



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
U.S. ARMY RECRUITING BATTALION ALBANY
21 AVIATION ROAD
ALBANY, NEW YORK 12205-1131

RCNE-AL-CO (600-20)

6 June 2003

MEMORANDUM FOR All Battalion Personnel

SUBJECT: Policy Memorandum #7: Physical Fitness Policy

1. References: AR 600-9, The Army Weight Control Program.
2. Every soldier assigned to this battalion must demonstrate exceptionally high standards for military appearance. It is imperative that our standards are higher than those established in the regulation because of our high visibility in recruiting. Because of our close daily contact with the community, the image we present is often the only image and the one remembered for the entire US Army. An outstanding appearance is a must. Every soldier assigned to this battalion will comply with the following guidance.
3. I expect 40 minutes of physical fitness training a minimum of three days per week. Leaders at all levels must monitor their section/station/company PT program and ensure this standard is being met.
4. All soldiers will be weighed in conjunction with the Army Physical Fitness Test, which will be conducted once every six months.
5. All soldiers who fail the APFT or exceed the weight table standards of AR 600-9 will be flagged. Soldiers will be enrolled into the weight program LAW AR 600-9. When a soldier passes the APFT and/or meets weight standards, a copy will be forwarded to the S1 and the flag lifted.
6. Any time a soldier feels he/she meets the weight table standards or the CLT feels the soldier can pass the APFT, an official APFT will be given and appropriate action done.
7. Any soldier who, in the chain of command's opinion, presents a nonmilitary appearance because of excess weight may be placed on a monitored weight loss program as outlined above.
8. AR 600-9 describes the entire process for soldiers while on a weight control program who fail to lose weight, gain weight, or reappear in the program after an earlier removal from the program.
9. POC this policy is the Battalion Training, (518) 438-6400.


SANDRA E. LUFF
LTC, MI
Commanding