



## DEPARTMENT OF THE ARMY

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

REPLY TO  
ATTENTION OF

ATZR-C

21 October 2019

### MEMORANDUM FOR DISTRIBUTION

SUBJECT: Pregnancy/Postpartum Physical Training (P3T) Program, CG Policy Memo 19-20

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 holistic health and fitness across our installation. Through this commitment, I 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 Physical Fitness Test pass rates and scores, train and prepare for the Army Combat Fitness Test implementation, 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 18 January 2018, subject: Pregnancy/Postpartum Physical Training (P3T) Program, CG Policy Memo 18-20.
5. Point of contact is the P3T Program at 558-0118, [mayra.g.basinger.ctr@mail.mil](mailto:mayra.g.basinger.ctr@mail.mil) or Community Ready and Resilient Integration, 558-0113, [lisa.m.johnson442.civ@mail.mil](mailto:lisa.m.johnson442.civ@mail.mil).

A handwritten signature in black ink, appearing to read "Wilson A. Shoffner", is positioned above the typed name.

WILSON A. SHOFFNER  
Major General, USA  
Commanding

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(See next page)

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