

# Army PFA Tracker

Use this printable tracker while preparing for the Australian Army Pre-entry Fitness Assessment. Verify current standards with ADF Careers before testing.

## Weekly Tracker

Week	Push-ups	Sit-ups	Shuttle run	Recovery notes
1				
2				
3				
4				
5				
6				
7				
8				

## Readiness Checks

- Push-up form is consistent and controlled
- Sit-up rhythm is repeatable
- Shuttle turns are efficient
- Easy runs do not leave you sore for days
- You have trained above the minimum, not only to it

Track your Army preparation free in ArmyPath: <https://army.selectionready.com.au>

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