



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
UNITED STATES ARMY NONCOMMISSIONED OFFICER ACADEMY FORT DIX
BUILDING 5518 SEVER AVENUE
JOINT BASE McGUIRE-DIX-LAKEHURST, NJ 08640-7226

AFRC-RTC-ND

14 May 2015

MEMORANDUM FOR NCO Academy Personnel

SUBJECT: Policy Letter 6 Army Body Composition Program (ABCP)

1. References.

- a. AR 600-9, The Army Body Composition Program, 28 June 2013.
- b. AR 40-501, Standards of Medical Fitness, 14 December 2007 (RAR 003, 4 August 2011).
- c. AR 350-1, Army Training and Leader Development, 19 August 2014.
- d. AR 600-8-2, Suspension of Favorable Personnel Actions, 23 October 2012.
- e. FM 7-22, Army Physical Readiness Training, October 2012.

2. Purpose. The objective of the Army Body Composition Program is to ensure all Soldiers maintain optimal well-being, are able to meet the physical demands of their duties to perform mission requirements, and to present a neat and Soldierly appearance at all times.

3. Procedures.

a. All Soldiers will weigh in during scheduled physical fitness tests and quarterly. Soldiers with a valid temporary profile precluding them from taking the APFT are required to perform the weigh in during the scheduled event. At any time, the Commandant may direct a weigh-in and body fat composition on any Soldier that does not present a Soldierly appearance.

b. The weigh-in and tape (if required) will be performed on the same day. A maximum of six hours between the APFT and weigh-in are authorized if feasible for the training day. If taping is required after the weigh-in, taping must be completed immediately. If the Soldier is found over the allowable tape percentage, a separate team will perform the second tape test. If the Soldier exceeds the tape requirements, the Soldier will be counseled, flagged, and placed on the ABCP in accordance with AR 600-9.

c. While enrolled in the ABCP, Soldiers will follow the requirements of the program as provided in reference 1a.

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d. Soldiers who fail to make satisfactory progress in the program will be subject to negative administrative actions. Soldiers will understand the requirements of the ABCP to successfully meet the monthly requirements.

e. Successful weight and tape requirements will remove the Soldier from the program, and remove the suspension of favorable action. Soldiers must remain within weight requirements in accordance with the standards in AR 600-9. If a Soldier reenters the weight control program within 12 months and/or 36 months, the Commandant will follow the regulatory guidance for separation.

4. Point of contact for this action is the First Sergeant at 609 562-2239.

KIMBERLY K. KEMPER
CSM, USA
Commandant