



DEPARTMENT OF THE ARMY
HEADQUARTERS, WARRIOR TRANSITION BRIGADE- NATIONAL CAPITAL REGION
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MCAT-WTB-CDR

24 January 2014

MEMORANDUM FOR Warrior Transition Brigade-National Capital Region (WTB-NCR)

SUBJECT: Warrior Transition Brigade-National Capital Region (WTB-NCR) Policy Letter
32- Physical Fitness and Army Body Composition Program

1. REFERENCES:

- a. Department of Defense Directive 1308.1 DoD Physical Fitness and Body Fat Program dated June 2004
- b. Department of Defense Instruction 1308.3 DoD Physical Fitness and Body Fat Programs Procedures dated November 2002
- c. Training Circular 3-22.20 Army Physical Readiness Training dated August 2010
- d. The Army Body Composition Program, AR 600-9 dated 28 June 2013

2. APPLICABILITY: This policy applies to all military personnel assigned, attached or on Temporary Duty (TDY) to the Warrior Transition Brigade- National Capital Region (WTB-NCR). This policy extends to Bethesda, Fort Meade and Fort Belvoir WTUs.

3. GENERAL: Soldiers shall maintain physical readiness through appropriate nutrition, health and fitness habits. Aerobic capacity, muscular strength, muscular endurance, and desirable body fat composition form the basis for the DoD Physical Fitness and Body Fat Programs. Units should design physical fitness training and related physical activities consistent with established scientific principles of physical conditioning that enhance fitness and general health essential to combat readiness. Soldiers must possess the cardio-respiratory endurance, muscular strength and muscular endurance, together with desirable levels of body composition to successfully perform in accordance with their mission and military specialty.

4. STANDARDS: All personnel are required to meet and maintain both the physical fitness and body fat standards. All Soldiers shall be formally evaluated and tested in accordance with Army standards, at a minimum of every 6 months. The organizational unit shall implement body composition programs that enhance general health, physical fitness and military appearance. My goal is for each Soldier to score a minimum of 95% on each testable event and be able to run four miles in formation at a nine minute-per-mile pace. The organizational physical fitness program should be designed toward meeting these goals.

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5. POLICY: All Soldiers will participate in organized physical fitness training a minimum of three days a week, but more exercise opportunities are highly encouraged.

a. Test failures and overweight Soldiers: Personnel who fail to pass the APFT and/or are determined to be overweight IAW service regulations will be enrolled in the organizations special physical fitness program. Corrective action for failure to meet required standards must be initiated in accordance with Army regulations.

b. Profiles: Service members identified with medical limitations or profiles shall be placed in a physical fitness program consistent with their limitations, as advised by medical authorities attend formations with all other Soldiers at regularly scheduled organized physical fitness formations at the appointed place and time.

6. SAFETY: Apply good Composite Risk Management to everything we do, including physical fitness training.

a. All Soldiers will wear a reflective belt or vest while conducting physical fitness training outside.

b. Soldiers may use personal music devices and wear headphones in the gym. Personnel will not wear headphones when outside on the installation, even when wearing civilian clothing.

7. WTB-NCR Incentive Program:

a. Semi-Annual Company Streamer Awards: We will recognize subordinate companies IAW established criteria below during the Quarter Awards Ceremony for the previous quarter awards.

b. Units are encouraged to establish a physical fitness training incentive Program to reward Soldiers who greatly exceed the APFT standards.

(1) Soldiers who have scored 90 points or above on every event and met H/W standards within the last 6 months are exempt from organized physical fitness training.

(2) Soldiers exempted due to excellence may be permitted to conduct physical fitness training on their own in civilian clothes and use personal music devices/headphones in the gym. Soldiers who have scored 80 points or above on every event and met H/W standards within the last 6 months, only have to attend ONE organized physical fitness formation per week.

(3) Soldiers who have scored 70 points or above on every event and meet H/W standards within the last 6 months, have to attend TWO organized physical fitness formations per week. Soldiers who have scored 69 points or below on any event and met H/W standards within the last 6 months, have to attend THREE physical fitness formations per week.

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(4) Soldiers who have failed the APFT, not met H/W standards or have NOT taken an APFT within the last 6 months, have to attend special population physical fitness formations 5 times per week. This includes Soldiers whose profile prevents them from taking an APFT in the last 6 months. This does not apply to Soldiers with an approved retirement date and within 90 days of starting continuous PTDY and transition leave. In addition, I would like to set a goal to develop a few World Class athletes each year to compete and represent the Army in the Warrior Competition Events.

8. The point of contact for this memorandum is the WTB-NCR CSM at (301)400-2308.

Caring for Our Soldiers...Heal, Educate, Transition!



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COL, SC
Commanding