

## Questions & Answers Family Programs Town Hall March 31, 2021

1. FOR LTG Daniels: What programs are available to help Soldiers with finding work and achieving financial literacy and readiness?

**Answer from the panel:** This is a great question and what I like about this, these services are eligible throughout our forces you could be a full-time Soldier or a citizen Soldier or a family member and these resources are available to you. Army Emergency Relief, Military OneSource, personal financial counselors (PFC). Eligible throughout our forces (active, reserve, guard,) along with blue staff Family Program which assists with spouses and family helping to find employment. The one stop shop is Military OneSource.

2. FOR LTG Daniels and CSM Lombardo: With the 113th Army Reserve Birthday coming April 23<sup>rd</sup>, are there any events family members can get involved in to support this event?

**Answer from the panel:** Virtual Run, Traditional cutting of cake (cupcakes) to be held at Fort Bragg. Dependents are eligible to participate.

3. From FB: When do you see in-person YRRP events starting up for Soldiers & Family members again and if/when this starts will the family members be able to go instead of one guest?

**Answer from the panel:** This will be a conditions based activity and we are not there yet. In multiple places in the U.S., cases numbers are rising. I cannot predict when we are going to reach a herd mentality. I cannot predict when we are going to have enough people that have vaccines, when we are going to be there. I would like to believe we are going to be there this summer, but it is all dependent upon the U.S. population and how many people are vaccinated. We would like to get back to in-person events as soon as we can do it safely. I wish I had a stronger answer, but I just do not.

4. From FB: As the new FRG for my husband's unit, I believe that the Family Programs Resource page is a great place to start for information. Can you please share, in your opinion, what the top 5 or 10 key points of information/resources would be the most valuable prior to their pending deployment? How frequently should I share information with family members? Weekly, monthly? Do you feel things such as emails, newsletters, or Facebook pages are most effective in sharing information?

**Answer from Mr. McCarthy:** Sharing information is important, military one-source, Army reserve family program page, Readiness Divisions pages. I share the info as I come across it, like a FB page, the amount of time I can copy and paste, if it is from the internet onto FB and then it is there.

**LTG Daniels:** YRRP pre and post deployment phases will provide top five key points in that single event and activity.

**CSM Lombardo:** Child and Youth Services for activated Soldiers, depending on proximity of the military installation, would be good to look at as well.

5. From FB: (Maureen McMillan) how is a 10-month involuntary deployment every 1 to 2 years sustainable for an Army Reservist's family life and civilian career progression?

**Answer from LTG Daniels:** I want to know what unit is deploying that frequently. Dwell time is much longer. Possibly switched units or special circumstances.

6. From FB: Ma'am, as an AGR MSG in USAREC, our ability to become 1SG's are severely limited. Are there opportunities to fill an AGR 1SG billet for a TPU unit?

**Answer from CSM Lombardo:** I'm working on a leadership program that enables broadening opportunities in order to get leadership experience for the AGR cohorts where they can do it on a part time basis that the leadership of the Army Reserve will underwrite (USARC is its own Command structure, so they would have to be on board with this.) You would be able to pursue a leadership opportunity on a weekend apart from your regular duties. If I can get that across the finish line, I will absolutely put that on the Army Reserve Webpage.

7. From FB: how do we strengthen the SFRGs for reserve units and are buy in from the soldiers to have their families participate?

**Answer from the panel:** Soldier Family Readiness Group, every unit must have one and is led by the commander and command team. Soldiers are recommended to provide the contact information to the unit. It is not about making money, but it is about the connection between the unit and family members. The Family Program Readiness page also provides the information for family members.

**Comment from Katrina Johnson:** There are benefits for FRG/SFRG roles. The spouse is able to attend Master Resilience Training (MRT-C). They can also train MRT and or Deployment Cycle Resilience Training (DCRT; one trained post MRT). Reach out to Camp Parks R2 Performance Center (925-875-4808) and they can assist any reserve unit FRGs and Command Teams with the process.

8. From FB: Any comments on foundational readiness for leaders at all levels?

**Answer from LTG Daniels:** Foundational Readiness is an overarching program that the active and reserve Command are using to get after those activities that get us back to being connected to our Soldiers; have that leader connection. These foundational readiness activities related to the big three. Some of these are behaviors we are trying to change. These are the racism, extremism, sexual assault/sexual harassment and suicide. We are doing suicide prevention, diversity and inclusion, life worth living; counter activities. Things that counter these behaviors and actions that are destroying

the cohesion of our team. We are trying to have events that have those open conversations about those different topics and we are trying to ensure those leaders are doing counseling's during that time. This is dedicated time to do those activities, team-building activities, outreach to Soldier's families and have those connections with them.

**CSM Lombardo:** We are an incredibly diverse team that is where our strength lies. What this whole triangle/diamond is about is empowering leaders, bosses being bosses, highlighting the positive aspects of being in the Army Reserves. What we recognize with this is that the most influential military person in your Soldier's life is that first line leader (squad leader/section leader.) In the Army, it is described as the Golden Triangle; what influences that Soldier's behavior to adopt/adhere to the Army Values. Foundational readiness is the fence to apply team building, highlighting that positive aspect of the Army Reserve for the world to see, to make sure we maintain that trust with the American Community.

9. From FB: Mr. McCarthy: I want to volunteer in the SFRG, how do I sign up?

**Answer from Mr. McCarthy:** Have your significant other contact your unit Commander to say that you want to be a volunteer for the SFRG.

10. Too many ARA, UAs, and AGRs are teleworking, which makes it very difficult for AGR Recruiters to in-process new recruits, or get LOAs. People need to get back to work and normalcy while still maintaining COVID standards of course.

**Answer from the panel:** Right now, the vast majority of the army reserve sites are health prediction conditions Charlie that means that they are restricted to 40% maximum occupation rate in the facilities and it is the same thing at the Pentagon and fort Bragg, but that does mean that most of us are not at our physical work place. I tend to one day a week at my home office and the other days I will be at the pentagon or fort bulbar or for Bragg and somewhere out on TDY that I am allowed to go int. People should be forwarding their work phones so they can be reached but in most places we still are Charlie and in some places we been able to advance to Bravo conditions, which allows a greater level of, occupy of the building. However, we are still not passed COVID. Only 4 and half percent of the army reserve population has received two shots and there is another percentage that has received one shot there is still a lot of people out there that have not been vaccinated so we have to be careful and maintain distance, leave on our masks. There is still a lot that needs to be done we are not done with the pandemic yet. So why are people not in their offices it is because they are not supposed to be there?

11. From FB: When will soldiers be available to get their COVID shots? Speaking for California MP Unit - FRG leader

**Answer from the panel:** That is going to vary from state to state and locality. It depends on where you are and what the supply is in the area. There is many resources online that you could at in terms of CVS, Walgreens or other pharmacies in the area.

Some of you might have Veterans Affairs benefits so that is a possibility, but again that varies from state to state, please be patient and keep checking around for all the local resources we are going to try and put out as much information as we get it to stay as local as we can but it is a dynamic situation. If the Soldier is deploying, we make sure that the Mobilization platform has the shots.

**12.** Who is our most effective POC for Service Member Civil Relief Act (SCRA) enforcement?

**Answer from the panel:** Your army reserve ambassador that ties to ESGR. ESGR is your first step or USSERRA. If you are not getting any relief working through those channels you can always visit your local congressperson office and discuss it with them. You can file an official USSERRA complaint on the US department of labor vets to file your complaint.

**13.** From FB: (**Maria Telesca**) May I ask: Can you please clarify to your viewers who FRSA's are please? Can you clarify what FRSA's do and clarify the difference between FRG Leaders and FRSA's? As a FRSA, I find that even at highest level, FRSA's are confused and assumed to be FRG. Also, the importance of the Resources we can provide to Soldiers and their Families, as well as support the Units. Thank you.

**Answer from Mr. McCarthy:** SFRG Leader (Soldier Family Readiness Group) is the Commander.

**Mr. Taiwo:** FRSA (Family Readiness Support Assistance) is part of the Family Program professionals working by with and through the Readiness Divisions to ensure that the services mentioned reach the Soldiers and family members within the geographic area of responsibility. At the most level, they interact with the Soldier and family members to ensure that any issues that is raised starts at that level.

**14.** From FB: For CSM Lombardo: 1SG Lydon 94TH MP. I reside in Boston, MA. CSM can you speak to the changes our female soldiers face with going through pregnancy and the difficulties they face returning to duty in a reserve component status. As a TPU soldier, they are not always able to receive the services that the active component may offer to their soldiers. Our battle rhythm may not be suitable for a pregnant or recovering mother. When returning I think we could use some more TPU specific guidance that can help a mother be a soldier and a mother. (I realize every case is different but maybe a generalized answer)

**Answer from CSM Lombardo:** I urge you to go to the Army Reserve CSM Website. The Army or Army Reserve has broadened up the time to tight up post pregnancy in order to be required to take a physical fitness test. Commander has liberal policies on authorized absences during post-partum pregnancy during the Battle Assemblies.

**LTG Daniels:** The most recent National Defense Authorization Act gave a 12-IDT period for post-partum women to not have to attend yet and to be paid, but waiting for the Secretary of Defense guidance on how to implement it.

**15.** From FB: LTG Daniels, CMD board selections do not consider EFMP status, which forces me to choose between my career and my family. Given the struggles, USAR has had with filling command positions evidenced by the "OPT OUT" policy changes. When will this oversight be rectified for future officers to consider command without giving up family priorities?

**Answer from LTG Daniels:** I would say that when you put the preferences in the system where your interests are, you can list off the locations that are interest to you vs. those are not. As the slating is done, when the person is selected, we will look at the locations and do that match up.

**Answer from COL Corner:** Command boards: personal or family issues are handled during the assignment process and if needed adjudicated on an individual basis. We cannot prevent everything but may be able to adjust if HRC determines you cannot move to your command location. (Mr. Cousar)

**16.** From FB: MG Daniels... why cannot we implement a RER (Reserve Emergency Relief) because TPUs cannot use AER funds when they are not on orders. I am almost certain nearly every Reservist will contribute. **CSM Tolbert.**

**Answer from LTG Daniels:** The good news is the AER is now open to all Army Reserve and National Guard. The offerings are not loan but in fact grants at this point of time. It is available to Soldiers include those who are not on Active Duty order.

**17.** From FB: CSM, During the duration and uncertainty of this pandemic, what program or options can I resource that offers protection for AGR Soldiers who are required to work in person? Specifically for those of us with high-risk family members under doctor's orders to stay home. -SFC Lagroon, 83rd ARRTC

**Answer from LTG Daniels:** Most facilities have the abilities to check the temperature, social distancing, wearing masks, wipes are all around, and recommended to not be close to someone for more than 15 minutes.

**CSM Lombardo:** Full-time staffs have their own working area where there is a minimal contact with others up until the time when they collectively get with others once a month. I recommend reaching out to the commander to see what work arrangement or options are available to you.

**18.** From FB: Mr. McCarthy - Can you explain the new change of the SFRG leader going from a volunteer to now be the Commander?

**Answer from Mr. McCarthy:** Anything happens in the unit is the commander's responsibly. The legacy of the SFRG leader is not written but generally is a volunteer, could be spouse or just a volunteer from a community. In addition, this links the commander to family and Soldiers to commander if not already.

**LTG Daniels:** We care about those volunteers and we do not want to lose them. Even with the change, we do not push them to aside because of losing access. We want all the support that we can get to help that person out, and the commander is required to maintain a program but it does not mean the commander has to do everything.

### **Questions Not Answered During the Town Hall**

1. Deputy G3: From FB: When do you think we will able to get back to physical fitness and start working on the ACFT? (CPT Huggar)

**Answer:** There is nothing keeping Soldiers from training on the ACFT right now. We had Soldiers training on the ACFT for about 2 years now. PRT is one of the things you can do even in the current COVID environment. So get out and train.

2. Surgeons Office: From FB: How can someone who is not officially married to a soldier receive some type of non-medical counseling? (Ms. Walters)

**Answer:** PHP can assist anyone that calls regardless of marital status. There would be some resources not available d/t not being married but PHP would find all eligible local, states, federal, and national programs that would provide requested services

3. G3 Engineers: From FB: For LTG Daniels: Ma'am, has there been any discussion looking past 40% facility capacity limits to a point where we not only get Soldiers back into Reserve Centers but getting families into Reserve Centers. Is there a pathway to that happening? (Ms. O'Neil)

**Answer:** Sent an email to ARIMD, waiting on a response. Received an e-mail, ARIMD acknowledges receiving the RFI and will have an answer back shortly 7 Apr 21.

4. P3O: From FB: LTG Daniel: For spouses of full time Soldiers, given the current COVID environment, can PCS standards be relaxed, particularly if the Spouse of the Soldier is in a professional employment track or pursuing job certification? I am concerned about spouses losing good jobs that support families. (Mr. Cousar)

**Answer:** Every Soldier has a unique family who may face very different challenges with a Permanent Change of Station (PCS). Since the circumstances that cause concern about a PCS move are typically individual in nature, it is best to address them at the individual level. Soldiers may submit an individual request for deferment or deletion of an assignment and may request a compassionate deletion or deferment based on extreme family circumstances. The Soldier's personnel officer, S1, can assist the Soldier with submitting a request.

In consideration of the challenges families face in the COVID environment, the Human Resources Command (HRC) provides Soldiers a flexible 50-day reporting window at the time of PCS. With this window, Soldiers are permitted to report to their new assignment

30 days prior to the published report date and up to 20 days after the report date. Soldiers that experience problems that may jeopardize their ability to report within that window should communicate with their talent manager at HRC as soon as possible. These individuals' issues may be addressed by HRC on a case-by-case basis.

The Department of Defense offers a network of support, for the military community, particularly military spouses. As an example, the Department of Defense Military Spouse Employment Partnership (MSEP) connects military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses. Additionally, the Army established a policy for the authorized reimbursement for State licensure and certification costs for a spouse pursuant to the permanent change of station or permanent change of assignment of a Soldier sponsor to another State. A full list of Family Support Resources are available at <https://www.usar.army.mil/ARFP/>.

**5. ARFP: From FB: (Heather Tapen Ortiz)** Who does the SFRG leader contact when there is no one filling the paid spots in all or most of the above units (higher command components)? (Mr. Cousar)

**Answer:** Resolved by 88th RD FPC on 1 April 2021 - Peggy Ranschaert

She worked the night after the town hall and identified whom the FRSA for Heather Tapen Ortiz. Sent a message to the FRSA and Heather. We have her email address, but at this time, she does not want to be contacted by phone. FP will continue to follow up with her and the FRSA.

**6. Surgeon/UA: From FB: (Brittany Leigh)** who takes care of a current TPU soldier who needs an ACFT profile updated, that was injured while active duty? (CPT Huggar)

**Answer:** This depends on what type/length of orders the soldier was/is on. If AT, ADT or less than 30 days AR-MMC could do profile. If SM on ADOS-RC or orders over 30 days, the MTF is responsible. The ARMMC should, please reach out to them if needed at [usarmy.usarc.usarc-hq.mbx.armmc-acft@mail.mil](mailto:usarmy.usarc.usarc-hq.mbx.armmc-acft@mail.mil) or [usarmy.usarc.usarc-hq.mbx.armmc@mail.mil](mailto:usarmy.usarc.usarc-hq.mbx.armmc@mail.mil)

**7. ARFP: From FB: 94th MP FRG,** We have a very active FRG and we are constantly looking for resources and help for our Soldiers. Sometimes we have trouble finding resources for TPUs that have not deployed before. Is central location we can find some additional support for these Soldiers? (Mr. Cousar)

**Answer:** Received from LTC McGrath, 99th RD FPD: The unit information was provided to the regional FPD for that area, Ms. Lee Mulcahey, and she reached out to them directly to provide whatever assistance they required.

**8. G1: From FB: (Torey Brown)** Can you make it mandatory for use of the EES system? (Mr. Edwards)

**Answer:** In accordance with AR 623-3, "Submission of evaluation reports (Evaluation Entry System). The Army wide standard for submitting evaluation reports to HQDA is electronic submission of completed, digitally signed evaluation reports on current versions of authorized electronic forms with authorized enclosures using EES at <https://evaluations.hrc.army.mil/>. A CAC with valid certificates is required to initiate and execute digital signatures on evaluation reports."

All other methods considered alternate methods of submission and only used when EES is not an option for completing the evaluation. (**MAJ Jason Wright, G-1 PAB**)


**9. G1 SSD (Ed Salazar):** From FB: (**Lisa Toney**) My name is CPT Toney, Lisa from the 2D SP BN, 1ST SP BDE, FT Carson, Colorado. I am currently in a CAO position. I have learned so much from this task for this fallen Hero. I would like to know is there change and or discussions of some sort of in place to support our Reserve Soldiers/Families who pass while not on active duty orders. The benefits/assistance for our Reserve Soldiers are not the same as when these unfortunate events occur while on active duty. I am truly passionate about People First and would like to know, how to make change? (Ms. Walters)

**Answer:** The current support for our Reserve Soldiers and Families members that die in a non-reportable status comes from the unit representative, Army Reserve Casualty Branch, and the Survivor Outreach Services (SOS). Benefits derived from the Soldiers status at the time of death and a non-reportable (non-duty) deaths benefit are very limited as compared to an Active Duty death. Although not limited to the Service Members' Group Life Insurance (SGLI) many additional benefits are applied for by the beneficiary directly to the entity offering the benefit as we become a third party to many applications. Beneficiaries work directly with the Human Resources Command (HRC) for the Reserve Components Survivor Benefits Plan (for those with 20 years of qualifying service) or the Veterans Administration for benefits for the MGIB and any reimbursement of burial expenses. The Soldiers first line leaders responsibility does not end when the Soldier dies, the responsibility continues until we finish the SGLI and provided the long term services through the SOS. The most important person for all these actions is the Soldier the commander assigns as the unit representative for the Family. You may suggest an increase in benefits through the Army Family Action Plan.




10. OCAR RSO (LTC Scott): From FB: (Laura Elam) Where is the Military reserve support team? Is no one available to assist with your retirement? (Ms. O'Neil)

Answer: See map below.



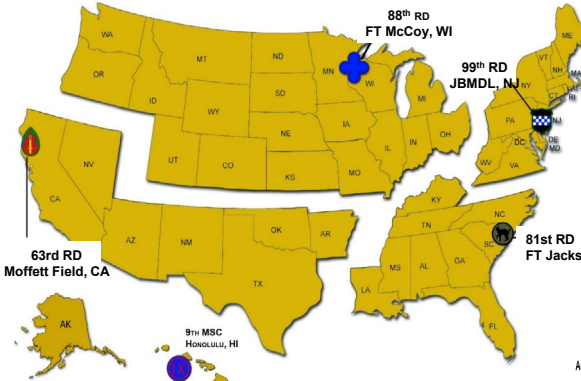
## AR RSO Locations / Areas of Responsibility



**63rd Readiness Division**  
Retirement Services Office  
Address: 230 RT Jones Road Mountain View, California 94043  
Phone: (650) 526-9512 Fax: (650) 526-9477  
Email: [Army63RSD@mail.mil](mailto:Army63RSD@mail.mil)  
Register: <https://soldierforlife.army.mil/Retirement/Events>  
States Covered: AR, AZ, CA, NM, NV, OK, TX

**88th Readiness Division**  
Retirement Services Office  
Address: 80 South O Street, Fort McCoy, Wisconsin 54606  
Phone: (808) 388-7448/8021 Fax: (808) 388-0905  
Email: [usarc.88rd.mil@retirement-services@mail.mil](mailto:usarc.88rd.mil@retirement-services@mail.mil)  
Register: <https://soldierforlife.army.mil/Retirement/Events>  
States Covered: CO, IA, IL, IN, KS, MI, MN, MO, MT, NE, ND, OH, OR, SD, UT, WA, WI

**99th Readiness Division**  
Retirement Services Office  
Address: 5221 S Scott Plaza, JBMDL, New Jersey 08640  
Phone: (808) 562-1896/705074251898 Fax: (808) 562-7481  
Email: [Army99RSD@mail.mil](mailto:Army99RSD@mail.mil)  
Register: <https://soldierforlife.army.mil/Retirement/Events>  
States Covered: CT, DC, DE, MA, MD, ME, NH, NJ, NY, PA, RI, VA, VT, WA and Europe



**9th Mission Support Command**  
Retirement Services Office  
Address: 1557 Suezhiro Road Honolulu, Hawaii 96819  
Phone: (808) 438-1600 x 3553  
Email: [usarmy.chaffar.9mstn-sub-cmd.991@retirement-services-office@mail.mil](mailto:usarmy.chaffar.9mstn-sub-cmd.991@retirement-services-office@mail.mil)  
Register: <https://soldierforlife.army.mil/Retirement/Events>  
States Covered: AK, AS, GU, HI, JP, KR, MP

**81st Readiness Division**  
Retirement Services Office  
Address: Wildcat Way, Fort Jackson, South Carolina 29207  
Phone: (803) 751-9804/8098 Fax: (803) 751-3152  
Email: [Army81RSD@gmail.com](mailto:Army81RSD@gmail.com)  
Register: <https://soldierforlife.army.mil/Retirement/Events>  
States Covered: NC, SC, AL, FL, GA, MS, LA and Puerto Rico

USAR Retirement Services Website  
<https://www.usar.army.mil/Retirement/>

Soldier For Life Website  
<https://soldierforlife.army.mil/Retirement/ArmyReserve>

MyArmyBenefits Website  
<https://myarmybenefits.us.army.mil/>

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## Retirement Services Links



**OCAR RSO OFFICE**  
LTC Trentonia Scott  
[trentonia.m.scott.mil@mail.mil](mailto:trentonia.m.scott.mil@mail.mil)

LTC Alicia Riley  
[alicia.m.riley2.mil@mail.mil](mailto:alicia.m.riley2.mil@mail.mil)

**USARC RSO OFFICE**  
MAJ Shawn Dennis  
[shawn.e.dennis.mil@mail.mil](mailto:shawn.e.dennis.mil@mail.mil)

**USAR Retirement Services Website**  
<https://www.usar.army.mil/Retirement/>

**Soldier For Life Website**  
<https://soldierforlife.army.mil/Retirement/ArmyReserve>

**MyArmyBenefits Website**  
<https://myarmybenefits.us.army.mil/>

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**11. ARFP:** 86 Training Division, Fort McCoy, Wisconsin. For CSM Lombardo. What are the best resources you have seen for Soldiers to get ready for the ACFT with so many gyms closed? Any websites or other resources you would recommend to help set up fitness plans for exercises that require little or no extra equipment? (CPT Huggar)

**Answer:** Various resources and websites online provide alternate options for training in preparation for the ACFT. Please see the link below for additional exercises.

<https://www.army.mil/acft/>

**\*See Appendix A**

**12. H2F:** LTC Cindi Gold: Would the Command Sergeant Major speak to how the implementation of the full H2F (Holistic, Health and Fitness) program will benefit Army Reserve soldiers and families? In addition, discuss how not just the physical pillar, but the others too can be implemented sooner than later; i.e. mental health, nutrition, spiritual and sleep? There are many resources already in place to "tap" before monies are allocated for necessary facilities and personnel. R2 performance centers, Chaplains, etc. (Ms. Walters)

**Answer:** Response from Bill Hamilton, there is no monies associated with H2F. COMPO 3 got no funding for H2F, so we need to temper expectations as to what might be possible.

**13. ARFP:** During my husband's first deployment, he mentioned that the FRSA from the unit above his would call regularly to check up on family members and offer support/resources. My husband did provide all my contact information. I received no form of contact or support/resources from any Army employee throughout his deployment. The support I did receive was provided by close family/friends and the Air Force. My spouse deployed again and I have experienced similar issues with poor planning for family needs and interests. What are your plans to address these types of issues? (Mr. Cousar)

**Answer:** The 63d RD FP office partners with the command G 3/5/7 to get a list of mobilized and deploying units, the list is scrubbed, the unit's POC is contacted by the FRSA staff. The FRSA staff in conjunction with the unit address deployment related issues by providing information, resources and referrals. If the unit selects the FP team to contact the mobilized family during the deployment then the families are called. FP use a unit support request form to capture the support requested. The 63d FP and YRP team share information from each YRP event so that the FP team can follow up with any Soldier and or Family needing assistance

**14. ARFP:** Is USAR family programs looking towards to working with or learning from big army's family program programming? It seems like big army has embraced the current technology age with their trainings events and other resource distribution. It seems like the USAR is falling behind. (Ms. Walters)

**Answer:** Army Reserve Family Programs provides oversight of regional delivery of programs and services thru a distributive model. This ensures programs and services address Soldiers and Family members where they are geographically located. Family Programs leverage existing software (ADPASS, SOS Module, Garrison APP, Battle Buddy APP, DE APP) and emerging software to ensure Soldiers and Family members remain connected to other Soldiers, Family members, and services.

**15. Surgeon:** Will there be a mandatory COVID vaccination for LHI/PHA like the flu shot? (CPT Huggar)

**Answer:** It is not mandatory at this time and we do not know if it will become mandatory in the future.

**16. G1:** Thank you for the response about the resources. However, as we know and learn they do not match the benefits of the Active Duty compared to a Reserve Soldier. Why? (LT Chambers)

**Answer:** For the most part, benefits and services available to the Active Component (AC) are also available to the Reserve Component (RC). The scope, applicability, and delivery of the benefits and services change as the status of a RC Soldier changes from reserve to active. Because RC Soldiers and Families are also functioning citizens of civilian communities, the assumption is that those benefits and services are supplemented by the community when not on orders or otherwise in a full-time, active status.

**17. ARFP:** Does your spouse have meetings with the Commander? If this is a Commander's program (SFRG)? (Mr. Cousar)

**Answer:** The Commander is responsible for all matters regarding Family Readiness. According to newly printed guidance, the Commander is also the SFRG Leader. The Commander usually meets with the entire SFRG in its totality. The Commander usually meets with the CFRR and SFRG Volunteers together.

**18. G6:** Modernizing the Army Reserve focused on information sharing. How is the Army Reserve planning to overcome this gap when industry and society is outpacing the military at an exponential value? IL5 is a quick solution but may not be a holistic solution at the functional level. (LT Chambers)

**Answer:** 75th Innovation Command drives operational innovation, concepts, and capabilities to enhance the readiness and lethality of the Future Force by leveraging the unique skills, agility, and private sector connectivity of America's Army Reserve.

**19. ARFP:** I volunteer each week to help veterans apply for hard-earned VA benefits and treatment for line of duty injuries/illnesses. Currently, the New Orleans Regional Benefits Office (BVA) closed due to COVID-19. Veterans directed to the online website

to apply. Most of the veterans I assist are post WWII and Vietnam Era veterans who do not own nor have computer skills. A few blocks away, the New Orleans VA hospital is open even though they operate under restrictions due to COVID-19. Would you help us get a date for THE BVA'S reopening or ask the BVA Regional Director to consider re-opening the office using restrictions for COVID-19 like the VA hospital? (Mr. Cousar)

**Answer:** Ms. Vonda Chisolm, Army Reserve Ambassador Program Manager will reach out to the Louisiana ARA, Mr. Magee, to see if he has any contacts to assist and will reply when an answer is received. Attached below is an Army Reserve Ambassador Program Information Sheet containing general information about Army Reserve Ambassadors. **\*See Appendix B**

**20. Psychological Health Program (PHP):** Would the commanding general discuss the plethora of mental health resources for soldiers and families beside Military One Source? There is the Psychological Center of Excellence (and Real Warriors program), Give an hour, and others besides the USAR Psychological Health Program too. Would USARC consider directing the latter entity to develop a mental health professional "reading list" like other army entities push out? Would the Army Reserve consider authorizing "Mental Health First Aid" courses that are taught around the country for their leaders? This is usually a 1-day course and comes with a great course book that can be used as a reference for leaders. (Ms. Walters)

**Answer:** A. PHP major resources listed on our website, resource section (<https://www.usar.army.mil/PHP>). PHP utilizes both DoD & Non-DoD resource located at the local, state, federal, or national level.

B. PHP has reading list developed that can be distributed. It currently is embedded in PHP overview slides

C. PHP staff are qualified to provide training, but would need additional funding, to purchase supplies and possibly for increase travel

**21. ARFP:** Encourage Army Reservist/leaders to get to know the community organizations that they can support and who will support them; i.e. Rotary clubs, American Legions, etc. Recommend leaders network and bring in SMEs for their full-time staffs professional development if they don't have time to get to local Rotary speaker meetings, etc. (Mr. Cousar)

**Answer:** All of the RDs have FP Staff that coordinate speakers and community partners for Family Days, BAs, etc. for the units. Additionally our staff attend regular community partner quarterly meetings like Red Cross, Bay Area Happenings, Rotary Clubs, etc. and share info with the units. We also put the events from these organizations in our monthly newsletters. We host partner events with local organizations through BHMC collaborations. The YRP team incorporates community partners into the events the units attend.

## Comments from Facebook

1. From FB: (**Marcella Stretch**) I am a Volunteer with Year Up. It is a Free Career Training program. Google them because I am not sure if I am allowed to post the link. Some locations have increased the age to 30 years old. Most importantly Military is welcome.

2. From FB: Alabama Army Reserve Family Programs (**Alicia Guerrisi**) In regards to newsletter, email, or Facebook, there is a way to actually combine those efforts. Whatever posted on Facebook, copy and paste into a word document and email out.

3. From FB: (**Torey Brown**) 81st RRC is addressing food insecurities regularly through the United Mission

4. Action Item (Jessica Davis: [jessica.a.davis123.civ@mail.mil](mailto:jessica.a.davis123.civ@mail.mil)): From FB: Food insecurity is a real issue in Hawaii because a large percentage of the economy is based on tourism. When COVID shut down the islands to tourists that did not want to ROM for 14 days, many of our Soldiers in multi-generational homes, lost their jobs. The problem we have is that culturally, it is hard for some to seek assistance. (Ms. O'Neil)

**Answer:** Sent an e-mail to Ms. Davis awaiting her response.

5. FB shout outs came from a little bit of everywhere! CT, CA, IA, WA, NOLA LA, TX, Saipan, Northern Mariana Islands.

6. Action Item- ARFP/G6/STRATCOM: From FB (need to make a point to add CC next time) (**Melissa Cooley Gillespie**) cannot understand y'all. There is no closed captioning for your hearing-impaired families. (Mr. Butters)

**Answer:** Turn on auto-generated captions in the viewing section of Facebook Live Video options.

7. ARFP Monitor: From FB: **T Rich Richmond**: I know over the years several surveys and conversations have occurred regarding BAH. In the past it has been discussed considering ETPs to ensure that if a Soldier' who PCS, if their BAH is lower in the new duty station, that their BAH remains the same. The DoD studies regarding COLA, BAH and cost of living is simply not realistic. (AFAP Issue) (Ms. Walters)

8. ARFP – Action Item: I am a Battalion Commander who have TPU Soldiers with employment, financial, behavioral health concerns including losing on Soldier to suicide. We need specific assistance for getting Soldiers employment training like resumes, interviewing skills, developing financial readiness, etc. I also have full-time single mothers who struggle with COVID to have solid childcare plans. LTC Minton, 450th CA BN ABN [roy.h.minton.mil@mail.mil](mailto:roy.h.minton.mil@mail.mil). (Mr. Chambers/Ms. O'Neil)

**ANSWER:** Reached out to the BN CDR to set up a training event similar to WE ARE... BHMC events or to otherwise support how the CDR sees fit, to include connecting to appropriate resources/partners.

**9.** ARFP (follow-on): LTC Flake, it would be great if the various different family programs around the country would reach out more often to their Army Reserve Ambassadors. We would love to hear their local issues and concerns Art Leak - Indiana Ambassador. (Mr. Cousar/Ms. Chisolm)

**Answer:** The FP staff share the Ambassadors contact info with units as applicable. Perhaps the Ambassadors should attend green tab events to gain more access to units. The RDs are on the support side of the house so a Commander may or may not solicit the assistance of an Ambassador during our offerings of available support. RD FP staff makes the introductions and "Promote Soldier and Family Readiness" as our line of effort.

**10.** Homeless issue, contact CSM Lombardo directly.

# ***Appendix A***

The Army Reserve Ambassador (ARA) Program is one of the United States Army Reserve's (USAR) key outreach programs. ARAs are influential volunteers with significant ties to their communities who operate at state and local levels and voluntarily represent the Chief of Army Reserve without salary, wages or other benefits. They develop awareness and advocacy for the USAR and are vitally important bridges to communities across the Nation. They carry a protocol status equivalent to a major general - a key means to effectively execute their responsibilities.

ARAs are a powerful means of message delivery to the American people and they provide invaluable connections for our own centers of influence to engage local stakeholders. They are known commodities in their communities and they have a level of access to local events that simply cannot otherwise be replicated. Local decision makers need to know how we fit into their communities and our opportunities to tell the USAR story to this population are extremely limited. ARAs are relied upon to: (a) seek support from elected officials and engage stakeholders at the local and state levels; (b) Forge and sustain enduring relationships between USAR units and local communities; (c) open doors in business and industry; (d) educate and inform the public/government about the value and positive return on investment of the USAR; and (e) build a cadre of supporters and advocates from these important audiences that can be activated when necessary.

Candidates should achieve strategic connections to influencers throughout government, private sector and academia; be a Leader in community affairs & linked in the local community; be in a position to disseminate information about the USAR to a broad cross section of the public and to prominent citizens in his/her area; have an interest in military affairs; able and willing to devote reasonable amount of time to the activities of an ARA; and be proficient in Window-based products and e-mail. They are not employees of the DoD, nor a Federal, State or locally elected or appointed official.

Their relationships and contacts they have now and the ones they develop in the future will ensure that the USAR voice is heard by the American people. ARAs are part of your Team!



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To view by-state information on our Ambassadors, visit the USAR website on the Featured tab at <http://www.usar.army.mil> or by calling the respective coordinator listed above.

Email all other ARA Program inquiries to:  
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# ARMY RESERVE

“Ready Now! Shaping Tomorrow...”

UNITED STATES ARMY RESERVE

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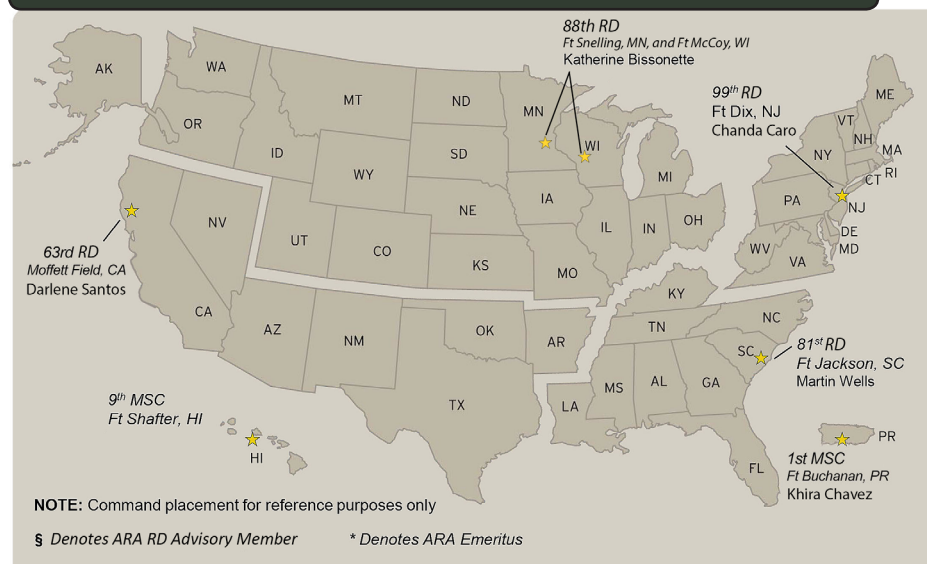
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### Readiness Division/Mission Support Command ARA Coordinators



# ***Appendix B***



**AMERICA'S ARMY:**

Globally Responsive, Regionally Engaged



# ACFT 2.0



**“The individual Soldier is the Army’s most lethal weapon. Highly trained, disciplined, and fit Soldiers build cohesive squads...My Squad. Multi-domain operations require the highest level of readiness that only comes from intense physical training and testing. The Army Combat Fitness Test will enhance lethality and mental toughness to close with and destroy the enemy in close combat.”**

**SMA Michael A. Grinston, 16th Sergeant Major of the Army**

- 70% of people between the age of 17-24 unqualified for military service (approximately 31% due to obesity)
- 17% of Active Component Soldiers and 25% of Reserve / National Guard Soldiers are obese by Body Mass Index (BMI); statistically more likely to experience injury and of being medically non-available
- Muscular Skeletal Injuries affects 55% of Soldiers annually
  - Equates to 10 million limited duty days
  - Approximately \$577 million spent annually on patient care
- 12% Active Component Soldiers (~56,000) are non-deployable, equivalent to loss of 13 Brigade Combat Teams (BCTs); of this number, 66% (~37,000 or 9 BCTs) are non-deployable for medical reasons
- A 1% reduction of non-available rates will save more than \$40 million



Gender, Age Group, Rank, and COMPO  
Impact on Soldier's ability to be Eligible for all Three  
Primary APFT Events

Age Group	MALE			FEMALE			ALL GENDER		
	USAR	ARNG	AC	USAR	ARNG	AC	USAR	ARNG	AC
<20	99.8%	99.7%	97.5%	98.6%	98.3%	89.5%	99.4%	99.3%	96.0%
20-24	97.2%	98.3%	93.0%	93.7%	93.8%	78.2%	96.4%	97.3%	90.7%
25-29	95.1%	95.2%	89.3%	89.9%	88.5%	74.9%	94.1%	94.0%	87.1%
30-34	90.4%	89.0%	84.5%	82.3%	80.6%	69.9%	88.6%	87.6%	82.3%
35-39	83.1%	81.3%	75.4%	73.9%	71.4%	60.8%	81.0%	79.9%	73.3%
40-45	75.8%	72.9%	67.8%	65.7%	65.3%	54.1%	73.6%	71.9%	65.9%
>45	65.2%	59.1%	61.2%	51.4%	49.3%	45.3%	62.5%	58.1%	59.0%
Total	88.6%	88.9%	85.8%	86.4%	82.9%	72.4%	87.5%	87.3%	83.7%
OFFICER	86.7%	88.8%	89.0%	80.6%	84.6%	78.9%	85.1%	88.1%	87.0%
ENLISTED	89.4%	88.8%	85.6%	83.6%	86.7%	70.8%	88.2%	88.4%	83.4%
WARRANT	80.6%	79.6%	76.8%	76.6%	74.2%	66.2%	80.0%	79.1%	75.7%

As of 1 Jun 20



## ACFT 2.0

**Purpose:** Assess a Soldier's physical work capacity across all components of combat physical fitness

### Objectives

1. Improve individual Soldier readiness
2. Transform the culture of Army fitness
3. Reduce preventable injuries and attrition
4. Enhance mental toughness and stamina
5. Contribute to increased unit readiness



**ACFT 2.0 scoring is both gender and age neutral**

### Identify High Physical Demand Tasks:

1. Movement to Contact
2. Build Fighting Position
3. Move O/U/A/T obstacles in Urban Terrain
4. React to man-on-man contact
5. Extract & evacuate a Casualty

### Baseline Soldier Physical Readiness Requirements Study (HQDA EXORD 041-13)

**Predictive Tests:**  
Must successfully predict task simulation performance

- Muscular Strength
- Muscular Endurance
- Explosive Power
- Speed / Agility
- Aerobic Endurance

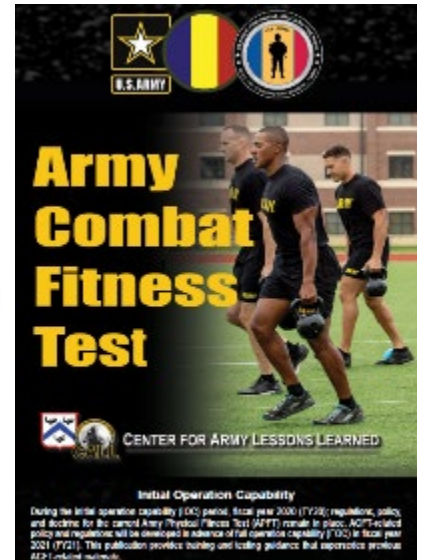
Warrior Task Analysis

Combat Task Simulation

Simulation must mimic the warrior task

Similar physiological demands

Physiological Demands



**~80% predictive of Warrior Tasks and Battle Drill performance**

- Provide strategic guidance and design direction for Army physical readiness training and assessment
- Provide oversight and support for the collection and dissemination of training & assessment best practices
- Coordinate enterprise-wide data collection and analysis

Army Regulation 350-1

Training

Army Training and Leader Development

FM 7-22

HOLISTIC HEALTH AND FITNESS  
INITIAL DRAFT—NOT FOR IMPLEMENTATION

ADP 7-0  
TRAINING UNITS AND  
DEVELOPING LEADERS

AUGUST 2012  
DISTRIBUTION RESTRICTION:  
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HEADQUARTERS, DEPARTMENT OF THE ARMY

DEPARTMENT OF THE ARMY

TRADOC designated command lead for H2F governance



**#1 Maximum Deadlift (MDL)**



**#2 Standing Power Throw (SPT)**



**#3 Hand Release Push-Up (HRP)**



**#4 Sprint, Drag, Carry (SDC)**



**#5 Leg Tuck (LTK)**



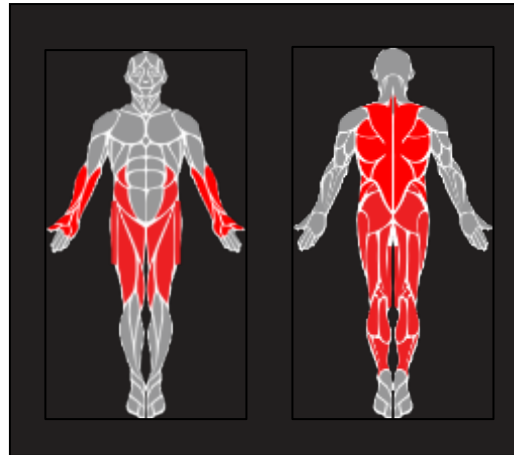
**#6 2.0-Mile Run (2MR)**



### ACFT 2.0 Admin Considerations

1. Even number lanes
2. CO-sized element – 16 lanes
3. OIC / NCOIC selection
4. Typically 1-grader per lane



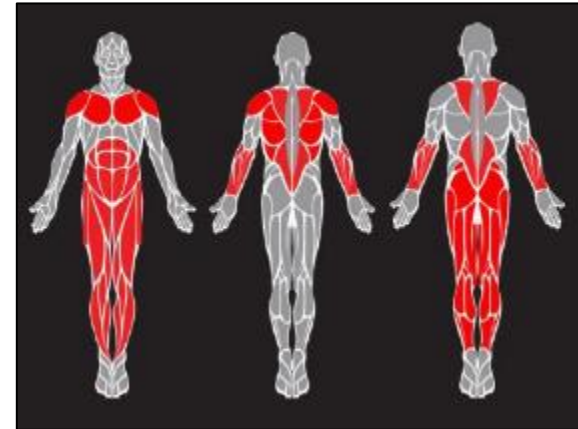


- **Task:** Execute 3 repetitions of the maximum (RM) deadlift event to assess lower-body strength
- **Condition:** Given a hexbar, weight plates, and barbell collars totaling up to 420 lbs in a testing environment
- **Standard:** Conduct three (3) repetitions of the MDL maintaining proper lifting form throughout the movement IAW FM 7-22 to meet the ACFT 2.0 scoring standards
- **Component of Fitness: Muscular Strength**
  - Definition: the maximum amount of force that can be generated by a muscle or muscle group
  - Secondary Component of Fitness: flexibility
  - Anatomical Focus: knee extension, hip extension, grip, lower back
- **Application to Common Soldier Tasks (CST)**
  - Lifting heavy loads off the ground; casualty extraction/evacuation; carrying/transporting heavy loads (tank/artillery rounds, ammo boxes, water cans etc.)

### • Relevant Principles for Event Selection

1. Efficacy: Highly predictive test to assess lower body / core muscular strength
2. Safety: Hexbar (vs Olympic bar) provides better anatomical position for proper lifting – controls for injury
3. Ease of Administration: Requires one (1) grader per lane; event time ~1:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space



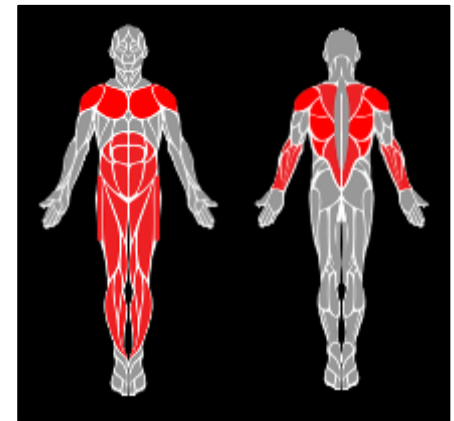


- **Task:** Execute the Standing Power Throw (SPT) event to assess upper and lower body explosive power
- **Condition:** Given a 10 lbs. medicine ball and tape measure in a testing environment
- **Standard:** Conduct two (2) record throws using proper movement technique IAW FM 7-22 to meet the ACFT 2.0 scoring standards
- **Component of Fitness: Explosive Power**
  - Definition: generating maximal force in the shortest time
  - Secondary Component of Fitness: balance, coordination, flexibility
  - Anatomical Focus: knee extension, hip extension, grip, lower back
- **Application to Common Soldier Tasks (CST)**
  - Mounting obstacles or vehicles; lifting Soldiers up/onto/over obstacles or vehicles; lifting loads off the ground and up/onto a vehicle or platform; jumping, leaping, climbing over obstacles; throwing a grenade, dynamic balance under load

### • Relevant Principles for Event Selection

1. Efficacy: Highly predictive test to assess upper and lower body power required for Common Soldier Tasks (CSTs); strong driver for upper and lower body power training
2. Safety: A “preparatory drill” mitigates risk of injury
3. Ease of Administration: Requires one (1) grader and one (1) marker per lane; event time ~2:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space





- **Task:** Execute timed Hand Release Push-up (HRP) event to assess muscular endurance (Arm Extension Protocol)
- **Condition:** Given a stopwatch in a testing environment
- **Standard:** Conduct as many repetitions as possible in two (2) minutes utilizing proper movement technique IAW FM 7-22 to meet the ACFT 2.0 scoring standards
- **Component of Fitness: Muscular Endurance**
  - Definition: the ability of a muscle or muscle group to perform repetitive work for an extended period of time to volitional fatigue
  - Secondary Component of Fitness: flexibility, core
  - Anatomical Focus: elbow extension, shoulder flexion and extension
- **Application to Common Soldier Tasks (CST)**
  - Pushing loads up/onto/over obstacles; employing progressive levels of force; building hasty fighting positions

### • Relevant Principles for Event Selection

1. Efficacy: Better predictive test to assess upper body endurance than the current APFT push-up; more objective – easier to grade; strong driver for upper body/core strength training
2. Safety: Minimal risk for injury with proper training
3. Ease of Administration: Requires one (1) grader per lane; event time = 2:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space



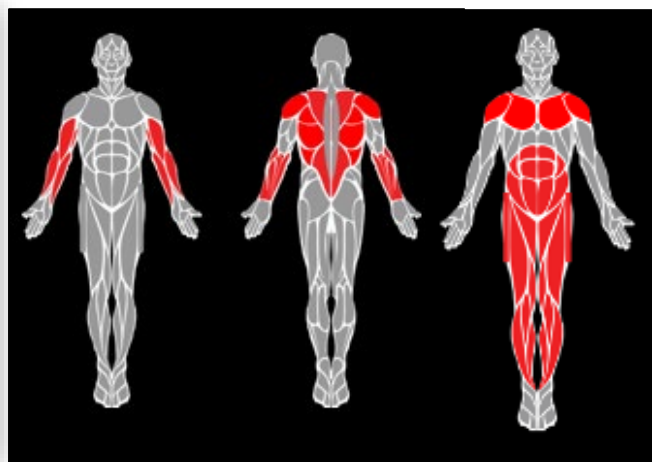


### • Relevant Principles for Event Selection

1. **Efficacy:** Highly predictive test to assess anaerobic power and endurance; strong driver for high intensity anaerobic training
2. **Safety:** Minimal risk for injury with proper training; lateral shuttle in lap three (3) reduces the fall risk linked with lower leg muscle fatigue
3. **Ease of Administration:** Requires one (1) grader and one (1) lane safety per two (2) lanes; event time ~3:00 min per Soldier
4. **Grading:** Simple to grade, replicate over time/ space

- **Task:** Execute the timed Sprint-Drag-Carry (SDC) to assess muscular strength-endurance, anaerobic power-endurance
- **Condition:** Given a 25m lane, one (1) drag sled with two (2) 45 lbs. weight plates, two (2) 40 lbs. kettlebells, and a stopwatch in a testing environment
- **Standard:** Conduct five (5) x 50 m shuttles for time in the following order – 50 m sprint, 50 m sled drag, 50 m lateral shuttle, 50 m kettlebell carry, 50 m sprint IAW FM 7-22
- **Component of Fitness: Muscular Endurance and Strength, Anaerobic Power, Anaerobic Endurance**
  - **Definition:** sustained moderate to high intensity muscular work over short duration
  - **Secondary Component of Fitness:** reaction time, agility, coordination, balance, flexibility
  - **Anatomical Focus:** knee extension, hip extension, grip, lower back, shoulders
- **Application to Common Soldier Tasks (CST)**
  - Moving quickly over uneven terrain under load; moving over/around/through obstacles; casualty extraction/evacuation; moving supplies or ammunition; 3-5 second rushes





- **Task:** Execute the Leg Tuck (LTK) event to assess muscular strength and endurance
- **Condition:** Given a 7.5 ft. high x 5 ft. wide pull-up bar or climbing pod in a testing environment
- **Standard:** Conduct as many LTKs as possible utilizing proper movement technique IAW FM 7-22, App A to meet the ACFT 2.0 scoring standards
- **Component of Fitness: Muscular Strength and Endurance**
  - Definition: ability of a muscle or muscle group to repetitively perform work for an extended period of time to volitional fatigue
  - Secondary Component of Fitness: flexibility
  - Anatomical Focus: flexion and extension at the knee, hip, elbow and shoulder, grip, abdominals
- **Application to Common Soldier Tasks (CST)**
  - Climbing up/onto/over vehicles or obstacles; traversing rope/ladder bridges; load carriage; dynamic balance under load

### • Relevant Principles for Event Selection

1. Efficacy: Highly predictive test to assess upper body/grip/core strength and endurance; greater functionality compared to alternative events; improves dynamic balance and mobility; contributes significantly to the prevention of over-use load carriage injuries
2. Safety: Minimal risk for injury since feet/legs remain under the base of support
3. Ease of Administration: Requires one (1) grader per lane; event time ~1:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space



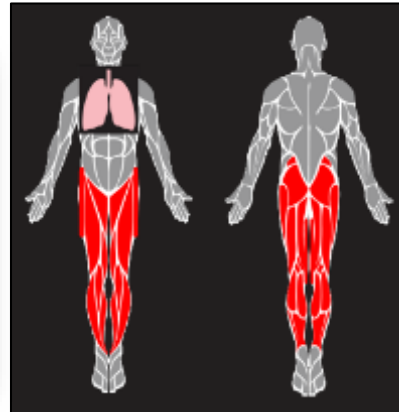
## Temporary Substitute for Leg Tuck – The Plank

- During ACFT 2.0 Transition Period (FY21), if a Soldier is unable to complete one Leg Tuck (LTK), they will be authorized the option of conducting the Plank (PLK).
- The Plank is a pass-fail test event that consists of maintaining a proper plank position for 2-minutes; Soldiers who test to standard for 2-minutes will receive a score of 60-points for the core strength-endurance test event.



**2-MIN PLANK**

**PASS**



- **Task:** Execute a timed 2-Mile Run (2MR) event to assess aerobic endurance
- **Condition:** Given a measured and generally flat, 2.0-mile course and stopwatch or race clock
- **Standard:** Execute the timed 2MR utilizing proper running skill IAW FM 7-22 to meet the ACFT 2.0 scoring standards
- **Component of Fitness: Aerobic Endurance**
  - Definition: ability to exercise large muscle groups at a moderate and high intensity for more than a few minutes
  - Secondary Component of Fitness: None
  - Anatomical Focus: knee flexion-extension, hip flexion-extension
- **Application to Common Soldier Tasks (CST)**
  - Moving long distances over uneven terrain under load; recovery from high intensity movements such as 3-5 second rushes; movement under fire; react to direct fire

### • Relevant Principles for Event Selection

1. Efficacy: Highly predictive test to assess aerobic endurance
2. Safety: Minimal risk for injury
3. Ease of Administration: Requires one (1) grader per course; separate 2MR graders are authorized; event time ≤ 21:00 min per Soldier
4. Grading: Simple to grade, replicate over time/space

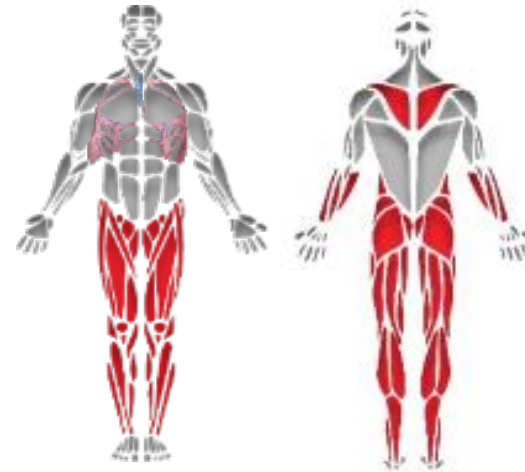




## Non-Impact Aerobic Event

### 5,000 m Row

- **Task:** Execute a rigorous non-impact aerobic event for Soldiers on permanent profile who cannot perform the 2-mile run
- **Condition:** Given a standardized and approved stationary rowing machine (ergometric)
- **Standard:** Execute the ROW event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standard of 5,000m in 25 minutes
- **Relevant Principles for Event Selection**
  1. Efficacy: Highly predictive test to assess aerobic endurance
  2. Safety: Minimal risk for injury; appropriate for Soldiers on a lower body no / low impact profile
  3. Ease of Administration: Requires one (1) grader; event time ~25:00 min per Soldier
  4. Grading: Simple to grade, replicate over time/space

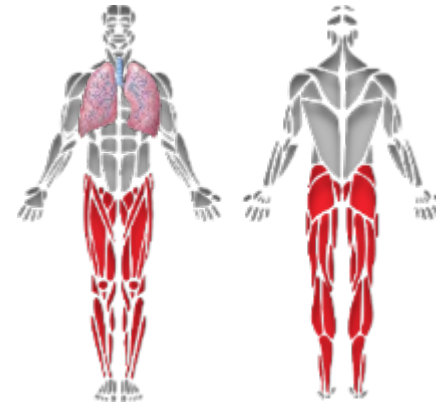


**An ergometric rower works multiple large muscle groups, to include shoulders, arms, core, and legs in one movement. The repetitive push and pull under tension provides a low-impact assessment of muscular and aerobic endurance.**

## Non-Impact Aerobic Event

### 12,000 m Bike

- **Task:** Execute a rigorous alternate non-impact aerobic event for permanent profile Soldiers who cannot perform the 2-mile run
- **Condition:** Given a standardized and approved stationary bike machine (ergometric)
- **Standard:** Execute the timed BIK event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standards of 12,000 m in 25 minutes
- **Relevant Principles for Event Selection**
  1. Efficacy: Highly predictive test to assess aerobic endurance
  2. Safety: Minimal risk for injury; appropriate for Soldiers on an upper body profile and lower body no / low impact profile
  3. Ease of Administration: Requires one (1) grader, event time ~25:00 minutes per Soldier
  4. Grading: Simple to grade, replicate over time/space

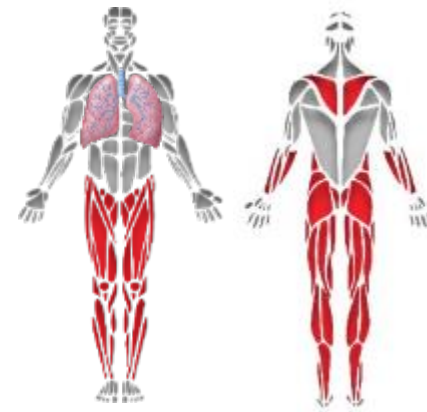


**An ergometric bike works large muscle groups in the legs. Repetitive movements under tension provide a low-impact assessment of lower-body muscular and aerobic endurance.**

# Non-Impact Aerobic Event




## 1,000 m Swim

- **Task:** Execute a rigorous non-impact aerobic event for permanent profile Soldiers who cannot perform the 2-mile run
- **Condition:** Given a standardized and approved 25-50 m swimming pool
- **Standard:** Execute the timed swim event utilizing proper form to meet equivalent ACFT muscular and aerobic performance standards within 25 minutes
- **Relevant Principles for Event Selection**
  1. **Efficacy:** Highly predictive test to assess aerobic endurance
  2. **Safety:** Minimal risk for injury; appropriate for Soldiers on an upper body profile and lower body no / low impact profile
  3. **Ease of Administration:** Requires one (1) grader, event time ~25:00 min per Soldier
  4. **Grading:** Simple to grade, difficult to replicate over time – space v. pool requirements.



**The swim works multiple large muscle groups, to include shoulders, arms, core, and legs, in one movement. The repetitive pull, kick and recover under tension provides a low-impact assessment of muscular and aerobic endurance.**

Points	MDL	SPT	HRP	SDC	LTK	2MR
100	340	12.5	60	1:33	20	13:30
99		12.4	59	1:36		13:39
98		12.2	58	1:39	19	13:48
97	330	12.1	57	1:41		13:57
96		11.9	56	1:43	18	14:06
95		11.8	55	1:45		14:15
94	320	11.6	54	1:46	17	14:24
93		11.5	53	1:47		14:33
92	310	11.3	52	1:48	16	14:42
91		11.2	51	1:49		14:51
90	300	11.0	50	1:50	15	15:00
89		10.9	49	1:51		15:09
88	290	10.7	48	1:52	14	15:18
87		10.6	47	1:53		15:27
86	280	10.4	46	1:54	13	15:36
85		10.3	45	1:55		15:45
84	270	10.1	44	1:56	12	15:54
83		10.0	43	1:57		16:03
82	260	9.8	42	1:58	11	16:12
81		9.7	41	1:59		16:21
80	250	9.5	40	2:00	10	16:30
79		9.4	39	2:01		16:39
78	240	9.2	38	2:02	9	16:48
77		9.1	37	2:03		16:57
76	230	8.9	36	2:04	8	17:06
75		8.8	35	2:05		17:15
74	220	8.6	34	2:06	7	17:24
73		8.5	33	2:07		17:33
72	210	8.3	32	2:08	6	17:42
71		8.2	31	2:09		17:51
70	200	8.0	30	2:10	5	18:00
69		7.8	28	2:14		18:12
68	190	7.5	26	2:18	4	18:24
67		7.1	24	2:22		18:36
66		6.8	22	2:26		18:48
65	180	6.5	20	2:30	3	19:00
64	170	6.2	18	2:35		19:24
63	160	5.8	16	2:40		19:48
62	150	5.4	14	2:45	2	20:12
61		4.9	12	2:50		20:36
60	140	4.5	10	3:00	1	21:00

-  Expected level of performance score for Soldiers in heavy physical demand unit/MOS
-  Expected level of performance score for Soldiers in significant physical demand unit/MOS
-  Required level of performance Score for all Soldiers (Army minimum)

**The ACFT 2.0 PASS Standard for all MOS/AOC/Units is GOLD**


## Soldiers on Temporary or Permanent Profile:

- **Temporary Profile:** Soldiers on temporary profile are authorized to take a “diagnostic” ACFT, however, they are not authorized to take a record ACFT.
- **Permanent Profile:** Soldiers with permanent profiles will take all ACFT events within the limits of their profile including at least one of the aerobic events.
- ACFT 2.0 aerobic test events include a 5,000 meter row, a 12,000 meter stationary bike, a 1,000 meter swim, and a 2 mile run. The time standard for the row, stationary bike and swim is 25 minutes and 21 minutes for the run.


Web Link: [www.army.mil/ACFT](http://www.army.mil/ACFT)

### OVERVIEW


The Army Combat Fitness Test will better connect fitness with combat readiness for all Soldiers.




**IMPROVE SOLDIER AND UNIT  
READINESS**




**TRANSFORM THE ARMY'S  
FITNESS CULTURE**



**REDUCE PREVENTABLE  
INJURIES AND ATTRITION**



**ENHANCE MENTAL  
TOUGHNESS AND STAMINA**




**EVENT 1**  
3 REPETITION MAXIMUM DEADLIFT (MDL)

**5 MINUTES**  
Goal: 100% correct on weight, posture, and form.


The 3 Repetition Maximum Deadlift (MDL) event measures movement readiness to carry and effectively lift heavy loads from the ground. Keep your back and torso leading. If you're not sure if you're back and torso are in the correct position, lower and lower back injury could be moving to the ground under heavy load.

100% (10/15) (10/15) (10/15) (10/15)




Frequently Asked Questions | [READ MORE >>](#)


## ARMY COMBAT FITNESS TEST EVENTS




**3 REPETITION MAXIMUM  
DEADLIFT (MDL)**




**STANDING POWER  
THROW (SPT)**




**HAND-RELEASE PUSH-  
UP (HRP)**



**SPRINT-DRAG-CARRY  
(SDC)**



**LEG TUCK (LTK)**



**TWO-MILE RUN (2MR)**

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Army Combat Fitness Test
- 5 **6 Sprint-Drag-Carry event execution**  
Army Combat Fitness Test
- 6 **7 Leg Tuck event execution**  
Army Combat Fitness Test
- 7 **8 Two Mile Run event execution**  
Army Combat Fitness Test