



DEPARTMENT OF THE ARMY
HEADQUARTERS, 3RD BATTALION, 2ND AIR DEFENSE ARTILLERY REGIMENT
3906 MOW-WAY ROAD
FORT SILL, OKLAHOMA 73503

AFVL-RTB-BC

8 June 2021

MEMORANDUM FOR All Soldiers Assigned/Attached to the 3-2 ADA Battalion

SUBJECT: Policy Letter #9 – Battalion ACFT Incentive, Reconditioning Physical Readiness Training (PRT) and Supplemental PRT Policy

1. References:

- a. AR 600-9, The Army Body Composition Program, dated 16 July 2019.
- b. FM 7-22, Holistic Health and Fitness, dated 08 October 2020.

2. Physical fitness is a critical aspect of training and readiness. Each Soldier's level of physical fitness directly impacts the readiness of his or her unit. Physical fitness is a shared individual and unit responsibility. It is the Soldier's responsibility to stay physically fit and to maintain Army height-weight standards. It is the unit commander's responsibility to provide a challenging, and a physically tough PRT program that promotes maximum physical conditioning and readiness (0630 to 0730, M-F).

3. The Army Physical Fitness Test (APFT) will only be used for Soldiers and Leaders going to school or to the promotion board. To pass the APFT, a Soldier must score a minimum of 60 points in each of the three events.

APFT Incentives

- a) Soldiers scoring 290 points or higher are awarded the BN Certificate of Achievement presented at a BN awards ceremony formation.
 - b) Soldiers scoring 300 points on a record APFT are awarded an Army Achievement Medal (AAM) presented at a BN awards ceremony formation, and a 4 day pass approved by the BN CDR. Additionally, these Soldiers can conduct PRT on their own (with the exception of unit and battalion run formations) as long as they are wearing the Army Physical Fitness Badge.
 - c) Unit CDR's will submit names with the DA Form 705 attached NLT 14 days after a record APFT for approval by the BN CDR for incentive awards.
4. As of 01 October 2020, the Army Combat Fitness Test (ACFT) is the Army's only physical fitness test of record. The Army adapted to meet the physical requirements to fight and win in large combat operations by implementing the ACFT as its events directly relate to common Soldier tasks. Soldiers and Leaders with a will to WIN pursue excellence in the fundamentals through progressive and integrated physical training

programs. The same grit and ambition that drives Lethal Strike professionals to WIN and dominate in combat and then relentlessly seeks opportunities to improve functional fitness and readiness that will undoubtedly result in them dominating the ACFT. Lethal Strike professionals get past polished mediocracy and excel in the relentless pursuit of fitness and resilience.

5. The Lethal Strike Battalion will incentivize Soldiers and Leaders performance on the ACFT in order to promulgate our culture of values, fitness, resilience, and the pursuit of excellence in the fundamentals. The intent of this Physical Dominance Incentive Program is to use fitness to develop cohesive teams while simultaneously building readiness. If individuals and teams set goals to get 10% better each time they train for an event or take the ACFT, that team and thus the Lethal Strike team, is WINNING!

ACFT Incentives:

- a) 500 - 549 Points (minimum of 80 points per event): 3-day pass approved by the BN CDR/CSM and an FCoE #FiresFit PT Shirt if your whole squad achieves the standard.
- b) 550 - 574 Points (minimum of 90 points per event): Same as 500 - 549, an Army Achievement Medal from the BN CDR, one day off per week from PRT, Certificate from the USAFCoEFS CG and Fort Sill Media highlight of Soldier and "Team" conducting PRT.
- c) 575 - 599 Points: Same as 550 - 574, Recognition from the USAFCoEFS CG, opportunity to attend a training course on fitness and sit as a member of the Lethal Strike and Fort Sill Fitness Advisory Board.
- d) 600 Points: Same as 575 - 599, with the addition of having name displayed on the Lethal Strike and Fires Fitness Center 600 Club Wall of Fame.

6. All ACFT scores will be verified in the Digital Training Management System (DTMS).

7. Unit Incentives. Any battery with an average of 500 or above and zero failures on a record ACFT will be awarded a three-day pass. Unit CDR/1SGs will select the dates (pending mission requirements) for approval by the BN CDR/CSM. The pass is limited to one per six months.

- a) Unit incentive ACFT average is based off of 95% of available population executing the ACFT on a specific date. Units that achieve 500 points but have less than 95% of the available population available are not eligible for this incentive. Units who have an overall non-available rate of more than 10% in USR are not eligible for this incentive.
- b) Unit incentive ACFT is validated by the BN S3.

7. Units are responsible for establishing and executing both a Reconditioning Physical Training Program and a Supplemental PRT Program according to the following guidelines:

- a) The Reconditioning Physical Training Program will include those Soldiers who are on profile. This will be a BN led program and is conducted during PT hours (0630-0730). Soldiers who are on profile will be adequately challenged physically within the limits of their profiles.
- b) Supplemental PRT includes Army Body Composition Program (ABCP) and ACFT failures. Soldiers in this program will report to their normal unit let PRT program during PT hours. Then, have an additional PT session led at the Battery level daily at the commander's discretion.
- c) Supplemental PRT will be tailored to the Soldiers who are in the program. ACFT failures will receive training designed to help them pass the ACFT. ABCP failures will receive training designed to make them compliant to Army height-weight standards.
- d) Units will appoint a primary and alternate NCO to train Soldiers enrolled in the Supplemental PRT Program. NCO leaders will be in positive control of these Soldiers throughout these training sessions.
- e) Soldiers will continue to participate in the program until they meet minimum ACFT/ABCP standards, are no longer in violation of AR 600-9, and/or have completed the recovery period of their temporary profile.
- f) Soldiers are required to be enrolled in this program when failing to achieve 60 points per event per the Army standard.
- g) Commanders are encouraged to identify additional physical training time during duty hours to achieve the ACFT standards and goals outlined in Army policy and this policy memorandum.

8. A copy of this policy will be permanently posted on unit bulletin boards. Unit Commanders will ensure each Soldier is briefed on the provisions and conditions of this policy during the Soldier's initial unit orientation.

CHRISTOPHER T. MAJORS
LTC, AD
Commanding

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