



DEPARTMENT OF THE ARMY  
HEADQUARTERS, UNITED STATES ARMY FIRES CENTER OF EXCELLENCE AND FORT SILL  
455 MCNAIR AVENUE, SUITE 100  
FORT SILL, OKLAHOMA 73503

ATZR-C

OCT 13 2023

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: CG Policy Memorandum #7, Pregnancy/Postpartum Physical Training (P3T) Program

1. Reference. Army Regulation 350-1, Army Training and Leader Development, 10 December 2017

2. Policy. We are committed to providing an environment that is conducive to the enhancement of holistic health and fitness across our installation. Through this commitment, we have established the Fires Center of Excellence and Fort Sill P3T Program. The goals of P3T are to prepare and train Soldiers for a seamless transition back to unit physical readiness training, raise Army Combat Fitness Test pass rates and scores, improve compliance with height/weight standards and reduce physical discomforts and stress while pregnant.

3. Procedures.

a. Soldiers that are pregnant or less than 180 days postpartum will enroll in the P3T program, regardless of profile limitations or duty requirements.

b. All leaders at every level will support the P3T program and ensure their Soldiers adhere to the requirements set forth by P3T Standard Operating Procedures Guide.

4. This CG Policy Memorandum supersedes CG Policy Memorandum, ATZR-C 23 August 2022, subject: CG Policy Memorandum #8C, Pregnancy/Postpartum Physical Training (P3T) Program.

5. Point of contact is the P3T Program at 558-0118 or the Community Ready and Resilient Integration office at 558-0113 or [lisa.m.johnson442.civ@army.mil](mailto:lisa.m.johnson442.civ@army.mil).

WINSTON P. BROOKS  
Major General, USA  
Commanding

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