

a. Implement the AWCP, to include evaluation of the weight and military appearance of all Soldiers under their jurisdiction, to include measuring body fat as prescribed in this regulation.

b. Insure the continued evaluation of all Soldiers under their command or supervision against the body fat standards prescribed in this regulation.

c. Maintain data as listed in 2-14*f* on Soldiers in their command or under their supervision who—

(1) Enter a weight control program each year.

(2) Subsequently either meet the body fat standards prescribed in this regulation or were separated from the service for reasons related to overweight conditions.

d. Encourage Soldiers to establish a personal weight goal as described above.

e. Ensure that personnel responsible for issuing TDY and PCS orders include the following in the text of all orders: “You are responsible for reporting to your next duty station/school in satisfactory physical condition, able to pass the Army Physical Fitness Test (APFT) and meet weight standards.”

f. Establish an interim process to collect and maintain the data listed below for submission in an annual report (reporting period is 1 January to 31 December). The Defense Integrated Military Human Resources System will ultimately house these data and provide the required reports for submission to the Office of the Under Secretary of Defense (Personnel and Readiness), once fielded. There is no intent for the commanders and supervisors to build other systems to meet this need for the short period. The report will contain statistical data on body fat standards by gender, age, and rank/grade, as follows:

(1) Number of personnel tested for physical fitness and body fat.

(2) Number of personnel who failed the physical fitness test.

(3) Number of personnel in physical fitness remedial training.

(4) Number of personnel who failed the body fat standards.

(5) Number of personnel placed on the AWCP.

(6) Number of personnel who successfully completed physical fitness remedial training.

(7) Number of personnel who successfully completed the AWCP.

2-15. Health care personnel

Health care personnel will—

a. Assist commanders and supervisors by providing weight reduction counseling to individuals who are overweight.

b. Identify those individuals who have a pathological condition requiring medical treatment.

c. Evaluate overweight Soldiers—

(1) When a Soldier has a medical limitation, Department of the Army (DA) Form 3349 (Physical Profile) and AR 40-501 prescribe assignment limitations for Soldiers with profiles; for example, no mandatory strenuous physical activity).

(2) When a Soldier is pregnant.

(3) When an evaluation is requested by a unit commander (this is an option for unit commanders and is not mandatory).

(4) When separation is being considered for failure to make satisfactory progress in a weight control program.

(5) Six months prior to expiration term of service (ETS).

2-16. Designated unit fitness trainer or training noncommissioned officers

A designated unit fitness trainer or training NCOs will—

a. Prescribe proper exercise and fitness techniques to assist Soldiers in determining, achieving and maintaining an appropriate personal weight goal.

b. Assist commanders in developing proactive programs that clearly establish physical fitness as a unit value.

Chapter 3

Proper Weight Control

3-1. Policy

a. Commanders and supervisors will monitor all members of their command (officers, warrant officers, and enlisted personnel) to ensure that they maintain proper weight, body composition, and personal appearance. At minimum, personnel will be weighed when they take the APFT or at least every 6 months. Soldiers may be weighed immediately before or after they take the APFT. Personnel exceeding the screening table weight (table 3-1) or identified by the commander or supervisor for a special evaluation will have a determination made of percent body fat. Identification and counseling of overweight personnel are required.

Table 3-1
Weight for height table (screening table weight)

Height (in inches)	Minimum weight (in pounds)*	Male weight in pounds, by age				Female weight in pounds, by age			
		17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	91	—	—	—	—	119	121	122	124
59	94	—	—	—	—	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80	173	234	240	247	250	227	230	233	236

Notes:

* Male and female Soldiers who fall below the minimum weights shown in table 3-1 will be referred for immediate medical evaluation.

¹ Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches; if the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.

² Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound; if the weight fraction is 1/2 pound or greater, round up to the next highest pound.

³ All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).

⁴ If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.

⁵ Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

b. Commanders and supervisors will provide educational and other motivational programs to encourage personnel to attain and maintain proper weight (body fat) standards. Such programs will include—

(1) Nutrition education sessions conducted by qualified health care personnel. These sessions are required for all Soldiers enrolled in a weight control program.

(2) Exercise programs, even though minimum APFT standards are achieved.

c. Maximum allowable percent body fat standards are shown in table 3-2. However, all personnel are encouraged to achieve the more stringent Department of Defense goal, which is 18 percent body fat for males and 26 percent body fat for females.

Table 3-2
Maximum allowable percent body fat standards

Age Group: 17-20

Male (% body fat): 20%

Female (% body fat): 30%

Age Group: 21-27

Male (% body fat): 22%

Female (% body fat): 32%

Age Group: 28-39

Male (% body fat): 24%

Female (% body fat): 34%

Table 3-2

Maximum allowable percent body fat standards—Continued

Age Group: 40 & Older

Male (% body fat): 26%

Female (% body fat): 36%

- d.* Personnel who are overweight, including Soldiers who become pregnant while on the weight control program—
- (1) Are nonpromotable (to the extent such nonpromotion is permitted by law).
 - (2) Will not be assigned to command, command sergeant major or first sergeant positions.
 - (3) Are not authorized to attend professional military schools. All Soldiers scheduled for attendance at professional military schools will be screened prior to departing their home station/losing command. Heights and weights will be recorded on their TDY orders (DD Form 1610 (Request and Authorization for TDY Travel of DOD Personnel), block 16) or on their PCS packets. Soldiers exceeding the screening table weight in table 3-1 will not be allowed to depart their command until the commander has determined they meet body fat composition standards.
 - (4) Arriving at any DA board select school or those who PCS to a professional military school who do not meet body composition standards will be processed for disenrollment and, if applicable, removal from the DA board select list, as follows:
 - (a) The Soldier will be notified in writing of the proposed action, the basis for the proposed action, and the consequences of denied enrollment and removal from the selection list.
 - (b) The Soldier will be provided an opportunity to submit matters in rebuttal in a reasonable period of time (not to exceed 5 working days) from receipt of notification.
 - (c) The approval authority is the Soldier's general court-martial convening authority, who will take prompt action consistent with the best interests of the Army after review of all matters submitted. The approval authority must approve enrollment denial and removal from the DA board select list if he finds that, in light of all the facts and circumstances, the Soldier's failure to meet body fat standards was the result of a lack of self-discipline expected of a Soldier of similar rank and experience.
 - (5) Arriving at professional military schools (other than DA board select or PCS schools) who do not meet body fat composition standards will be denied enrollment without further process and reassigned in accordance with paragraph 3-1d(6).
- e.* When enrollment has been denied in accordance with paragraph 3-1d(4) or (5), the following policy applies:
- (1) For Active Army Soldiers denied enrollment when on—
 - (a) TDY and return. Soldiers will be immediately returned to home station.
 - (b) TDY en route. Soldiers will be attached to the installation pending clarification of assignment instructions for follow on assignment. The school commandant will notify the Human Resources Command (HRC) of the Soldier's ineligibility for schooling and request clarification of assignment instructions.
 - (c) PCS. Policy in paragraph 3-1d(4) will be followed. If enrollment is denied, Soldiers will be reported immediately as available for assignment and attached to the installation pending assignment instructions from HRC-Alexandria.
 - (2) For the Active Army National Guard Soldier denied enrollment when on—
 - (a) TDY and return. All ARNGUS Soldiers in a Title 32 status will return to home station. For M-Day and Title 32 AGR Soldiers, the school commandant will forward the memorandum to the Adjutant General of the State concerned. The school commandant will forward the memorandum to CNGB, ATTN: NGB-ARZ.
 - (b) TDY en route. Title 32 AGR Soldiers will be returned immediately to home station. The memorandum from the school commandant will be forwarded to the Adjutant General of the State concerned. ARNG Title 10 Soldiers will be sent to their next permanent duty station. The memorandum will be forwarded to CNGB, ATTN: NGB-ARZ.
 - (c) PCS. Policy in paragraph 3-1d(4) will be followed. Title 32 Soldiers will be returned immediately to home station. ARNG Title 10 personnel will be attached to the office of the senior ARNG advisor at the installation pending receipt of permanent assignment instructions from NGB-ARP-CT.
 - (3) U.S. Army Reserve Soldiers denied enrollment when on—
 - (a) TDY and return. All Soldiers will return to home station. For USAR Title 10 AGR, the memorandum is forwarded to the Commander, HRC-St. Louis. For non-AGR Soldiers, the memorandum is forwarded to the first general officer in the Soldier's chain of command.
 - (b) TDY en route. USAR Title 10 AGR Soldiers will be sent to their permanent duty station. The memorandum will be forwarded to Commander, HRC-St. Louis. The school commandant will immediately notify the gaining installation.
 - (c) PCS. Policy in paragraph 3-1d(4) is followed. The school commandant will immediately report the Soldier to the Commander, HRC-St. Louis as available for assignment. Pending clarification of further instructions, attach the Soldier to the office of the senior USAR advisor at the installation.