



DEPARTMENTS OF THE ARMY AND AIR FORCE
Illinois Army and Air National Guard
1301 North MacArthur Boulevard, Springfield, Illinois
62702-2399

DMAIL-PT-ZA (350)

28 September 2001

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Physical Fitness Test (APFT) and Weight Control Guidance

1. In the Illinois Army National Guard, our soldiers are our most valuable assets. An unacceptable number of IL ARNG soldiers are flagged for APFT or Weight Control failures. It is imperative that we, as leaders, do everything we can to prevent these soldiers from becoming losses and inspire our soldiers to meet physical standards. In an effort to provide an incentive program, allow adequate notice, and to be fair to our soldiers, I am providing the following guidance. This guidance will be included in the next rewrites of DMAIL Regulations 350-2/672-1.

2. I have established the following incentive program to inspire our units to achieve my established APFT goals.

a. General: The Adjutant General (TAG) APFT Excellence Awards.

(1) The objective of the TAG APFT Excellence Award is to recognize unit excellence in physical fitness training. This program authorizes two (2) guidon streamers, Certificates of Merit and Individual Certificates of Achievement.

(2) All Company/Battery units in the IL ARNG, including STARC (-) and the Band, are eligible to participate in the TAG APFT Excellence Program. Units will have 60 days to complete testing for the TAG APFT Excellence Award.

(3) The TAG APFT Excellence Award program is delegated to Brigade Commanders/Chief of Staff for execution; Battalion Commanders and above certify accomplishment of the requirement for subordinate units and request award of the streamers. Units shall prepare the certificates for endorsement by the Adjutant General.

(4) Units will conduct the APFT IAW FM 21-20 standards. The 2-mile course will be measured IAW FM 21-20.

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b. Qualification and Awards.

(1) **Gold Guidon Streamer and Certificate of Merit.** Units must attain a unit average of at least 240 points with 90% or more of the assigned unit strength minus authorized reductions passing the APFT. The minimum passing percentage is based on the unit's assigned strength less the authorized reductions as of the unit's test opening date.

(2) **Silver Guidon Streamer and Certificate of Merit.** Units must attain a unit average of at least 220 points with 90% or more of the assigned unit strength minus authorized reductions passing the APFT. The minimum passing percentage is based on the unit's assigned strength less the authorized reductions as of the unit's test opening date.

(3) **TAG Certificates of Achievement.** Certificates will be awarded to individuals who attain 270 points or higher (minimum of 80 points per event) on the APFT. In addition, soldiers who score 270 or higher (minimum of 90 points per event) on the APFT will be awarded the Physical Fitness badge for physical fitness excellence according to AR 672-5-1.

c. Execution.

(1) **Effective date** of this memorandum is **1 October 2001.**

(2) No pretesting will be allowed prior to the start of the 60 day testing window, which is from 1 August - 30 September of each year.

(3) Testing.

(a) TAG APFT Excellence Awards are evaluated IAW standards in FM 21-20. Evaluators will be tested and trained to standards IAW FM 21-20 prior to evaluating APFT events.

(b) Soldiers are allowed only one attempt during the competition. No retest is allowed either for failures or to improve the scores. The soldier's failing score will be added towards the unit's average score.

(c) Soldiers with Permanent Profiles will be given credit for an approved alternate test base on the average points achieved between the push-up and sit-up events. If the soldier is precluded from taking the push-up or sit-up event then he/she will be given 60 points for a GO in the approved alternate aerobic test event as outline in FM 21-20.

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d. Responsibilities.

(1) Battalion S3s/STARC training NCO.

(a) Compute scores and tabulate the unit's average for the Battalion.

(b) Monitor unit testing and validations as appropriate.

(c) Process all data for Brigade/STARC (-) database to keep the command group informed of the organization's overall physical fitness status.

(2) Company/Battery.

(a) Coordination prior to 60 day testing window with Battalion for evaluators.

(b) Unit must turn in a current alpha roster to the testing headquarters 7 days prior to the opening test date.

(c) Reconcile Requirements. The unit must reconcile with BN S3s within 30 working days of the close out date. If the reconciliation is not completed on time, the TAG APFT Excellence Award will not be valid. The 1SG or the Training NCO must provide documentation to validate authorized reductions from the testing population.

(d) Authorized reductions. Proper documentation must be provided for the following soldiers who are reductions: soldiers on TDY, pregnant soldiers, soldiers with valid Temporary "NO PT" profiles and recovery time, soldiers who are in civilian or military confinement, REPS who have not completed BCT, soldiers pending separation, and soldiers who have transferred. All of the above conditions must cover the entire 60 day window. If any soldiers are not included in the 60 day test window, the soldier(s) must be tested or be counted as an unauthorized reduction. If any of the above paperwork is not provided to the testing headquarters, the soldier will receive a zero for the test, no exceptions.

(e) Unauthorized reductions. Soldiers detached from the unit without orders and soldiers attending professional development schools. All unauthorized reductions will be recorded as zero for the unit.

(3) Brigade.

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(a) Assign qualified personnel **within** the Brigade as TAG APFT Excellence Award Evaluators.

(b) Monitor and conduct the APFT IAW FM 21-20.

(c) Battalion commander and above certify accomplishment for a subordinate unit.

(d) Prepare and forward unit and individual awards requiring Adjutant General's signature to POTO for processing.

e. Validation.

(1) Units will retain the Gold or Silver Streamer upon successful validation. Streamer revalidation is conducted every year. Units are required to maintain records of TAG APFT Excellence Awards at their higher HQ. Battalions are required to forward the TAG APFT Excellence Award packet to BDE S3 within 30 working days from the closeout date.

(2) If a unit fails to revalidate for the TAG APFT Excellence Award, it must surrender the streamer to Brigade S3, within 30 days. The unit must then wait 1 year from the previous opening date to be eligible for the competition. Units must submit a request for exception (i,e, OPTEMPO, Deployment) to DMAIL PT-ZA NLT 60 days prior to the desired test date.

(3) If a unit fails to validate its streamer by not achieving the unit average required points, it must surrender the Gold or Silver Guidon Streamer to Brigade S3, within 30 days.

(4) The evaluating unit's NCOIC/OIC will submit a memo verifying the unit's test.

f. TAG APFT Excellence Award Evaluators.

(1) The BDEs/Separate Battalions will provide evaluators as appropriate to test sub-units during the APFT.

(2) The evaluators for the APFT must meet the following requirements:

(a) They must have passed an APFT within the test period.

(b) They must not be under flagging actions.

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(c) They must not be on profile status and should not be assigned other duties precluding them from performing their primary duties as evaluators.

g. Coordinating Instructions.

(1) Testing will meet standards outlined in FM 21-20 and all DA messages pertaining to physical training.

(2) Units may cancel the APFT on the test date if severe weather conditions exist.

(3) Those soldiers, who fail this test, will begin a unit level remedial physical training program. This program will include both nutrition education and physical training conducted by qualified Master Fitness Trainers (MFT) or those soldiers who have completed the Fitness Leaders Course (FLC). This remedial physical training program may be consolidated at the battalion level. Soldiers flagged for APFT will remain flagged until passing a record APFT, or processed for separation as appropriate.

(4) The 129th Regional Training Institute will conduct a Fitness Leaders Course (FLC), for 40 soldiers, 5 - 9 AUG 02 at Camp Atterbury, Indiana. An additional FLC course may be conducted at a later date for another 40 soldiers. Each Brigade and Battalion will ensure one of their soldiers completes this course if the unit does not have a qualified MFT or FLC soldier. My goal for TY 03 is that each company/battery will have a trained MFT or FLC.

(5) A record APFT and weigh-in will be conducted during August through September of each year. All IL ARNG soldiers will participate in the record APFT (TAG APFT Excellence Program), subject to profile. Those soldiers, who fail this test will be flagged or remain flagged and continue, or begin, participation in the remedial physical training program. The sequence for administering the second record APFT, after initial failure, is within 3 months for AGR soldiers and within 6 months for M-Day soldiers IAW AR 350-41, chapter 9. Those soldier who fail the record APFT two consecutive times will be processed for separation IAW PRZ LOG 98-006. Retention or suspension of separations not to exceed one (1) year will be considered if individuals show improvement (steady progress) within monthly diagnostic tests or special circumstances are involved. Unit strength and "being a valuable member of the unit" do not constitute special circumstances.

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(6) AGR soldiers, IAW AR 350-41, will take a Record APFT every six (6) months, April - May and with TAG APFT Excellence Program. AGRs who are flagged for APFT or weight control will participate in the unit's remedial PT program during IDT. AGR soldiers will be administered the record APFT as stated and will be weighed after each record APFT. Those AGR soldiers who fail a record APFT two consecutive times or fail to make satisfactory progress on the weight control program will be processed for separation IAW PRZ LOG 98-006. Again, retention or suspension of separations will generally not be considered.

(7) Unit leaders must remain alert to soldiers with permanent or temporary medical conditions, who are unable to safely take and pass the APFT, and ensure such soldiers are protected by permanent or temporary profiles, as appropriate. In addition, all soldiers taking a diagnostic or record APFT, or who are participating in a remedial physical training program, must be in a military duty status (AGR, IDT, RSTA, ADSW, AT, ADT OR IDT/ADSW non-pay). No exceptions will be made to the military duty requirement.

3. The weigh control program is described AR 600-9, AR 600-8-2 and PRZ log # 98-006. In addition to the guidance stated in these references, the IL ARNG program will include the following:

a. A record weigh-in will be conducted during the APFT, August through September of each year. All IL ARNG soldiers will participate in this weigh-in, subject to profile. Those soldiers, who fail weigh-ins and are identified as overweight, will be flagged or remain flagged and continue, or begin, participation in the remedial physical training program. The sequence for administering the weight control program is found in AR 600-9 and PRZ LOG 98-006. Those soldiers, who fail to make satisfactory progress on the weight control program, will be processed for separation IAW PRZ LOG 98-006. Retention or suspension of separations not to exceed one (1) year will be considered if individuals show improvement (steady progress) within monthly weigh-ins or special circumstances are involved. Unit strength and "being a valuable member of the unit" do not constitute special circumstances.

b. Those soldiers that are identified as overweight will begin a unit level remedial physical training program. This program will include both nutrition education and physical training conducted by qualified Master Fitness Trainers (MFT) or those soldiers who have completed the Fitness Leaders Course (FLC). This remedial physical training program may be consolidated at the battalion level. Soldiers flagged for weight

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control will remain flagged until they attain body fat standards or are processed for separation as appropriate.

4. Again, I want to state the importance of this program within the Illinois Army National Guard. Our soldiers are our most valuable assets. As stated, an unacceptable number of Illinois Army National Guard soldiers are flagged for APFT or Weight Control failures. It is imperative that we, as leaders, do everything we can to prevent these soldiers from becoming losses and inspire our soldiers to meet physical standards. One-time retention or suspension of separations not to exceed one (1) year will only be considered if individuals show improvements. Unit strength and "being a valuable member of the unit" do not constitute special circumstances, and will not be considered for One-time suspension of separation. I am confident that this effort will provide an incentive program, allow adequate notice, this will be fair to our soldiers, and provide Individual Readiness Improvement to meet or exceed APFT and weight control regulatory requirements.

5. Direct questions regarding this program to DMAIL-PT-ZA, at (217) 761-3575. Direct AGR soldiers questions to DMAIL-HRO-AGR, SGM Holmes, at (217) 761-3642. Direct questions regarding M-day soldiers to DMAIL-PRE, CW2 Elizabeth Young, at (217) 761-3621.

David Harris
DAVID HARRIS
Major General, IL ARNG
The Adjutant General

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