



SECRETARY OF THE ARMY  
WASHINGTON

15 MAR 2023

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score)

1. References. See enclosure.
2. Purpose. This directive implements immediate changes to the Army Body Composition Program (ABCP) that address findings from the scientific assessment of the program. It provides incentives to Soldiers to maintain physical readiness and establishes the process for body fat assessment exemptions when warranted.
3. Applicability. The provisions of this directive apply to the Regular Army, Army National Guard/Army National Guard of the United States, and U.S. Army Reserve.
4. Background. The Department of Defense authorized the Army to implement revisions to the ABCP that account for the whole Soldier concept and improve talent management. This directive announces immediate modifications to the ABCP to incentivize high levels of physical fitness and ensure that all Army Soldiers maintain a level of physical readiness necessary to perform their duties.
5. Policy.
  - a. ABCP Modification. Effective immediately, all Soldiers who score 540 points or more on the record Army Combat Fitness Test (ACFT), with a minimum of 80 points in each event, are exempt from the Army body fat circumference-based tape assessment. This policy applies to Soldiers who complete all six primary events of the ACFT; no alternate events are authorized. The exemption is not retroactive.
    - (1) Pursuant to reference 1a, all Soldiers will still undergo height and weight screening. If Soldiers meet the exemption requirements prescribed in paragraph 5a of this directive, no body fat circumference-based tape assessment is required, and the Soldier will not be subject to flagging actions.
    - (2) Soldiers enrolled in the Army Body Composition Program who achieve the approved exemption requirements in paragraph 5a will be released from the ABCP in accordance with AR 600-9, paragraph 3-13, and their flag will be lifted pursuant to reference 1c. If the exempted Soldier subsequently fails to meet the exemption

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standards, the Soldier may be subject to the provisions of AR 600–9, paragraph 3–14, for exceeding the body fat standards.

(3) The exemption is valid until the next record ACFT, not to exceed 8 months for Regular Army and Active Guard Reserve Soldiers or 14 months for Army National Guard and Army Reserve Soldiers. Soldiers who fail to re-validate within these timelines are subject to record body fat assessments and flagging actions for body fat assessment failure.

(4) The Soldier’s Department of the Army (DA) Form 705–TEST (Army Combat Fitness Test Scorecard) will show a “GO” result for body fat and be recorded in the Digital Training Management System (DTMS).

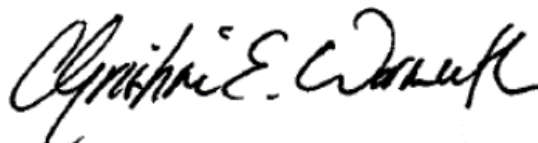
(5) The Soldier’s DA Forms 67–10 or 2166–9 series (Evaluation Report) will show “YES” to mean “within standard” and include the following statement in the comment section: “Soldier scored 540 points or more on the ACFT with minimum of 80 points in each event and, IAW AR 600–9, is exempt from Army body fat assessment.”

b. This exemption applies to all Professional Military Education. Refer to AR 350–1 for graduation requirements.

c. This exemption applies to all accession and retention actions.

6. Proponent. The Assistant Secretary of the Army (Manpower and Reserve Affairs) has oversight responsibility for this policy and will ensure that necessary internal controls are in place to comply with this directive. The Deputy Chief of Staff, G-1 will incorporate its provisions into AR 600–9 within 2 years of the date of this directive.

7. Duration. This directive is rescinded on publication of the revised regulation.



Christine E. Wormuth

Encl

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## REFERENCES

- a. Department of Defense (DoD) Instruction 1308.03 (DoD Physical Fitness/Body Composition Program), 10 March 2022
- b. Army Regulation (AR) 350–1 (Army Training and Leader Development), 10 December 2017
- c. AR 600–8–2 (Suspension of Favorable Personnel Actions (Flag)), 5 April 2021
- d. AR 600–9 (The Army Body Composition Program), 16 July 2019
- e. Army Techniques Publication 7-22.01 (Holistic Health and Fitness Testing), October 2020, incorporating Change 2, effective 1 August 2022
- f. ACFT scoring scales, available at: [https://www.army.mil/e2/downloads/rv7/acft/ACFT\\_scoring\\_scales\\_220323.pdf](https://www.army.mil/e2/downloads/rv7/acft/ACFT_scoring_scales_220323.pdf), 23 March 2022

Enclosure