DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY ELEMENT
ALLIED FORCES SOUTHERN EUROPE
FPO AE 09620

ACAS-BC 7 December 2006

MEMORANDUM FOR ALL US Army Personnel, Allied Forces Southern Europe

SUBJECT: Policy Memorandum #15 – Army Physical Fitness

1. Achievement feels good. Working to get there usually involves sacrifice. It is often hard, uncomfortable, demanding, stressful, even painful and, ultimately -- worth it. The overall goal of the PT program is for each Soldier to improve his/her physical fitness. A disciplined approach to PT will enhance your individual readiness, bolster a healthy lifestyle, and potentially promote team cohesion. Physical fitness, as measured by the Army Physical Fitness Test (APFT), is an individual as well as collective challenge. Our collective goal for the battalion is **260.**

2. Using the good, better, best methodology: 180-219 is good, 220-259 is better, and 260-300 is best. Therefore, until further notice, recognition will follow these categories:

a. Best of the best -- score of 300: Battalion certificate, 4-day pass, Battalion Commander congratulatory note and a handshake from the Battalion CSM and Battalion Commander at the first opportunity. Additionally, for those who are required to do PT with the unit, you are then entitled to do PT on your own during one of your unit PT sessions per week. Company Commanders may add additional "free" days as further incentive/reward, as they see fit.

b. High achievers -- 270-299, with 90 in each event: Battalion Certificate, 3-day pass, Battalion Commander congratulatory note, and a handshake from the Battalion CSM and Battalion Commander at the first opportunity.

c. Above the goal -- 260-269: Battalion Commander congratulatory note and a handshake from the Battalion CSM and Battalion Commander at the first opportunity.

d. Soldiers with permanent profiles that require alternate events will not be disadvantaged. The maximum score for their event(s) will replace the standard 3-event model and be recognized accordingly.

e. Note: The Army Physical Fitness Excellence Badge will be awarded to first time achievers for scores of 270 and above with 90 in each event.

3. I believe every one of us, barring a profile or limiting medical condition, should be able to roll out of bed on any given day and pass the APFT. If you can't do that then something is out of balance. You have to determine exactly what it is and then take corrective measures to get back in balance. This is an individual responsibility.

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4. In our dispersed footprint there is no cookie cutter approach to physical training (PT). There is, however, a minimum requirement to conduct PT four times per week. Soldiers failing the APFT are suspended from favorable actions and are required to participate in a Special Population PT program as determined locally.

5. Keep in mind that PT is only one part of your overall well-being. Eating smart, keeping your weight in check, using your down-time effectively, enjoying your family, pursuing higher education, maximizing your spiritual fitness -- all of these things and more contribute to your overall well-being. Balance is the key.

6. This policy memorandum will be posted on the permanent section of all unit bulletin boards and supersedes all previous PT policies.

DENNIS D. DAWSON
LTC, AG
Commanding

Distribution:
1 each Company, w/copy furnished to each National Support Element