

***** UNCLASSIFIED/ *****

Subject: ALARACT 113/2012 - AR 40-501, STANDARDS OF MEDICAL FITNESS AND AR 600-9, THE ARMY WEIGHT CONTROL PROGRAM (AWCP)

Originator: /C=US/O=U.S.

GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/L=CONUS/L=WASHINGTON DC/OU=DA PENTAGON TELECOMMUNICATIONS(UC)/OU=ALARACT RELEASE AUTHORITY(UC)

DTG: 201745Z Apr 12

Precedence: PRIORITY

DAC: General

To: /C=US/O=U.S. GOVERNMENT/OU=DOD/OU=ARMY/OU=ORGANIZATIONS/OU=ADDRESS LISTS/CN=AL ALARACT(UC)

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THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-MPA//

SUBJECT: AR 40-501, STANDARDS OF MEDICAL FITNESS AND AR 600-9, THE ARMY WEIGHT CONTROL PROGRAM (AWCP)

1. THE PURPOSE OF THIS MESSAGE IS TO ANNOUNCE AN EXCEPTION TO POLICY TO AR 40-501, STANDARDS OF MEDICAL FITNESS, DATED 14 DECEMBER 2007 AND AR 600-9, THE ARMY WEIGHT CONTROL PROGRAM, DATED 27 NOVEMBER 2006.
2. THE SURGEON GENERAL HAS REDUCED THE ENLISTMENT BODY FAT STANDARDS BY 2% FOR AGES 17-20, RETURNING THEM TO THE PRE-2005 STANDARDS OF 24% (MALES) AND 30% (FEMALES). EFFECTIVE 17 MAY 2012 ALL NEW RECRUITS IN AGE GROUP 17-20 WHO ENLIST INTO ONE OF THE ARMY'S THREE COMPONENTS MUST MEET THE NEW BODY FAT STANDARDS OF AR 40-501 FOR INITIAL ENTRY.
3. ADDITIONALLY, EFFECTIVE 17 MAY 2012, THE REQUIREMENT FOR NEW ACCESSIONS TO MEET RETENTION BODY FAT STANDARDS ONE YEAR FROM DATE OF ENTRY ONTO ACTIVE DUTY IS CHANGED TO STATE "SIX MONTHS FROM DATE OF ENTRY ONTO ACTIVE DUTY NEW ACCESSIONS MUST MEET RETENTION BODY FAT STANDARDS OF AR 600-9." THE FOLLOWING PERSONNEL ARE GRANDFATHERED AND WILL BE ALLOWED ONE YEAR TO MEET THE RETENTION BODY FAT STANDARDS OF AR 600-9 AFTER ENTRY ONTO ACTIVE DUTY:
 - A. NEW RECRUITS WHO ENLISTED IN THE DELAYED ENTRY PROGRAM (DEP) ON OR BEFORE 16 MAY 2012 AND ENTER ONTO ACTIVE DUTY ON OR BEFORE 30 SEPTEMBER 2012.
 - B. NEW ENLISTEES OF THE ARMY RESERVE AND ARMY NATIONAL GUARD WHO ACCESSED INTO ONE OF THESE COMPONENTS ON OR BEFORE 16 MAY 2012 AND ENTER ONTO ACTIVE DUTY FOR TRAINING ON OR BEFORE 30 SEPTEMBER 2012.
4. THE GRANDFATHER CLAUSE DOES NOT APPLY TO THE FOLLOWING ENLISTEES:
 - A. RECRUITS WHO ENLISTED IN THE DELAYED ENTRY PROGRAM (DEP) ON OR BEFORE 16 MAY 2012 AND ARE SCHEDULED TO ENTER ONTO ACTIVE DUTY ON OR AFTER 1 OCTOBER 2012 MUST MEET THE NEW ENLISTMENT BODY FAT STANDARDS CITED IN PARAGRAPH 2 ABOVE PRIOR TO SHIPPING TO TRAINING.
 - B. ENLISTEES OF THE ARMY RESERVE AND ARMY NATIONAL GUARD WHO ACCESSED INTO ONE OF THESE COMPONENTS ON OR BEFORE 16 MAY 2012 AND ARE SCHEDULED TO ENTER ONTO ACTIVE DUTY ON OR AFTER 1 OCTOBER 2012 MUST MEET THE NEW ENLISTMENT BODY FAT STANDARDS CITED IN PARAGRAPH 2 ABOVE PRIOR TO SHIPPING TO TRAINING.
5. HQDA, G-1 POC FOR THE ACCESSION BODY FAT STANDARDS IS MR. ALPHONSA GREEN, ALPHONSA.D.GREEN.CIV@MAIL.MIL (703) 695-7490. THE ARMY WEIGHT CONTROL POLICY POC IS LTC JENNIFER PETERS, JENNIFER.B.PETERS.MIL@MAIL.MIL, (703)696-5453.
6. THIS MESSAGE HAS BEEN AUTHORIZED BY THE DCS, G-1. THE EXPIRATION DATE CANNOT BE

DETERMINED.