

Semi annual screening performed



Soldier exceeds body fat standard
Command counseling occurs
Soldier enrolled in ABCP



With in 14 days

Soldier reads online TG 358
Soldier schedules appointment with RD
Soldier completes and returns Soldier
Action Plan to commander
Completes Move!23 Questionnaire



With in 30 days

Meets with RD with Soldier Action Plan and
Move!23 Questionnaire
Nutrition Counseling memo signed by RD and
submitted to commander



Medical examination
(if requested or needed)



Monthly unit ABCP assessment to
document progress



Release from program once body fat
standard is met

You are scheduled for an individual
appointment with the Registered Dietitian (RD)
on _____ (date) at _____ (time).

You must bring a copy of your
“Soldier Action Plan” (figure 3-4, AR 600-9) and
a copy of your “MOVE!23 Patient Questionnaire
Health Care Provider Report” (or retrieval code)
to your dietitian appointment.

To access the MOVE!23 Questionnaire:

In AKO, click on Self-Service, My Medical.
Under the Ultimate Warrior link, click on the
Army MOVE icon, select the MOVE!23 Patient
Questionnaire. After completing the
questionnaire, **print** the

**“Healthcare Provider Report”
and/or retrieval code.**

Bring a copy of this to your Dietitian appointment.

Additional classes and appointments are
available after the completion of the initial visit.

For more information about this program,
call the Nutrition Care Clinic at 255-7986.

Nutrition Care Clinic

Lyster Army Health Clinic
Building 301, Andrews Avenue
Fort Rucker, Alabama 36362
334-255-7986



The Army Body Composition Program

Nutrition Care Clinic

Lyster Army Health Clinic



Program Guidelines

The Army Body Composition Program (ABCP) is designed to ensure all Soldiers achieve and maintain optimal well-being and performance under all conditions.

Additionally, the ABCP is to:

- 1) Assist in establishing and maintaining: operational readiness, physical fitness, health, and a professional military appearance
- 2) Establish body fat standards
- 3) Provide procedures by which personnel are counseled to assist in meeting the standards prescribed in AR 600-9



Commanders and Supervisors

Will ensure Soldiers are screened for body composition standards every 6 months, at a minimum, using weight for height table to expedite the testing process and the circumference-based tape method to estimate body fat to ensure compliance with AR 600-9.

A minimum of 7 days should be allowed between Army Physical Fitness Test (APFT) and weigh-in screening.

Soldiers identified as exceeding the body fat standard will be flagged and must meet body fat standards before being released from the program.

Commanders have 3 working days to Flag the Soldier once they are determined to exceed body fat standards and 2 working days from initiation of flagging action to counsel and/or notify and enroll the Soldier in the ABCP. Favorable Personnel actions will be suspended while the Soldier is enrolled in the ABCP.



Exemptions to the program include:

- 1) Soldiers with major limb loss
- 2) Soldiers approved for COAD (AR 635-40) and/or continued on active Reserve status
- 3) Soldiers who are pregnant or within 180 days post partum
- 4) Soldiers who have undergone prolonged hospitalization for 30 continuous days or greater

Nutrition Care Clinic

Lyster Army Health Clinic
Building 301, Andrews Avenue
Fort Rucker, Alabama 36362

334-255-7986