NGCA-MBN-CR 27 May 2017

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum #9: Army Physical Fitness Test (APFT) and Body Composition Standards

1. References. See enclosure, BN APFT and Body Composition SOP, Testing Policy, and Separation Process.

2. Policy supersedes Command Policy Memorandum #9: Army Physical Fitness Test (APFT) and Weight Standards, dated 1 November 2015.

3. Per reference AR 350-1, Soldiers must meet the physical readiness standards as measured during the APFT, and recorded on a DA Form 705.

 a. Traditional M-Day National Guard Soldiers will complete the one, for record, APFT per training year (TY) (or 8 months minimum between tests). AGRs and Soldiers on ADOS orders, will complete two, for record, APFTs per TY (or 4 months minimum between tests).

 b. APFTs and corresponding height and weight measurements will be conducted in April and October of each TY.

4. Company level APFT management and the Weight Control Programs will consist of and or contain the following BN guidance:

 a. Company APFT binders are inspectable items and will conform to the format as described in the BN APFT and Body Composition SOP (enclosure).

 b. Soldiers who fail the APFT, fail body composition screening, or who have not taken an APFT within 14 months, will be flagged IAW 600-8-2, and will not be eligible to attend Army schools, be considered for promotions, or receive awards.

 c. Soldiers who fail the APFT will be given as close to, but not more than 180 days (per AR 350-1) from the initial failure to retake the APFT. However, a second for record APFT may be conducted sooner if the Company Commander AND Soldier feel the Soldier is ready. Soldiers who fail to take a second for-record APFT within 180 days will be barred from reenlistment.

 d. Soldiers who fail body composition screening and fail to make satisfactory progress over 6 months, will have a bar placed to reenlistment against them. See enclosure for process.

 e. Counseling. Imperative to Soldier rehabilitation or future administrative action is counseling. Soldiers who fail the APFT or fail body composition screening will be counseled accordingly on the templates provided in the enclosed SOP (enclosure). Counseling will:

 (1) Be conducted during the same drill period that the failure/failure to improve occurred (for either APFT or body composition).

 (2) Include the closing of any previous counseling (adding information to and signing the “Part IV, Assessment” portion of the 4856”).

 (3) Will be separate for APFT failure and failure to demonstrate improvement on diagnostic APFTs/body composition screening (see enclosure).

 (4) Include physical fitness routines for Soldiers who fail the APFT and or information on available no-cost counseling and or how to establish a proper dietary programs.

 f. Participation in remedial PT and monthly diagnostic APFTs for Soldiers who fail the APFT, fail body composition screening, or who have not taken an APFT within 14 months, is mandatory and will not interfere with a Soldier’s normal drill training and activities.

 (1) Companies will conduct one diagnostic APFT monthly. For those Soldiers who fail the APFT, results will be recorded on the Soldier’s DA Form 705, with the word “DIAGNOSTIC” printed clearly in the comments box of the test column.

 (2) Companies will conduct two remedial PT sessions daily (can include diagnostic APFT).

 (3) Overweight Soldiers will weigh-in and/or tape-test monthly. Soldiers must show progress in losing weight. Those that do not meet this goal may be discharged from the National Guard.

 g. Company Commanders will notify the BN Commander and BN S1 section upon the second for record APFT or failure to show progress in body composition.

5. More detailed guidance and instructions can be found in the attached Section a. BN APFT and Body Composition SOP.

6. The point of contact for this memorandum is the BN S1 Section at 925-432-2757.

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Section a. LTC, MP, USA

 BN APFT and Body Composition (SOP) Commanding

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