

Effective 31 December 2001

Personnel—General

The Army Weight Control Program

For the Commander:

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**History.** This UPDATE printing publishes a revised supplement which is effective 31 December 2001. Because this supplement has been reformatted changes have not been highlighted. Changes to this supplement consist of updating terms. Policy changes have not been made.

**Summary.** This publication supplements AR 600-9, 1 September 1986. It prescribes policies, responsibilities, and procedures for the

Army Weight Control Program.

**Applicability.** This supplement is applicable to all military personnel assigned or attached to the United States Army Recruiting Command.

**Proponent and exception authority.** The proponent of this supplement is the Director for Personnel. The proponent has the authority to approve exceptions to this supplement that are consistent with controlling law and regulation. Proponent may delegate the approval authority, in writing, to a division chief within the proponent agency in the grade of major.

**Army management control process.** This supplement contains management control provisions in accordance with AR 11-2 but does not identify key management controls that must be evaluated.

**Supplementation.** Further supplementation of this regulation is prohibited. This supplement is current until further notice from this headquarters.

**Suggested improvements.** The proponent agency of this supplement is the Office of the Director for Personnel. Users are invited to send comments and suggested improvements on DA Form 2028 (Recommended Changes to Publications and Blank Forms) directly to HQ USAREC (RCPER-HR-AW), Fort Knox, KY 40121-2726.

**Distribution.** Distribution of this supplement has been made in accordance with USAREC Pam 25-30, distribution B. This supplement is published in the Recruiting Company Operations and Administration UPDATE.

Contents

Add the following after appendix C:

D. Command Integrated Management System Automated Overweight Report

**Paragraph 17, Commanders and supervisors**  
Add subparagraph f after subparagraph e.

f. United States Army Recruiting Command (USAREC) commanders and supervisors.

(1) USAREC Deputy Commanding Generals are responsible for monitoring the weight control program in their area of responsibility.

(2) The USAREC Chief of Staff is responsible for monitoring the weight control program of all personnel assigned to Headquarters, United States Army Recruiting Command (HQ USAREC).

(3) Director of Recruiting and Retention School, located at the Soldier Support Center, Fort Jackson, South Carolina, will conduct weigh-ins for students attending the Recruiting Company Commander Course, Health Care Recruiting Course, Recruiter Trainer Noncommissioned Officer Course, Guidance Operation Course, Recruiting First Sergeant Course, Recruiting Sergeant Major Course, Station Commander Course, Army Recruiter Course, Recruiting Operation Officer Course, and Precommand Course.

(4) Recruiting and Retention School personnel are responsible for conducting weigh-ins of students attending any USAREC-related professional development courses, other than those listed in (3) above, conducted at the Soldier Support Center.

(5) USAREC officers, warrant officers, and enlisted personnel who exceed body fat standards are not permitted to attend any of the above stated courses. Officers or warrant officers who arrive at the recruiting brigade (Rctg Bde), recruiting battalion (Rctg Bn), or the United States Army Recruiting Support Brigade (RS Bde) who exceed body fat standards will be reported to HQ USAREC (RCPER-PM-O), Fort Knox, KY 40121-2726, on a case-by-case basis.

(6) RS Bde and Rctg Bn commanders are responsible for ensuring that incoming enlisted recruiters assigned to their units who are overseas returnees are weighed in prior to signing in. If found to exceed the weight standards of this regulation, the soldier's name and pertinent information will be immediately reported by telephone to HQ USAREC (RCPER-PM-E). Further coordination for reassignment will be made with the United States Total Army Personnel Command on a case-by-case basis.

(7) AGR personnel reporting to Rctg Bns, the RS Bde, or the Army Recruiter Course directly from their home station exceeding the body fat standards will not be allowed to sign in and will be immediately reported, by telephone, to HQ USAREC (RCPER-AGR), for termination orders and return to their home station.

(8) RS Bde, Rctg Bde, Rctg Bn, and recruiting company commanders, and the HQ USAREC Headquarters Commandant (HQ Comdt) will comply with supplementary report at appendix D.

Paragraph 20, Policy

Add subparagraph d(4) after subparagraph d(3):

(4) USAREC policy is that overweight soldiers will not be reassigned within USAREC. Losing commanders will be held responsible for who they allow to PCS in an overweight status. They will also ensure that all soldiers are tape measured, if necessary, prior to PCS.

(a) Gaining commanders will ensure that soldiers are weighed and tape measured, if appropriate, when they report into the unit. If a gaining commander receives an overweight soldier, HQ USAREC (RCPER-PM-E) will be contacted telephonically. Further coordination with the United States Total Army Personnel Command will be made on a case-by-case basis before one of the following actions are accomplished:

1. Not sign the soldier in and return to losing unit.

2. Sign soldier in and return soldier TDY to losing unit at losing unit's expense.

3. Soldiers who were in compliance with overweight standards when departing the previous duty station, but subsequently gained weight enroute to the new command, will be handled on a case-by-case basis with HQ USAREC (RCPER-PM-E).

(b) Before requesting option 1. above, a commander must ascertain the status of the soldier's household goods shipment and family travel. Permanent return of the soldier to losing unit is dependent upon being able to rescind the majority of the PCS order as being unexecuted.

\*This supplement supersedes USAREC Supplement 1 to AR 600-9, 29 July 1993.

**Paragraph 21, Procedures**

Add the following to subparagraph e:

Suspension of favorable personnel actions will be initiated by RS Bde, Rctg Bde, and Rctg Bn commanders, and the HQ USAREC HQ Comdt, as appropriate, immediately upon official entry into the weight control program. Copies of DA Form 268 are required to be furnished to HQDA (DAPC-MSP-F), Alexandria, VA 22332, for AD personnel, and CG, AR-PERSCOM (AGUZ-PAD-RT), 9700 Page Blvd, St. Louis, MO 63132, for USAR personnel in AGR status.

**Paragraph 22, Reenlistment criteria**

Add subparagraph b(1)(c) after subparagraph b(1)(b).

(c) Soldiers affected by the restrictions of (b) above may be reenlisted or extended as soon after termination of the pregnancy as they meet either the screening table weight or the body fat content prescribed. This action may be taken whether or not the 6 months has elapsed since the pregnancy was terminated.

**Paragraph B-1, Introduction**

Add the following to subparagraph d:

Rctg Bns will procure tape measures for all subordinate units (including resupply) utilizing local supply procedures.

**Glossary**

Add the following abbreviations alphabetically to section I, abbreviations:

**HQ Comdt**

Headquarters Commandant

**HQ USAREC**

Headquarters, United States Army Recruiting Command

**Rctg Bde**

recruiting brigade

**Rctg Bn**

recruiting battalion

**RS Bde**

United States Army Recruiting Support Brigade

**USAREC**

United States Army Recruiting Command

**Appendix D**  
**Command Integrated Management System**  
**Automated Overweight Report**

a. Rctg Bde, Rctg Bn, and RS Bde commanders, and the HQ USAREC HQ Comdt will ensure that the Command Integrated Management System data entries are accomplished immediately upon enrollment of the soldier into the weight control program. Refer to the Automated Data Systems Manual 18-V99-D35-UNI-UM, procedure 3-5, Overweight Report, for completion of the data entries. A sample Overweight Report is furnished at figure D-1.

b. Ensure entries are updated immediately upon conclusion of the monthly weigh-in. HQ USAREC will run the report on or about the 5th day of each calendar month.

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OVERWEIGHT REPORT  
USA RCTG BN  
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NAME	RANK	DATE ENTERED PROGRAM	WEIGHT UPON ENTRY	SCREEN WEIGHT	BODY FAT STANDARD	CURRENT WEIGHT	CURRENT % BODY FAT	DATE OFF PROGRAM	RMKS
DOE JOHN	MSG	870131	215	200	24	209	25.12		INIT BFC 26.92/SAT PROGRESS
DEER BUCK	SFC	861113	208	200	24	198	23.82	870304	REMOVED
DOE JOHN II	SGT	861115	218	200	24	216	26.06		2D REEVAL/CONTINUE
FAWN JANE	SSG	861006	138	127	32	148	34.00		INIT BFC 34.00 UNSAT PROGRESS INITIATED SEPARATION

**Figure D-1. Sample Overweight Report**