

JAN 17 2023

MEMORANDUM FOR RECORD

SUBJECT: Expert Field Medical Badge (EFMB) Change to Physical Fitness Assessment (PFA) Events and Standards.

1. References:

a. The U.S. Army Medical Center of Excellence Pamphlet No. 350-10 (Draft), 14 June 2022

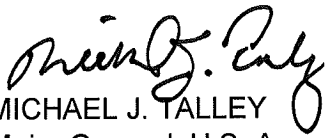
b. Army Techniques Publication (ATP) 7-22.01 (Holistic Health and Fitness Testing), 1 October 2022

2. Background. Army Directive 2020-06 terminated the APFT on 30 September 2020 and established the ACFT as the Army's Physical Fitness Test of Record beginning 1 October 2020. Effective 1 October 2022 all Soldiers are required to pass a record ACFT. The EFMB's previous PFA did not align with other expert badges and increased logistical requirements.

3. Guidance. Effective 1 February 2023 the approved seven-event Expert Physical Fitness Assessment (EPFA), consisting of One-Mile Run, Dead Stop Push-ups, 100m Sprint, 40lb Sandbag Lift, 50m Farmers Carry, 50m Movement Lane (25m High Crawl and 25m 3-5 Second Rush), and One-Mile Run. To complete the EPFA, a GO/NO-GO event, EFMB candidates are required to complete all tasks of the EPFA in the Army combat uniform, approved boots, Army issued body armor with plates, and the Army combat helmet in 30 minutes or faster. The EPFA will not be waived for any reason and is not re-testable.

4. This guidance is in effect until withdrawn or superseded, 6 December 2023, or the next update to the U.S. Army Medical Center of Excellence Pamphlet No. 350-10, whichever occurs first.

5. The point of contact for this memorandum is CPT Hand, Jacob at 210-221-6385 or [jacob.r.hand2.mil@army.mil](mailto:jacob.r.hand2.mil@army.mil).

  
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