5	4	4	4
256	6	5	5	5
309	7	6	6	6
371	8	7	7	7
417	8	8	8	8
450	10	9	9	8

points  
lbs  
RM  
TB lift 5  
4 reps 3 reps 2 reps

**TB Lift Goal: perform 5 repetitions DO NOT lift < 5 reps by intent**  
Only use 4, 3, 2, or 1 rep columns below if unable to reach 5 reps

EOD	Points	time	PSI	n	lbs	reps	time	time	time	time	time
Row 1000m	10	3:31	154	64.0	450	22.5	96.3	4:07	9:54	tbd	tbd
Trap Bar Lift 5	9	3:39	144	59.5	417	26.0	82.3	4:29	10:23	tbd	tbd
Med Ball Toss	8	3:48	132	54.5	371	30.3	65.3	4:55	10:58	tbd	tbd
Grip Strength	7	3:55	123	50.5	309	33.4	53.1	5:13	11:24	tbd	tbd
Grip Strength	6	4:00	115	47.0	256	36.0	42.6	5:29	11:46	tbd	tbd
Med Ball Toss	5	4:06	108	44.0	207	38.5	32.8	5:44	12:06	tbd	tbd
Grip Strength	4	4:11	101	41.0	157	40.9	23.1	5:59	12:27	tbd	tbd
Med Ball Toss	3	4:17	94	38.0	105	43.5	12.6	6:15	12:48	tbd	tbd
Grip Strength	2	4:23	85	34.0	72	46.6	6.2	6:33	13:14	tbd	tbd
Med Ball Toss	1	4:33	72	28.5	45	50.9	1.0	6:59	13:49	tbd	tbd

**EOD - Composite Minimums Indicated in blue**

Composite score requirement ≥ 56 of 100

Ext Cross  
Knee Crunch