DEPARTMENT OF THE ARMY
Office of the Deputy Chief of Staff, G-3/5/7
400 Army Pentagon
Washington, DC 20310-0400

REPLY TO
ATTENTION OF:

AUG 10 2006

DAMO-TRL

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Physical Fitness and Height and Weight Requirements for Military Institutional Training

1. References:

a. Army Regulation 350-1, dated 13 January 2006, Army Training and Leader Development.

b. Army Regulation 600-9, dated 10 June 1987, the Army Weight Control Program and Interim Change (101), dated, 4 March 1994.

c. Army Regulation 600-8-2, dated 23 December 2004, Suspension of Favorable Personnel Actions (Flags).

d. Army Regulation 220-1, dated 16 March 2006, Unit Status Reporting.

e. Department of the Army Pamphlet 600-8-101, dated 28 May 2003, Personnel Processing (In-Out, Soldier Readiness, Mobilization and Deployment Processing).

2. Army Readiness (AR 220-1) and criteria for mobilization and demobilization, IAW (DA PAM 600-8-101, Table B-1) does not establish the Army Weight Control Program and APFT as level 1 or level 2 deployment criteria. Soldiers and leaders who fail to meet Army standards for height/weight and/or APFT will deploy with their unit regardless of their ability to successfully meet those standards. Current training policy prevents Soldiers who fail to meet the standards of the Army Weight Control Program and/or fail to pass APFT from completing institutional education and training. Soldiers and leaders require education and training on critical tasks in order to perform effectively in combat. Therefore, effective immediately, the following changes are approved for AR 350-1.

3. Soldiers attending institutional training courses (including OES, WOES, NCOES and functional courses beyond IMT for both AC/RC) are still expected to meet the height and weight standards IAW AR 600-9 and the physical fitness standards of AR 350-1. However, the Army's policy concerning the Army Physical Fitness Test (APFT) and height and weight standards applicable to institutional training (AR 350-1, Paragraph 3-9) is amended to reflect the following:

a. As an end-of-course graduation requirement, Soldiers attending institutional training courses, in either a PCS or TDY status, will be administered the APFT and screened for compliance with AR 600-9 standards.

(1) Soldiers who meet academic course requirements, but fail APFT standards will be considered an academic course graduate and receive a DA Form 1059 with item 13. c. marked, "Marginally achieved course standards," and item 16 containing the statement, "13. c: Soldier met academic requirements, but failed to meet APFT standards IAW AR 350-1 during the course." This DA Form 1059 along with the Soldier's diploma will be held at the institution until the Soldier's 05 level commander (LTC for officer/warrant officer, CSM for NCO/enlisted) verifies the Army standard is met. The Soldier's command will then submit to the proponent school, supporting documents for meeting APFT standards, at which time the school will issue the Soldier's DA Form 1059 as stated above and diploma.

(2) Soldiers who meet academic course requirements, but fail body fat composition standards, will be considered an academic course graduate and receive a DA Form 1059 with item 13. c. marked, "Marginally achieved course standards," and item 16 containing the statement, "13. c: Soldier met academic requirements, but failed to meet body composition standards IAW AR 600-9 during this course." This DA Form 1059 along with the Soldier's diploma will be held at the institution until the Soldier's 05 level commander (LTC for officer/warrant officer, CSM for NCO/enlisted) verifies the Army standard is met. The Soldier's command will then submit to the proponent school, supporting documents for meeting body fat composition at which time the school will issue the Soldiers DA Form 1059 as stated above and diploma.

(3) Soldiers who meet academic course requirements, but fail to meet Army standards for both the APFT and body fat composition will be considered an academic course graduate and receive a DA Form 1059 with item 13. c. marked, "Marginally achieved course standards," and item 16 containing the statement, 13. c.: "Soldier met academic requirements, but failed to meet APFT standards IAW AR 350-1 and failed to meet the body fat composition standards IAW AR 600-9 during the course." This DA Form 1059 along with the Soldier's diploma will be held at the institution until the Soldier's 05 level commander (LTC for officer/warrant officer, CSM for NCO/enlisted) verifies the Army standards are met. The Soldier's command will then submit to the proponent school, supporting documents for meeting APFT and body fat composition at which time the school will issue the Soldier's DA Form 1059 as stated above and diploma.

b. Because of this change, institutional training courses will administer the Army physical fitness test and height/weight screening as a graduation requirement, allowing for one retest and/or screening no earlier than seven days after the APFT failure and/or failing to meet height and weight standards.

c. The following paragraphs within AR 350-1 are no longer applicable:

(1) Paragraph 3-9, titled "Physical Fitness and Height and Weight Requirements for Military Institutional Training," subparagraphs g, h and i.

(2) Paragraph 3-10, titled, "Enrollment denials for failure to meet height and weight requirements and nonacademic dismissal for failure to meet Army physical fitness standard."

(3) Paragraph 3-18, titled, "Student Dismissal," subparagraphs b(4) and f(3) that refers to failure to pass APFT and/or maintain body composition fat standards.

d. Soldiers flagged for weight control and/or APFT will remain blocked from scheduling, selection, or attendance to military schooling IAW AR 600-8-2. Once Soldiers overcome their flagging action, they will be considered eligible for institutional training courses.

4. Paragraph 3-9. c. of AR 350-1, remains in effect. The CG, U.S. Army Training and Doctrine Command will recommend physical fitness standards for entry into courses and other schools requiring separate physical fitness standards.

5. Although Soldiers attending institutional training must meet the height and weight standards IAW AR 600-9 and the physical fitness standards of AR 350-1, failing to meet those standards will not result in being removed from the course. Instead, Soldiers will continue to receive training and their DA Form 1059 will reflect their deficiencies as specified in paragraph 3. Commandants will process a Memorandum for Record to the Soldier's command outlining deficiencies. Unit commanders will have three months from course graduation date to ensure the Soldier has corrected the deficiencies. Commandants will forward memorandums to the gaining command of Soldiers in a TDY en route status. If a Soldier fails to meet standards at the end of three months, comments in the DA Form 1059, block 16, will make note of repetitive failure to meet standards.

6. The Initial Military Training (IMT) policy is contained in TRADOC Regulation 350-6. Policy adjustments in this message do not apply to IMT. This policy adjustment also does not apply to Duty Military Occupational Specialty Qualification.

7. The HQDA POC for this message is SGM Michael Lamb at email: michael.lamb@hqda.army.mil, or SGM Bert Vaughan at email: bertram.vaughan@hqda.army.mil, or Mr. Ronald Schexnayder at email: schexra@hqda.army.mil.

8. Expiration date cannot be determined at this time.

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