



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

AFVL-RTB-BC

21 JULY 2023

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. Unit Commanders have the autonomy to utilize FSOK Facilities and outside resources IOT integrate their Physical Training programs to coincide with the Battalion's reverse cycle and work with their unit's training schedule.

3. 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 Eagles Dare 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. Eagles Dare professionals get past polished mediocracy and excel in the relentless pursuit of fitness and resilience.

4. The Eagles Dare 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.

ACFT Incentives:

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a) 570 and above: Receive a Battalion Coin, a Special Edition Battalion ACFT T-shirt, and an Army Achievement Medal from the Battalion Commander.

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

6. 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 with the goal of rehabbing injuries and getting Soldiers back into their formation. 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.

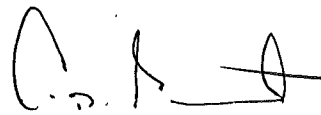
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f) Soldiers are required to be enrolled in this program when failing to achieve 60 points per event per the Army standard.

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 R. GARNETT
LTC, AD
Commanding

"PT MIGHT NOT BE THE MOST IMPORTANT THING
YOU DO THAT DAY, BUT IT IS THE MOST IMPORTANT
THING YOU DO EVERY DAY."

- SMA DAN DAILEY (RET.)