



DEPARTMENT OF THE ARMY
2ND BATTALION, 6TH AIR DEFENSE ARTILLERY
1614 RANDOLPH ROAD
FORT SILL, OKLAHOMA 73503

REPLY TO
ATTENTION OF:

ATSA-TPY

19 June 2018

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter 13 – BN Special Conditioning Physical Training Program

1. Physical Fitness is a key component of the Military lifestyle. Soldiers at all levels are required to maintain a basic level of physical fitness in order to perform in their job. The Army has established the Army Physical Fitness Test (APFT) to standardize the measurement of Soldiers' fitness levels. Soldiers failing to meet the basic standards of fitness established in FM 7-22 will be enrolled in the Battalion's Special Conditioning Physical Training Program IAW AR 350-1.
2. The Army has established the Army Body Composition Program (ABCP) to establish maximum weight and body fat levels for Soldiers based on gender and height. This program is to ensure Soldiers achieve and maintain optimal well-being and performance under all conditions. Soldiers who do not meet the standards established in AR 600-9 will be considered out of compliance with the Army's height/weight standards, and will be enrolled in the Battalion's Special Conditioning Physical Training Program where they will undergo extra training that is tailored to get them back into compliance with AR 600-9.
3. Each Soldier will be individually evaluated as to his or her training needs, applicable temporary or permanent profiles, and eligibility for the Program. Soldiers enrolled in the Battalion's Special Conditioning Physical Training Program will conduct PRT during the hours of 0600-0700 and 1700-1800 Monday- Friday. These training times will be annotated on the unit's training schedules and approved by the Battalion Commander.
4. Soldiers will be removed from the unit's Special Conditioning Physical Training Program once they pass a record APFT IAW FM 7-22 or meet the height/weight standards IAW AR 600-9, whichever requirement is applicable to that particular Soldier.
5. The POC for this memorandum is CSM Macri, Giancarlo, BN Command Sergeant Major at 580-558-0791 or giancarlo.macri.mil@mail.mil

CEDRIC G. LEE
LTC, AD
Commanding

ATSA-TPY

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