

## 1-7. Personal appearance policies

*a.* General. The Army is a uniformed service where discipline is judged, in part, by the manner in which a soldier wears a prescribed uniform, as well as by the individual's personal appearance. Therefore, a neat and well-groomed appearance by all soldiers is fundamental to the Army and contributes to building the pride and esprit essential to an effective military force. A vital ingredient of the Army's strength and military effectiveness is the pride and self-discipline that American soldiers bring to their Service through a conservative military image. It is the responsibility of commanders to ensure that military personnel under their command present a neat and soldierly appearance. Therefore, in the absence of specific procedures or guidelines, commanders must determine a soldier's compliance with standards in this regulation. Soldiers must take pride in their appearance at all times, in or out of uniform, on and off duty. Pride in appearance includes soldiers' physical fitness and adherence to acceptable weight standards, in accordance with AR 600-9.

*b.* Exceptions to appearance standards based on religious practices.

(1) As provided by AR 600-20, paragraph 5-6, and subject to temporary revocation because of health, safety, or mission requirements, the following applies to the wear of religious apparel, articles, or jewelry. The term "religious apparel" is defined as articles of clothing worn as part of the observance of the religious faith practiced by the soldier. Religious articles include, but are not limited to, medallions, small booklets, pictures, or copies of religious symbols or writing carried by the individual in wallets or pockets. Except as noted below, personnel may not wear religious items if they do not meet the standards of this regulation, and requests for accommodation will not be entertained (see AR 600-20, para 5-6g(2)(d)).

*(a)* Soldiers may wear religious apparel, articles, or jewelry with the uniform, to include the physical fitness uniform, if they are neat, conservative, and discreet. "Neat conservative, and discreet" is defined as meeting the uniform criteria of this regulation. In other words, when religious jewelry is worn, the uniform must meet the same standards of wear as if the religious jewelry were not worn. For example, a religious item worn on a chain may not be visible when worn with the utility, service, dress, or mess uniforms. When worn with the physical fitness uniform, the item should be no more visible than identification (ID) tags would be in the same uniform. The width of chains worn with religious items should be approximately the same size as the width of the ID tag chain.

*(b)* Soldiers may not wear these items when doing so would interfere with the performance of their duties or present a safety concern. Soldiers may not be prohibited, however, from wearing religious apparel, articles, or jewelry meeting the criteria of this regulation simply because they are religious in nature, if wear is permitted of similar items of a nonreligious nature. A specific example would be wearing a ring with a religious symbol. If the ring meets the uniform standards for jewelry and is not worn in a work area where rings are prohibited because of safety concerns, then wear is allowed and may not be prohibited simply because the ring bears a religious symbol.

*(c)* During a worship service, rite, or ritual, soldiers may wear visible or apparent religious articles, symbols, jewelry, and apparel that do not meet normal uniform standards. Commanders, however, may place reasonable limits on the wear of non-subdued items of religious apparel during worship services, rites, or rituals conducted in the field for operational or safety reasons. When soldiers in uniform wear visible religious articles on such occasions, they must ensure that these articles are not permanently affixed or appended to any prescribed article of the uniform.

*(d)* Chaplains may wear religious attire as described in this regulation, CTA 50-909, and AR 165-1 in the performance of religious services and other official duties, as required. Commanders may not prohibit chaplains from wearing religious symbols that are part of the chaplain's duty uniform. (See AR 600-20, para 5-6g(7).)

(2) Soldiers may wear religious headgear while in uniform if the headgear meets the following criteria.

*(a)* It must be subdued in color (black, brown, green, dark or navy blue, or a combination of these colors).

*(b)* It must be of a style and size that can be completely covered by standard military headgear, and it cannot interfere with the proper wear or functioning of protective clothing or equipment.

*(c)* The headgear cannot bear any writing, symbols, or pictures.

*(d)* Personnel will not wear religious headgear in place of military headgear when military headgear is required (outdoors, or indoors when required for duties or ceremonies).

(3) Personal grooming. Hair and grooming practices are governed by paragraph 1-8 of this regulation, and exceptions or accommodations based on religious practices will not be granted. As an exception, policy exceptions based on

religious practice given to soldiers in accordance with AR 600–20 on or prior to 1 January 1986 remain in effect as long as the soldier remains otherwise qualified for retention.

## **1–8. Hair and fingernail standards and grooming policies**

### *a. Hair.*

(1) General. The requirement for hair grooming standards is necessary to maintain uniformity within a military population. Many hairstyles are acceptable, as long as they are neat and conservative. It is not possible to address every acceptable hairstyle, or what constitutes eccentric or conservative grooming. Therefore, it is the responsibility of leaders at all levels to exercise good judgment in the enforcement of Army policy. All soldiers will comply with the hair, fingernail, and grooming policies while in any military uniform or while in civilian clothes on duty.

(a) Leaders will judge the appropriateness of a particular hairstyle by the appearance of headgear when worn. Soldiers will wear headgear as described in the applicable chapters of this regulation. Headgear will fit snugly and comfortably, without distortion or excessive gaps. Hairstyles that do not allow soldiers to wear the headgear properly, or that interfere with the proper wear of the protective mask or other protective equipment, are prohibited.

(b) Extreme, eccentric, or trendy haircuts or hairstyles are not authorized. If soldiers use dyes, tints, or bleaches, they must choose those that result in natural hair colors. Colors that detract from a professional military appearance are prohibited. Therefore, soldiers should avoid using colors that result in an extreme appearance. Applied hair colors that are prohibited include, but are not limited to, purple, blue, pink, green, orange, bright (fire-engine) red, and fluorescent or neon colors. It is the responsibility of leaders to use good judgment in determining if applied colors are acceptable, based upon the overall effect on soldiers' appearance.

(c) Soldiers who have a texture of hair that does not part naturally may cut a part into the hair. The part will be one straight line, not slanted or curved, and will fall in the area where the soldier would normally part the hair. Soldiers will not cut designs into their hair or scalp.

(2) Male haircuts will conform to the following standards.

(a) The hair on top of the head must be neatly groomed. The length and bulk of the hair may not be excessive or present a ragged, unkempt, or extreme appearance. The hair must present a tapered appearance. A tapered appearance is one where the outline of the soldier's hair conforms to the shape of the head, curving inward to the natural termination point at the base of the neck. When the hair is combed, it will not fall over the ears or eyebrows, or touch the collar, except for the closely cut hair at the back of the neck. The block-cut fullness in the back is permitted to a moderate degree, as long as the tapered look is maintained. In all cases, the bulk or length of hair may not interfere with the normal wear of headgear (see para 1–8a(1)(a), above) or protective masks or equipment. Males are not authorized to wear braids, comrows, or dreadlocks (unkempt, twisted, matted, individual parts of hair) while in uniform or in civilian clothes on duty. Hair that is clipped closely or shaved to the scalp is authorized.

(b) Males will keep sideburns neatly trimmed. Sideburns may not be flared; the base of the sideburn will be a clean-shaven, horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening.

(c) Males will keep their face clean-shaven when in uniform or in civilian clothes on duty. Mustaches are permitted; if worn, males will keep mustaches neatly trimmed, tapered, and tidy. Mustaches will not present a chopped off or bushy appearance, and no portion of the mustache will cover the upper lip line or extend sideways beyond a vertical line drawn upward from the corners of the mouth (see figure 1–1). Handlebar mustaches, goatees, and beards are not authorized. If appropriate medical authority prescribes beard growth, the length required for medical treatment must be specified. For example, "The length of the beard will not exceed ¼ inch" (see TB MED 287). Soldiers will keep the growth trimmed to the level specified by appropriate medical authority, but they are not authorized to shape the growth into goatees, or "Fu Manchu" or handlebar mustaches.

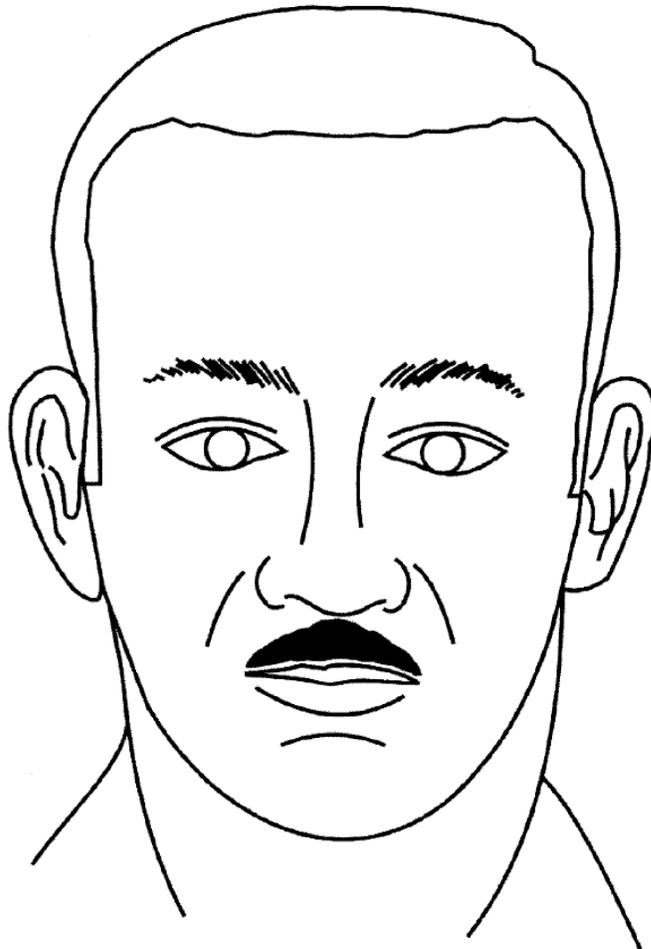


Figure 1-1. Wear of mustache

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(d) Males are prohibited from wearing wigs or hairpieces while in uniform or in civilian clothes on duty, except to cover natural baldness or physical disfiguration caused by accident or medical procedure. When worn, wigs or hairpieces will conform to the standard haircut criteria as stated in 1-8a(2)(a), above.

(3) Female haircuts will conform to the following standards.

(a) Females will ensure their hair is neatly groomed, that the length and bulk of the hair are not excessive, and that the hair does not present a ragged, unkempt, or extreme appearance. Likewise, trendy styles that result in shaved portions of the scalp (other than the neckline) or designs cut into the hair are prohibited. Females may wear braids and cornrows as long as the braided style is conservative, the braids and cornrows lie snugly on the head, and any hair-holding devices comply with the standards in 1-8a(3)(d) below. Dreadlocks (unkempt, twisted, matted individual parts of hair) are prohibited in uniform or in civilian clothes on duty. Hair will not fall over the eyebrows or extend below the bottom edge of the collar at any time during normal activity or when standing in formation. Long hair that falls naturally below the bottom edge of the collar, to include braids, will be neatly and inconspicuously fastened or pinned.

so no free-hanging hair is visible. This includes styles worn with the physical fitness uniform/improved physical fitness uniform (PFU/IPFU).

(b) Styles that are lopsided or distinctly unbalanced are prohibited. Ponytails, pigtails, or braids that are not secured to the head (allowing hair to hang freely), widely spaced individual hanging locks, and other extreme styles that protrude from the head are prohibited. Extensions, weaves, wigs, and hairpieces are authorized; however, these additions must have the same general appearance as the individual's natural hair. Additionally, any wigs, extensions, hairpieces, or weaves must comply with the grooming policies set forth in this paragraph.

(c) Females will ensure that hairstyles do not interfere with proper wear of military headgear and protective masks or equipment at any time (see 1-8a(1)(a), above). When headgear is worn, the hair will not extend below the bottom edge of the front of the headgear, nor will it extend below the bottom edge of the collar.

(d) Hair-holding devices are authorized only for the purpose of securing the hair. Soldiers will not place hair-holding devices in the hair for decorative purposes. All hair-holding devices must be plain and of a color as close to the soldier's hair as is possible or clear. Authorized devices include, but are not limited to, small, plain scrunchies (elastic hair bands covered with material), barrettes, combs, pins, clips, rubber bands, and hair bands. Devices that are conspicuous, excessive, or decorative are prohibited. Some examples of prohibited devices include, but are not limited to, large, lacy scrunchies; beads, bows, or claw clips; clips, pins, or barrettes with butterflies, flowers, sparkles, gems, or scalloped edges; and bows made from hairpieces.

(e) Soldiers may not wear hairnets unless they are required for health or safety reasons, or in the performance of duties (such as those of a cook). No other type of hair covering is authorized in lieu of the hairnet. The commander will provide the hairnet to the soldier at no cost.

*b. Cosmetics.*

(1) General. As with hairstyles, the requirement for standards regarding cosmetics is necessary to maintain uniformity and to avoid an extreme or unmilitary appearance. Males are prohibited from wearing cosmetics, to include nail polish. Females are authorized to wear cosmetics with all uniforms, provided they are applied conservatively and in good taste and complement the uniform. Leaders at all levels must exercise good judgment in the enforcement of this policy.

(a) Females may wear cosmetics if they are conservative and complement the uniform and their complexion. Eccentric, exaggerated, or trendy cosmetic styles and colors, to include makeup designed to cover tattoos, are inappropriate with the uniform and are prohibited. Permanent makeup, such as eyebrow or eyeliner, is authorized as long as the makeup conforms to the standards outlined above.

(b) Females will not wear shades of lipstick and nail polish that distinctly contrast with their complexion, that detract from the uniform, or that are extreme. Some examples of extreme colors include, but are not limited to, purple, gold, blue, black, white, bright (fire-engine) red, khaki, camouflage colors, and fluorescent colors. Soldiers will not apply designs to nails or apply two-tone or multi-tone colors to nails.

(2) Females will comply with the cosmetics policy while in any military uniform or while in civilian clothes on duty.

*c. Fingernails.* All personnel will keep fingernails clean and neatly trimmed. Males will keep nails trimmed so as not to extend beyond the fingertip. Females will not exceed a nail length of ¼ inch, as measured from the tip of the finger. Females will trim nails shorter if the commander determines that the longer length detracts from the military image, presents a safety concern, or interferes with the performance of duties.

*d. Hygiene and body grooming.* Soldiers will maintain good personal hygiene and grooming on a daily basis and wear the uniform so as not to detract from their overall military appearance.

*e. Tattoo policy*

(1) Tattoos or brands anywhere on the head, face, and neck above the class A uniform collar are prohibited.

(2) Tattoos or brands that are extremist, indecent, sexist, or racist are prohibited, regardless of location on the body, as they are prejudicial to good order and discipline within units.

(a) Extremist tattoos or brands are those affiliated with, depicting, or symbolizing extremist philosophies, organizations, or activities. Extremist philosophies, organizations, and activities are those which advocate racial, gender or ethnic hatred or intolerance; advocate, create, or engage in illegal discrimination based on race, color, gender, ethnicity, religion, or national origin; or advocate violence or other unlawful means of depriving individual rights under the U.S. Constitution, Federal, or State law (see para 4-12, AR 600-20).

(b) Indecent tattoos or brands are those that are grossly offensive to modesty, decency, or propriety; shock the moral sense because of their vulgar, filthy, or disgusting nature or tendency to incite lustful thought; or tend reasonably to corrupt morals or incite libidinous thoughts.

(c) Sexist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on gender, but that may not meet the same definition of "indecent."

(d) Racist tattoos or brands are those that advocate a philosophy that degrades or demeans a person based on race, ethnicity, or national origin.

(3) Counseling requirements.

- (a)* Commanders will ensure soldiers understand the tattoo policy.
- (b)* For soldiers who are not in compliance, commanders may not order the removal of a tattoo or brand. However, the commander must counsel soldiers, and afford them the opportunity to seek medical advice about removal or alteration of the tattoo or brand.
- (4)* If soldiers are not in compliance with the policy, and refuse to remove or alter the tattoos or brands, commanders will:
  - (a)* Ensure the soldier understands the policy.
  - (b)* Ensure the soldier has been afforded the opportunity to seek medical advice about removal or alteration.
  - (c)* Counsel the soldier in writing. The counseling form will state that the soldier's refusal to remove extremist, indecent, sexist, or racist tattoos or brands anywhere on the body, or refusal to remove any type of tattoo or brand visible in the class A uniform (worn with slacks/trousers), will result in discharge.
- (5)* Existing tattoos or brands on the hands that are not extremist, indecent, sexist, or racist, but are visible in the class A uniform (worn with slacks/trousers), are authorized.
- (6)* Finality of determination.
  - (a)* Recruiting battalion commanders or recruiting battalion executive officers (O-5 or above) will make initial entry determinations that tattoos or brands comply with this policy for Active Army and Army Reserve soldiers. This authority will not be delegated further.
  - (b)* Unit commanders or unit executive officers will make determinations for soldiers currently on active duty. This authority will not be delegated further.
  - (c)* Recruiting and retention managers (O-5 or above) will make initial entry determinations that tattoos or brands comply with this policy for National Guard soldiers. This authority will not be delegated further.
  - (d)* Professors of military science (O-5 or above) will make initial entry determinations that tattoos or brands comply with this policy for ROTC cadets. This authority will not be delegated further.
  - (e)* The Director of Admissions will make initial entry determinations that tattoos or brands comply with this policy for the U.S. Military Academy cadets. This authority will not be delegated further.
  - (f)* Determinations will be fully documented in writing and will include a description of existing tattoos or brands and their location on the body. A copy of the determination will be provided to the soldier. Unless otherwise directed by the Army Deputy Chief of Staff, G-1, these determinations are final. If a tattoo or brand is discovered to violate this policy after an initial determination has been documented, commanders must submit requests for an exception to policy or for discharge through the soldier's chain of command to the MACOM for approval. Appeals to the MACOM decision will be forwarded to the Army Deputy Chief of Staff, G-1 for decision.
- (7)* Soldiers may not cover tattoos or brands in order to comply with the tattoo policy.

Army Regulation 600-9

Personnel—General

# The Army Weight Control Program

Headquarters  
Department of the Army  
Washington, DC  
27 November 2006

**UNCLASSIFIED**

## **Chapter 3**

### **Proper Weight Control**

#### **3-1. Policy**

*a.* Commanders and supervisors will monitor all members of their command (officers, warrant officers, and enlisted personnel) to ensure that they maintain proper weight, body composition, and personal appearance. At minimum, personnel will be weighed when they take the APFT or at least every 6 months. Soldiers may be weighed immediately before or after they take the APFT. Personnel exceeding the screening table weight (table 3-1) or identified by the commander or supervisor for a special evaluation will have a determination made of percent body fat. Identification and counseling of overweight personnel are required.

**Table 3-1**  
**Weight for height table (screening table weight)**

| Height (in inches) | Minimum weight (in pounds) <sup>a</sup> | Male weight in pounds, by age |       |       |     | Female weight in pounds, by age |       |       |     |
|--------------------|---|-------------------------------|-------|-------|-----|---------------------------------|-------|-------|-----|
|                    |   | 17-20                         | 21-27 | 28-39 | 40+ | 17-20                           | 21-27 | 28-39 | 40+ |
| 58                 | 91                                      | —                             | —     | —     | —   | 119                             | 121   | 122   | 124 |
| 59                 | 94                                      | —                             | —     | —     | —   | 124                             | 125   | 126   | 128 |
| 60                 | 97                                      | 132                           | 136   | 139   | 141 | 128                             | 129   | 131   | 133 |
| 61                 | 100                                     | 136                           | 140   | 144   | 146 | 132                             | 134   | 135   | 137 |
| 62                 | 104                                     | 141                           | 144   | 148   | 150 | 136                             | 138   | 140   | 142 |
| 63                 | 107                                     | 145                           | 149   | 153   | 155 | 141                             | 143   | 144   | 146 |
| 64                 | 110                                     | 150                           | 154   | 158   | 160 | 145                             | 147   | 149   | 151 |
| 65                 | 114                                     | 155                           | 159   | 163   | 165 | 150                             | 152   | 154   | 156 |
| 66                 | 117                                     | 160                           | 163   | 168   | 170 | 155                             | 156   | 158   | 161 |
| 67                 | 121                                     | 165                           | 169   | 174   | 176 | 159                             | 161   | 163   | 166 |
| 68                 | 125                                     | 170                           | 174   | 179   | 181 | 164                             | 166   | 168   | 171 |
| 69                 | 128                                     | 175                           | 179   | 184   | 186 | 169                             | 171   | 173   | 176 |
| 70                 | 132                                     | 180                           | 185   | 189   | 192 | 174                             | 176   | 178   | 181 |
| 71                 | 136                                     | 185                           | 189   | 194   | 197 | 179                             | 181   | 183   | 186 |
| 72                 | 140                                     | 190                           | 195   | 200   | 203 | 184                             | 186   | 188   | 191 |
| 73                 | 144                                     | 195                           | 200   | 205   | 208 | 189                             | 191   | 194   | 197 |
| 74                 | 148                                     | 201                           | 206   | 211   | 214 | 194                             | 197   | 199   | 202 |
| 75                 | 152                                     | 206                           | 212   | 217   | 220 | 200                             | 202   | 204   | 208 |
| 76                 | 156                                     | 212                           | 217   | 223   | 226 | 205                             | 207   | 210   | 213 |
| 77                 | 160                                     | 218                           | 223   | 229   | 232 | 210                             | 213   | 215   | 219 |
| 78                 | 164                                     | 223                           | 229   | 235   | 238 | 216                             | 218   | 221   | 225 |
| 79                 | 168                                     | 229                           | 235   | 241   | 244 | 221                             | 224   | 227   | 230 |
| 80                 | 173                                     | 234                           | 240   | 247   | 250 | 227                             | 230   | 233   | 236 |

Notes:

- <sup>a</sup> Male and female Soldiers who fall below the minimum weights shown in table 3-1 will be referred for immediate medical evaluation.
- <sup>1</sup> Height will be measured in stocking feet (without shoes), standing on a flat surface with the chin parallel to the floor. The body will be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines: If the height fraction is less than 1/2 inch, round down to the nearest whole number in inches; if the height fraction is 1/2 inch or greater, round up to the next highest whole number in inches.
- <sup>2</sup> Weight will be measured and recorded to the nearest pound within the following guidelines: If the weight fraction is less than 1/2 pound, round down to the nearest pound; if the weight fraction is 1/2 pound or greater, round up to the next highest pound.
- <sup>3</sup> All measurements will be in a standard PT uniform (gym shorts and T-shirt, without shoes).
- <sup>4</sup> If the circumstances preclude weighing Soldiers during the APFT, they will be weighed within 30 days of the APFT.
- <sup>5</sup> Add 6 pounds per inch for males over 80 inches and 5 pounds for females for each inch over 80 inches.

b. Commanders and supervisors will provide educational and other motivational programs to encourage personnel to attain and maintain proper weight (body fat) standards. Such programs will include—

- (1) Nutrition education sessions conducted by qualified health care personnel. These sessions are required for all Soldiers enrolled in a weight control program.
- (2) Exercise programs, even though minimum APFT standards are achieved.

c. Maximum allowable percent body fat standards are shown in table 3-2. However, all personnel are encouraged to achieve the more stringent Department of Defense goal, which is 18 percent body fat for males and 26 percent body fat for females.

**Table 3-2**  
**Maximum allowable percent body fat standards**

**Age Group: 17-20**  
**Male (% body fat): 20%**  
**Female (% body fat): 30%**

**Age Group: 21-27**  
**Male (% body fat): 22%**  
**Female (% body fat): 32%**

**Age Group: 28-39**  
**Male (% body fat): 24%**  
**Female (% body fat): 34%**

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**Table 3-2**  
**Maximum allowable percent body fat standards—Continued**

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**Age Group:** 40 & Older  
**Male (% body fat):** 26%  
**Female (% body fat):** 36%

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- d.* Personnel who are overweight, including Soldiers who become pregnant while on the weight control program—
- (1) Are nonpromotable (to the extent such nonpromotion is permitted by law).
  - (2) Will not be assigned to command, command sergeant major or first sergeant positions.
  - (3) Are not authorized to attend professional military schools. All Soldiers scheduled for attendance at professional military schools will be screened prior to departing their home station/losing command. Heights and weights will be recorded on their TDY orders (DD Form 1610 (Request and Authorization for TDY Travel of DOD Personnel), block 16) or on their PCS packets. Soldiers exceeding the screening table weight in table 3-1 will not be allowed to depart their command until the commander has determined they meet body fat composition standards.
  - (4) Arriving at any DA board select school or those who PCS to a professional military school who do not meet body composition standards will be processed for disenrollment and, if applicable, removal from the DA board select list, as follows:
    - (a) The Soldier will be notified in writing of the proposed action, the basis for the proposed action, and the consequences of denied enrollment and removal from the selection list.
    - (b) The Soldier will be provided an opportunity to submit matters in rebuttal in a reasonable period of time (not to exceed 5 working days) from receipt of notification.
    - (c) The approval authority is the Soldier's general court-martial convening authority, who will take prompt action consistent with the best interests of the Army after review of all matters submitted. The approval authority must approve enrollment denial and removal from the DA board select list if he finds that, in light of all the facts and circumstances, the Soldier's failure to meet body fat standards was the result of a lack of self-discipline expected of a Soldier of similar rank and experience.
  - (5) Arriving at professional military schools (other than DA board select or PCS schools) who do not meet body fat composition standards will be denied enrollment without further process and reassigned in accordance with paragraph 3-1d(6).
- e.* When enrollment has been denied in accordance with paragraph 3-1d(4) or (5), the following policy applies:
- (1) For Active Army Soldiers denied enrollment when on—
    - (a) TDY and return. Soldiers will be immediately returned to home station.
    - (b) TDY en route. Soldiers will be attached to the installation pending clarification of assignment instructions for follow on assignment. The school commandant will notify the Human Resources Command (HRC) of the Soldier's ineligibility for schooling and request clarification of assignment instructions.
    - (c) PCS. Policy in paragraph 3-1d(4) will be followed. If enrollment is denied, Soldiers will be reported immediately as available for assignment and attached to the installation pending assignment instructions from HRC-Alexandria.
  - (2) For the Active Army National Guard Soldier denied enrollment when on—
    - (a) TDY and return. All ARNGUS Soldiers in a Title 32 status will return to home station. For M-Day and Title 32 AGR Soldiers, the school commandant will forward the memorandum to the Adjutant General of the State concerned. The school commandant will forward the memorandum to CNGB, ATTN: NGB-ARZ.
    - (b) TDY en route. Title 32 AGR Soldiers will be returned immediately to home station. The memorandum from the school commandant will be forwarded to the Adjutant General of the State concerned. ARNG Title 10 Soldiers will be sent to their next permanent duty station. The memorandum will be forwarded to CNGB, ATTN: NGB-ARZ.
    - (c) PCS. Policy in paragraph 3-1d(4) will be followed. Title 32 Soldiers will be returned immediately to home station. ARNG Title 10 personnel will be attached to the office of the senior ARNG advisor at the installation pending receipt of permanent assignment instructions from NGB-ARP-CT.
  - (3) U.S. Army Reserve Soldiers denied enrollment when on—
    - (a) TDY and return. All Soldiers will return to home station. For USAR Title 10 AGR, the memorandum is forwarded to the Commander, HRC-St. Louis. For non-AGR Soldiers, the memorandum is forwarded to the first general officer in the Soldier's chain of command.
    - (b) TDY en route. USAR Title 10 AGR Soldiers will be sent to their permanent duty station. The memorandum will be forwarded to Commander, HRC-St. Louis. The school commandant will immediately notify the gaining installation.
    - (c) PCS. Policy in paragraph 3-1d(4) is followed. The school commandant will immediately report the Soldier to the Commander, HRC-St. Louis as available for assignment. Pending clarification of further instructions, attach the Soldier to the office of the senior USAR advisor at the installation.

*f.* If the school for which enrollment has been denied is the result of local selection, the installation commander may determine the Soldier's eligibility for subsequent attendance at the school.

*g.* If the school for which enrollment has been denied is the result of normal career assignment, the Soldier is eligible for subsequent attendance at the school providing the Soldier meets the standards defined in paragraph 3-1c.

*h.* Soldiers reporting to a school as a result of a reenlistment option and found not to meet body fat composition standards will be released in accordance with the needs of the Army (for Active Army Soldiers) or returned to home station as indicated above (for ARNG/USAR Soldiers). No grounds will exist for the Soldier to claim an unfulfilled reenlistment contract.

*i.* A memorandum will be sent to the first general officer in the sending/losing chain of command that addresses the Soldier's failure to maintain standards and the possible failure of the unit commander to identify and enroll the Soldier in the AWCP. In addition, for Soldiers in a TDY enroute or PCS status, the school commandant will notify the gaining installation commander that the Soldier reported to the school not meeting body composition standards. The receiving unit commander will screen the Soldier upon arrival and enroll the Soldier in the AWCP if the body composition standard is not met.

*j.* All enrollment denials and approved removal actions must be reported electronically to the Commander, HRC-Alexandria, 2461 Eisenhower, Alexandria VA 22331-0400. The following information will be forwarded:

- (1) Name.
- (2) Social Security number.
- (3) Date of denial and/or removal.
- (4) Brief synopsis of reasons for removal.

### **3-2. Procedures**

*a.* Body fat composition will be determined for personnel—

(1) Whose body weight exceeds the screening table weight in table 3-1.

(2) When the unit commander or supervisor determines that the individual's appearance suggests that body fat is excessive.

*b.* Routine weigh-ins will be accomplished at the unit level. Percent body fat measurements will be accomplished by company or similar level commanders (or their designee) in accordance with standard methods prescribed in appendix B of this regulation. Soldiers will be measured by individuals of the same gender. If this cannot be accomplished, a female Soldier will be present when males measure females. IRR members on AT, ADT, and special active duty for training will have a weigh-in and body fat evaluation (if required) by the unit to which attached. Active Army and Reserve Component Soldiers exceeding body fat standards in table 3-1 (determined to be overfat), will be provided exercise guidance, dietary information or weight reduction counseling by health care personnel, and assistance in behavioral modification, as appropriate, to help them attain the requirements of the Army. Soldiers not meeting body fat standards after 1 year from date of entry into the Active Army will be entered in the AWCP and flagged under the provisions of AR 600-8-2 by the unit commander. Enrollment in a weight control program starts on the day that the Soldier is informed by the unit commander that he/she has been entered in a weight control program. The weight reduction counseling may be accomplished prior to or shortly after entry into a program.

*c.* The sample correspondence shown in figure 3-1 will be completed and retained by the unit commander or supervisor to document properly recommendations and actions taken in each case.

*d.* Health care personnel will perform a medical evaluation when a Soldier has a medical limitation, is pregnant, or when requested by the unit commander. A medical evaluation is also required for Soldiers being considered for separation because of a failure to make satisfactory progress in the AWCP, or within 6 months of ETS. Aircraft crewmembers who exceed the body fat standards will be referred to a flight surgeon for possible impact on flight status. The medical professional will—

(1) Conduct a thorough medical evaluation to rule out any underlying medical condition (for example, a metabolic disorder) that may be a cause for significant weight gain. If an underlying medical condition cannot be controlled with medication or other medical treatment, the medical professional will refer the Soldier to a medical evaluation board (MEB).

(2) Prepare any profile associated with the underlying diagnosis in accordance with AR 40-501, chapter 7. Temporary or permanent profiles will not be granted to exempt Soldiers from the requirement to meet body fat standards; therefore, such profiles will be deemed invalid.

(3) Complete a memorandum to the Soldier's unit commander.

(4) The sample correspondence shown in figure 3-1 will be completed and retained by the unit commander or supervisor to properly document recommendations and actions taken in each case. The use of certain medications to treat an underlying medical disorder or the inability to perform all aerobic events may contribute to weight gain but are not considered sufficient justification for noncompliance with this regulation. If an individual's weight condition, as diagnosed by medical authorities, results from an underlying or associated disease process, health care personnel will take one of the following actions:

(a) Prescribe treatment to alleviate the condition and return the Soldier to the unit. A physician must note the approximate amount of time treatment is needed before the Soldier can be continued in the AWCP. For instance, a Soldier who is medicated for an underactive thyroid gland may need 3 months before the medication enables the Soldier to begin to lose weight at the same rate as an individual with a normal functioning thyroid gland. This is not a permanent exemption from this regulation. Soldiers will not be permanently exempt because of chronic medical conditions.

(b) Hospitalize Active Army personnel for necessary treatment.

(c) Refer Reserve Component personnel to their personal physicians (at an individual's expense) for further evaluation or treatment.

(d) Provide personalized nutritional and exercise counseling based on medical diagnosis.

(e) Determine whether an individual's condition is medically disqualifying for continued service. If the Soldier does not meet medical retention standards of AR 40-501, chapter 3, the Soldier will be referred to an MEB/physical evaluation board (PEB).

*e.* If the underlying medical condition does not require referral to an MEB/PEB and a Soldier is classified as overweight, these facts will be documented and the Soldier will be entered into the AWCP except as described in paragraph 3-2*b*. Commanders will initiate suspension of favorable personnel actions under AR 600-8-2.

(1) The required weight loss goal of 3 to 8 pounds per month is considered a safely attainable goal to enable Soldiers to lose excess body fat and meet the body fat standards described in paragraph 3-1*c*. Weigh-ins will be made by unit personnel monthly (or during unit assemblies for ARNG and USAR personnel) to measure progress. A body fat evaluation may also be done by unit personnel to assist in measuring progress.

(2) As an exception to paragraph 3-2*g*, an individual who has not made satisfactory progress after any two consecutive monthly weigh-ins may be referred by the commander or supervisor to health care personnel for evaluation or reevaluation. If health care personnel are unable to determine a medical reason for lack of weight loss—and if the individual is not in compliance with the body fat standards at paragraph 3-1*c* and still exceeds the screening table weight (table 3-1)—the commander or supervisor will inform the individual that—

(a) Progress is unsatisfactory.

(b) He or she is subject to separation as specified in paragraph 3-2*j*.

*f.* Commanders and supervisors will remove individuals administratively from a weight control program as soon as the body fat standard is achieved. The screening table weight will not be used to remove Soldiers from a weight control program. The removal action will be documented as shown in figure 3-1; removal or suspension of favorable personnel actions will be accomplished at that time.

*g.* After a period of dieting and/or exercise for 6 months and except as described in paragraph 3-2*b*, Soldiers who have not made satisfactory progress and who still exceed the screening table and body fat standards will be processed as follows:

(1) If health care personnel determine that the condition is due to an underlying or associated disease process, action described in paragraph 3-2*d* will be taken.

(2) The unit commander will initiate a mandatory bar to reenlistment or administrative separation proceeding for

Soldiers who do not make satisfactory progress in the AWCP after a 6-month period and for whom no medical reasons exist to cause the overweight condition. The appropriate regulatory guidance is located in paragraph 3-2j.

h. Personnel will be continued in a weight control program (as provided in paragraphs 3-2e through g) after the initial 6-month period, except as described in paragraph 3-2b, if they—

(1) Still exceed the body fat standard.

(2) Have made satisfactory progress toward their weight loss (as indicated in the glossary), or are at or below the screening table weight (table 3-1).

(3) For RC personnel only, if the individual has not obtained an evaluation from his/her personal physician under the provisions of paragraph 3-2d and cannot demonstrate that the overweight condition results from an underlying or associated disease process, the individual may be separated under appropriate regulations without further medical evaluation by health care personnel.

i. To assist commanders and supervisors, a flow chart outlining procedural guidance is shown at figure 3-2.

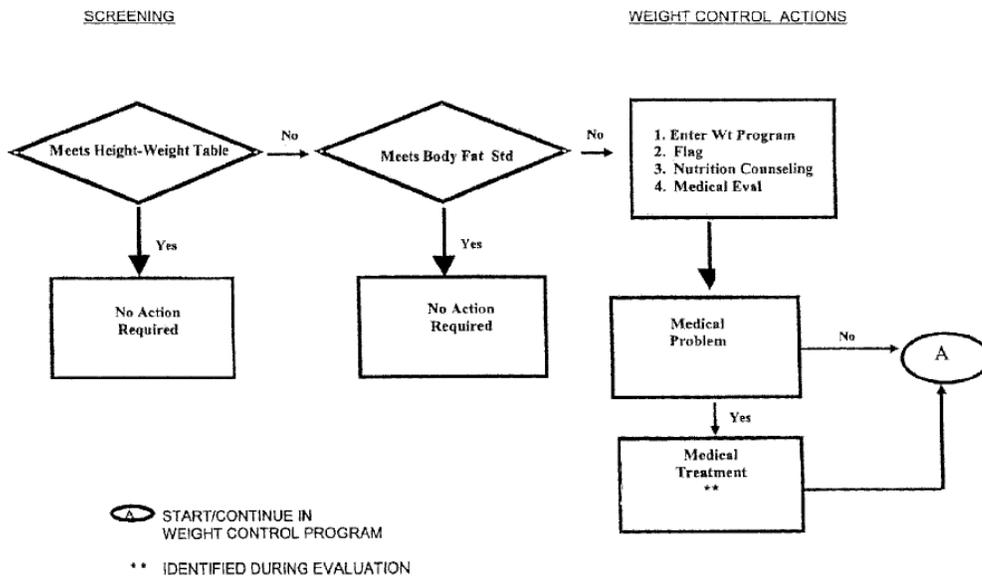


Figure 3-2. Flow process guide for screening and weight control actions (applies to all personnel: officers, warrant officers, and enlisted)

j. The commander or supervisor will inform the Soldier in writing that a bar to reenlistment or separation proceedings are being initiated under the following regulations: AR 135-175; AR 135-178; AR 600-8-24, chapters 4 and 5; AR 601-280; AR 635-200, chapters 5 through 15, and 18; NGR 600-5; NGR 600-101; NGR 600-200, chapter 7; or NGR 635-100. These actions will be taken unless a medical reason is found to preclude the loss of weight or there are other good causes to justify additional time in the AWCP.

(1) The individual will immediately respond to the separation consideration letter in writing. The commander or supervisor will consider the response and initiate separation action if no adequate explanation is provided, unless the individual submits an application for retirement, if eligible. USAR personnel who fall under the purview of this paragraph will be released from AD or discharged, as appropriate.

(2) If separation action is not initiated or does not result in separation, the individual will be entered or continued in a weight control program, as specified in paragraph 3-2e.

k. If, within 36 months following removal from a weight control program, it is determined (under paragraph 3-2a) that an individual exceeds the screening table weight (table 3-1) and the body fat standard prescribed in paragraph 3-1c, the following will apply:

(1) If the unit commander determines that the individual exceeds the body fat standard—

*(a)* Within 12 months following removal from the AWCP and no underlying or associated disease process is found as the cause of the condition, the unit commander will initiate separation proceedings per paragraphs 3–2*g* and *j*.

*(b)* After the 12th month, but within 36 months from the date of the previous removal from the program, and if no underlying or associated disease process is found as the cause of the condition, the individual will be allowed 90 days to meet the standards. Personnel who meet the body fat standard after that period will be removed from the program. All others will be subject to separation from the service under paragraph 3–2*j*.

*(c)* Personnel who meet this regulation's standards and become pregnant will be exempt from the standards for the duration of the pregnancy plus the period of convalescent leave after termination of pregnancy. They will be entered in a weight control program, if required, after completion of 135 days of convalescent leave and with approval of a medical doctor that they are fit for participation in a weight control program. This procedure also applies to individuals in a medical holding unit who have been hospitalized for long periods. Soldiers entered/reentered in a weight control program after pregnancy, prolonged treatment, or hospitalization will be considered to be in a new weight control program. Paragraph 3–2*k* of this regulation will not apply at that time.

(2) If the individual is determined to exceed the body fat standard and the condition is due to an underlying or associated disease process, action described in paragraph 3–2*d* will be taken.

*l.* Inherent in the responsibility of selection boards is the obligation to select only those individuals who are considered to be physically fit to perform the duties required of them at all times. Compliance with the AWCP as prescribed in this regulation will be considered in the selection process for promotion, professional military or civilian schooling, or assignment to command positions. Procedures for commanders and supervisors to provide current information for use by selection boards indicating whether individuals meet the prescribed standards will be included in DA regulations or issued by separate correspondence.

*m.* Records will be maintained in the Military Personnel Records Jacket for personnel in weight control programs. On transfer from one unit to another, the losing commander or supervisor will forward a statement to the gaining unit with information indicating the status of the individual's participation in a weight control program. When the transfer is a permanent change of station, the unit commander's statement will be filed as a transfer document in the Military Personnel Records Jacket, under AR 600–8–104.

*n.* Upon removal from the weight control program, unit records on participation in a weight control program will be maintained in the Military Personnel Records Jacket for a period of 36 months from date of removal. If the Soldier is transferred to another unit prior to completion of 36 months, action will be taken in accordance with paragraph 3–2*m*.