



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

SEP 23 2025

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: CG Policy Memorandum #15, Pregnancy/Postpartum Physical Training (P3T) Program

1. Reference. Army Regulation 350-1, Army Training and Leader Development, 1 June 2025
2. Policy. We are committed to providing an environment that is conducive to the 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 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.
4. This CG Policy Memorandum supersedes CG Policy Memorandum, ATZR-C 13 October 2023, subject: CG Policy Memorandum #8C, Pregnancy/Postpartum Physical Training (P3T) Program.
5. Point of contact is the Installation P3T Program Leader, SFC Lopez, Crystalen, crystalen.p.lopez.mil@army.mil, 580-442-0118.



PATRICK M. COSTELLO
Brigadier General, USA
Commanding

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