



**DEPARTMENT OF THE ARMY
UNITED STATES ARMY STUDENT DETACHMENT
5450 STROM THURMOND BOULEVARD ROOM 244
FORT JACKSON, SOUTH CAROLINA 29207**

ATMT-LTB-SD

25 October 2017

MEMORANDUM FOR All personnel permanently assigned and/or attached to the United States Army Student Detachment (USASD)

SUBJECT: Policy Memorandum #8 – **Army Body Composition Program (ABCP)**

1. References:

- a. AR 600-9, The Army Body Composition Program
- b. AR 600-8-19, Enlisted Promotions and Reductions
- c. AR 600-8-24, Officer Transfers and Discharges
- d. AR 600-8-2, Suspension of Favorable Personnel Actions (FLAG)
- e. AR 635-200, Active Duty Enlisted Administrative Separations
- f. USAPHC TG 358, Army Weight Management Guide, current (<http://phc.amedd.army.mil/topics/healthyliving/n/Pages/WeightManagement.aspx>).

2. Soldiers must maintain a high level of physical readiness to meet mission requirements. Body composition is one indicator of physical readiness that is associated with an individual's fitness, endurance, and overall health. Individuals with desirable body fat percentages generally exhibit increased muscular strength and endurance, are less likely to sustain injury from weight bearing activity, and are more likely to perform at an optimal level. Soldiers will meet Army body composition standards, as prescribed in AR 600-9, for the individual and collective benefit to themselves, their unit, and the entire Army.

3. Every member of this unit is required to maintain the standards for military appearance and physical fitness always. It is the primary responsibility of the USASD Operations NCOIC to ensure that all Soldiers of the USASD meets and maintains the Army body composition standards. However, adherence to this policy requires individual discipline and motivation from our Students and Leaders.

4. Verification of height and weight is required of all Soldiers, Students and Leaders semi-annually during the USASD Personnel Asset Inventory (PAI). In accordance with AR 600-8-2, Chapter 3, personnel failing to meet the Army body composition standards will be enrolled in the ABCP, counseled and directed to visit a nutritionist in their area

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immediately. Soldiers will be flagged and enrolled in the ABCP upon conclusion of their consultation.

5. ABCP progress reports will be sent to the USASD 1SG monthly. Soldiers will remain flagged until they meet the Army body composition standards for height and weight. Soldiers failing to show satisfactory progress may be subject to separation action.

6. The point of contact for this memorandum is the undersigned at (803) 751-5305.

ALEJANDRA D. PEACH
CPT, AG
Commanding