



DEPARTMENT OF THE ARMY
HEADQUARTERS AND HEADQUARTERS COMPANY
UNITED STATES ARMY COMBINED ARMS SUPPORT COMMAND
2221 ADAMS AVENUE
FORT LEE, VIRGINIA 23801-2102

ATCL-HHC

03 October 2018

MEMORANDUM FOR Headquarters and Headquarters Company (HHC), United States Army Combined Arms Support Command (CASCOM)

SUBJECT: Company Command Policy Letter 18-7 – Army Body Composition Program

1. **Purpose.** To set the policy for Army Body Composition Program.

2. **References:**

a. Army Regulation (AR) 350-1, Army Training and Leader Development, 10 December 2017

b. CASCOM Policy 17-12, Pregnancy/Postpartum Physical Training (PPPT) Policy Letter, 11 September 2017.

c. AR 600-8-2, Suspension of Favorable Personnel Actions (Flags), 11 May 2016.

d. AR 600-9, Army Body Composition Program, 28 June 2013.

e. AR 635-200, Active Duty Enlisted Administrative Separations, 19 December 2016.

f. AR 600-8-24, Officer Transfers and Discharges, 12 April 2006, (Rapid Action Revision (RAR): 13 September 2011).

g. AR 40-501, Standards of Medical Fitness, 14 June 2017.

3. **POLICY.** Each soldier is responsible for meeting the standards prescribed in AR 600-9, Army Body Composition Program (ABCP). Any Soldier who fails to meet these standards will be enrolled in the Company Special Physical Fitness Program.

a. Soldiers will be screened in conjunction with the bi-annual APFT or every 6 months, and/or at the discretion of the commander. Soldiers who do not meet the screening weight criteria will be taped. Soldiers who do not meet the body fat standards prescribed in AR 600-9, will be entered into the ABCP.

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(1) NCOs designated by the HHC, CASCOM command will be the ONLY Soldiers authorized to assess body fat composition. All other NCOs will be certified by the ABCP NCOIC, who is validated by the HHC, CASCOM First Sergeant (1SG), and then that NCO will be placed on the unit ABCP Assessment List authorization memorandum.

(2) HHC, CASCOM will conduct body fat composition assessments twice monthly. Body fat composition assessment may be administered by Directorates inside HHC, CASCOM with NCOs that are certified and listed on the HHC, CASCOM ABCP Assessment List authorization memorandum. All record body fat composition assessments will be signed by the directorate Sergeant Major to validate the DA 5500 (Body Fat Content Worksheet) prior to turning them into the HHC, CASCOM Training Room.


a. Once enrolled in the ABCP, Soldiers will be required to make satisfactory progress and to attend the company's Special Physical Fitness Program (SPFP) also known as Reconditioning Physical Readiness Training program on all duty days (Soldier will remain in compliance with any issued medical profiles issued and or approved by Kenner medical facility). Separation proceedings may be initiated against Soldiers who do not make satisfactory progress.

b. It is the duty of Soldiers enrolled in the ABCP to attend and conduct their scheduled monthly weigh in in accordance with this paragraph. Failure to do so may be considered failure to obey an order. Excusals from scheduled weigh in must be routed through the Company 1SG and are subject to my approval. In the event a Soldier must weigh in at an alternate time, it is the Soldier's duty to ensure they schedule a weigh-in on the first duty day following the date of their original scheduled weigh in.

c. Once removed from the ABCP, Soldiers must remain within standards. Soldiers who fail to remain within the standards are subject to separation from the Army IAW AR 600-9.

4. This policy is in effect until superseded or rescinded.

5. Point of contact for this is the undersigned at erika.l.beverly.mil@mail.mil.



ERIKA L. BEVERLY
CPT, LG
Commanding