DEPARTMENT OF THE ARMY
HEADQUARTERS, AFNORTH BATTALION
UNITED STATES ARMY NATO
UNIT 21601
APO AE 09752

REPLY TO ATTENTION OF:

ACAN-C

24 June 2009

MEMORANDUM FOR All US Army NATO Personnel Assigned to Allied Joint Force Command Brunssum

SUBJECT: Battalion Guidance Memorandum # 8 – Physical Fitness and Weight Control

1. REFERENCES: AR 600-9, The Army Weight Control Program, 10 Jun 87; AR 350-1, Army Training and Education, 9 Apr 03; AR 40-501, Standards of Medical Fitness, 1 Feb 05; and Change 1, 1 Oct 98, to FM 21-20, Physical Training, 30 Sep 92.

2. A program of exercise relieves stress, prepares individuals for the rigors of daily activity, and improves one's health. Reduced absenteeism, increased productivity, reduced rates of illness, improved self- esteem, and longer, healthier lives are few of the positive effects. Every Soldier of this command will participate in a daily Physical Training Program. Unit commanders are responsible for establishing an effective Physical Training Program for their individual units. The goal of the Battalion's Physical Training Program is to ensure all Soldiers meet or exceed DA standards.

3. Units will conduct regular physical training (PT) a minimum of three days each week. Physical training should be scheduled for 0600. All personnel with the exception of excused absences will be present at the 0600 PT/ accountability formation. Commanders will document physical training on their unit's training schedules. Although units will conduct physical training, meeting minimum standards of Army physical fitness and weight control are individual responsibilities. Duty hours for some Soldiers are non- standard and do not facilitate participation with scheduled unit PT programs. When this is the case, individuals MUST develop an individual PT program in writing, and have it approved by their Platoon Sergeant or First Sergeant. Work scheduling will not be an acceptable excuse if Army standards are not met. Commanders and First Sergeant will review every profile and may consult the Battalion Medic for a second opinion if needed. Soldiers should carry a copy of their profile at all times.

4. Individual programs will be created for those who have been placed on a special physical training program. Special programs are for Soldiers who have difficulty meeting Army standards and/or do not meet the height, weight, and body fat standards of AR 600-9. These programs will not be punitive in nature. They will be designed to build up the Soldier, not tear the Soldier down. Special programs will also be designed to meet individual needs to overcome specific weaknesses (such as aerobic or strength deficiency). In addition, they should encourage a healthy lifestyle. At a minimum, the following personnel will be placed in a special physical fitness training program:

a. Personnel in the Weight Control Program.

b. Personnel that have failed the Army Physical Fitness Test (APFT).

c. Personnel with a physical profile condition that allows for some physical training.

5. Personnel will be excused from physical fitness training during periods of temporary or permanent medical limitations as established in AR 40-501.

6. The following incentives are for Soldiers to excel on their APFT, they will receive:

PT TEST SCORE 270-299	3 DAY REGULAR PASS BN CERTIFICATE OF ACHIEVEMENT BDE CERTIFICATE OF ACHIEVEMENT AWARDED THE "PHYSICAL FITNESS EXCELLENCE" BADGE
PT TEST SCORE 300+	4 DAY REGULAR PASS BN CERTIFICATE OF ACHIEVEMENT BDE CERTIFICATE OF ACHIEVEMENT AWARDED THE "PHYSICAL FITNESS EXCELLENCE" BADGE

7. Commanders must continually evaluate the effectiveness of their physical fitness programs and maintain a progress report by special category training.

8. The points of contact for this memorandum are the Company Commanders and First Sergeants.

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Commanding