



PRT/APFT Fact Sheet



PRT: Unless exempted by a medical profile, all Soldiers are required to participate in individual or unit PRT at least three times per week. Commanders may also excuse Soldiers who have performed exhaustive duties with little or no rest.

TEMPORARY PROFILES:

Reconditioning Program. The reconditioning program is a program designed for individuals on profile or in the prescribed recovery period after a profile to regain the physical fitness level required to reenter unit PRT. Soldiers coming off of profile will remain in the reconditioning program until they have met the Level I and Level II requirements (see FM 7-22), which indicate their readiness to return to group PRT.

* Soldiers on convalescent leave may be exempted from reconditioning at the discretion of the profiling medical officer.

Recovery Period. Soldiers coming off a profile must be given a recovery period of twice the length of their profile before being required to take an APFT. For example, if the profile was for seven days, the recovery period will be 14 days, beginning after your profile expires. However, the recovery period may not exceed 90 days, regardless of the length of profile.

APFT. A Soldier cannot waive his profile in order to take the APFT. The Soldier's limitations will be given in their DD Form 686 or DA Form 3349. Those limitations must be strictly adhered to. If the Soldier feels he or she is ready to move beyond those limitations, he or she must seek a new profile from the profile writer reflecting the new limitations. A Soldier whose recovery period expires is not required to take the APFT if they are not due for their bi-annual APFT test. If the Soldier fails the APFT, they may re-test as soon as the Soldier and the commander feels the Soldier is ready.

* If the normally scheduled APFT occurs within the profile or recovery period, the Soldier should be given a mandatory make-up date.

Extended Temporary Profiles. If the temporary profile exceeds three months, the Soldier may be eligible to take the alternate APFT test (see below). If the temporary profile exceeds 6 months, the Soldier will be directed to a specialist who can extend the profile to 12 months, change the temporary profile to a permanent profile, or refer the Soldier to an MEB if they determine they do not meet medical retention standards. Temporary profiles cannot exceed 12 months.

PERMANENT PROFILES:

Reconditioning Program. Soldiers on permanent profiles may be released from the reconditioning program once they are able to demonstrate proficiency in all non-profiled activities, regardless of whether they meet all Level I and Level II exit criteria (see FM 7-22). However, if the profile is so restrictive that the Soldier cannot participate in several unit PRT activities, the commander may direct the Soldier to remain in the reconditioning program.

Unit PRT. Soldiers on permanent profile who have been released from the reconditioning program will participate in unit PRT to the extent their profile permits.

Alternate APFT. Soldiers with permanent profiles, or temporary profiles exceeding 3 months, whose profile prohibits them from running two miles may take the alternate APFT. Soldiers must be given 3 months to prepare for the alternate APFT from either the date of the profile or the date recommended by their health care professional. In order to pass the alternate APFT, the Soldier must obtain a score of 60 or above in the push-up and sit-up events, and a "GO" in one of the three alternate aerobic activities: 1) the 2.5-mile walk; 2) the 800-yard swim; or 3) the 6.2-mile bike ride.

* If the Soldier is unable to perform at least one alternate APFT event, the Soldier will be referred to a MEB.

MEB. The profiling officer of a permanent profile will assess whether the Soldier meets the medical retention standards. If the profiling officer determines that they do not, they must be referred to an MEB.

Contesting an overly stringent profile. If the commander disagrees with the stringency of the profile's restrictions, the commander may:

- * Request reconsideration of the profile (see AR 40-501); or
- * Refer the Soldier to the MTF for a fitness for duty medical examination (see AR 600-20).



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October 2013