



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

AFVL-RTB-BC

12 June 2019

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

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

1. References:

- a. AR 600-9, The Army Body Composition Program, dated 28 June 2013
- b. FM 7-22, Army Physical Readiness Training, dates 27 January 2013

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's physical fitness test is the APFT. To pass the APFT, a Soldier must score a minimum of 60 points in each of the three events. My expectation is that this battalion achieve a 250 APFT average overall and Leaders score 270 or above individually. Unit Reconditioning Physical Training Program and Supplemental PRT will be designed IOT meet these goals. Unit commanders will develop incentive programs that aid in meeting this objective.

4. To inspire achievement on the APFT, the following battalion incentive will apply: Any Soldier who scores 300 points on any Record APFT will be awarded a 3 day pass and recommended for an Army Achievement Medal for sustained excellence.

5. 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 APFT failures. Soldiers in this program will report to their normal unit let PRT program during

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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. APFT failures will receive training designed to help them pass the APFT. 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 APFT/ABCP standards, are no longer in violation of AR 600-9, and/or have completed the recovery period of their temporary profile.

f. Soldiers will not be placed in Supplemental PRT for failing to score 80 points in each event on the APFT. 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 APFT standards and goals outlined in Army policy and this policy memorandum.

6. 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.

LOURDES A. COSTAS
LTC, AD
Commanding