



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY FIRES CENTER OF EXCELLENCE AND FORT SILL
FORT SILL, OKLAHOMA 73503

ATZR-C

15 August 2016

MEMORANDUM FOR DISTRIBUTION

SUBJECT: Pregnancy/Postpartum Physical Training (P3T) Program, CG Policy Memo 16-28

1. Reference. Army Regulation 350-1, Army Training and Leader Development, 19 August 2014.
2. Policy. I am committed to providing an environment that is conducive to the enhancement of health and fitness across our installation. Through this commitment, I have established the Fires Center of Excellence and Fort Sill Pregnancy/Postpartum Physical Training (P3T) Program. The goals of P3T are to promote a better transition back to unit physical readiness training, higher Army Physical Fitness Test (APFT) pass rates and scores, improvement in meeting height/weight standards and reduction in 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.
 - 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. Point of contact is the P3T Program at 442-6404, staci.l.norris.ctr@mail.mil or Health Promotion Operations, 558-0113, lisa.m.martinez2.ctr@mail.mil.

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