



**SECRETARY OF THE ARMY
WASHINGTON**

1 8 SEP 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2012-23 (Body Fat Standards for U.S. Army Enlisted Accessions)

1. References:

a. Army Regulation (AR) 40-501 (Standards of Medical Fitness), Rapid Action Revision Issued 4 Aug 11.

b. AR 600-9 (The Army Weight Control Program), 27 Nov 06.

2. The reduced accession missions for the Army, coupled with a positive recruiting environment, provide an opportunity for the force to return to pre-2005 body fat standards for enlisted Soldiers. This change will strengthen the health and readiness of the All-Volunteer Force.

3. I therefore direct the following changes to policy, effective 30 days from the date of this directive:

a. AR 40-501:

(1) Table 2-1 shall be adjusted to reduce the maximum body fat standard for males age 17–20 from 26 percent to 24 percent.

(2) Table 2-2 shall be adjusted to reduce the maximum body fat standard for females age 17–20 from 32 percent to 30 percent.

b. AR 600-9. The seventh sentence of paragraph 3-2b shall be revised to read:

Soldiers not meeting body fat standards after 6 months of entry into the Active Army will be entered in the AWCP and flagged under the provisions of AR 600-8-2 by the unit commander.

4. Notwithstanding that change, the following personnel will be allowed 1 year to meet the new body fat standards in AR 600-9 after entry on active duty:

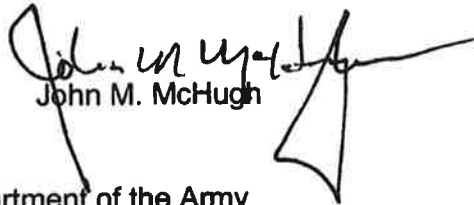
a. new recruits who enlisted in the delayed entry program before the effective date of this memorandum and who enter on active duty within 180 days after the effective date of this memorandum, and

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b. new enlistees of the U.S. Army Reserve and Army National Guard who accessed before the effective date of this memorandum and who enter on active duty for training within 180 days after the effective date of this memorandum.

5. The Deputy Chief of Staff, G-1 and The Surgeon General are the proponents for this policy and will incorporate the provisions of this directive into applicable Army regulations as soon as practicable.

6. This directive is rescinded upon publication of the revised regulations.



John M. McHugh

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