



UTION OF

REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, 3rd Battalion 381st Regiment (TS)
310 Armed Forces Drive
GRAND PRAIRIE, TEXAS 75051

AFKR-TTC-BD-DBN

27 April 2004

MEMORANDUM FOR ALL PERSONNEL

SUBJECT: Battalion Policy Letter 11: Weight Control Program

1. References:

- a. AR 600-9
- b. AR 600-31
- c. AR 350-15

2. Maintenance of physical fitness, body weight, and physical appearance is an individual responsibility. Leaders are responsible for ensuring that all soldiers in their units receive the opportunity to obtain the highest level of physical fitness as outlined in AR 350-15. Individuals are responsible for following the guidance outlined in AR 600-9.

3. The battalion will conduct weigh-ins IAW AR 350-15 and AR 600-9 during a scheduled APFT.

4. First line leaders will counsel soldiers exceeding body fat standards. The first field grade in their chain of command will provide counseling and access to weight reduction counseling by health care personnel.

5. Soldiers enrolled in the Weight Control Program or within one percent of their allowed percent body fat will conduct monthly weigh-ins regardless of whether or not medical reasons preclude participation in the APFT.

6. Leaders are responsible for the identification of all overweight individuals. Administration of the Weight Control Program will be in accordance with AR 600-9. The Headquarters Detachment 1SG will monitor the program for personnel assigned.

7. Ready and Alert!

FERNANDO GUTIERREZ
LTC, QM
Commanding