

ALARACT 061/2025

DTG: R 041800Z JUN 25

UNCLAS

SUBJ/ALARACT 061/2025 – NOTIFICATION OF EXECUTION OF THE ARMY BODY FAT ASSESSMENT EXEMPTION FOR THE ARMY COMBAT FITNESS TEST SCORE DURING THE ARMY FITNESS TEST TRANSITION

THIS ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF THE HQDA, DCS, G-1

1. (U) REFERENCES:

1.A. (U) AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT

1.B. (U) AR 600-9, THE ARMY BODY COMPOSITION PROGRAM

1.C. (U) HQDA EXORD 218-25 (FRAGO 1) AFT, 30 MAY 2025

1.D. (U) ARMY DIRECTIVE 2023-08, ARMY BODY FAT ASSESSMENT EXEMPTION FOR ARMY COMBAT FITNESS TEST SCORE

1.E. (U) ARMY DIRECTIVE 2023-11, ARMY BODY FAT ASSESSMENT FOR THE ARMY BODY COMPOSITION PROGRAM

1.F. (U) ARMY DIRECTIVE 2025-06, ARMY FITNESS TEST

1.G. (U) AR 600-8-2, SUSPENSION OF FAVORABLE PERSONNEL ACTIONS (FLAG)

1.H. (U) ATP 7-22.01, HOLISTIC HEALTH AND FITNESS TESTING

1.I. (U) DODI 1308.03, DOD PHYSICAL FITNESS/BODY COMPOSITION PROGRAM (AVAILABLE AT: [HTTPS://WWW.ESD.WHS.MIL/](https://www.esd.whs.mil/))

2. (U) PURPOSE: THE PURPOSE OF THIS MESSAGE IS TO PROVIDE NOTICE THAT EXISTING BODY FAT ASSESSMENT EXEMPTIONS FOR VALID ARMY COMBAT FITNESS TEST (ACFT) SCORES OF 540 OR MORE CONTINUE TO BE VALID AS THE ARMY SHIFTS TO THE NEW ARMY FITNESS TEST (AFT).

3. (U) APPLICABILITY: THIS MESSAGE APPLIES TO ALL REGULAR ARMY (RA), U.S. ARMY RESERVE (USAR), AND ARMY NATIONAL GUARD (ARNG)/ARMY NATIONAL GUARD OF THE UNITED STATES (ARNGUS).

4. (U) SITUATION: CONSISTENT WITH REFERENCE 1.F., WHICH STATES SOLDIER ACFT FOR RECORD TESTS TAKEN BEFORE 31 MAY 2025 REMAIN VALID IN ACCORDANCE WITH CURRENT ARMY POLICIES, AND PURSUANT TO REFERENCE 1.D., ANY SOLDIER WHO MET THE BODY FAT ASSESSMENT EXEMPTION FOR ACFT SCORE CRITERIA PRIOR TO 1 JUNE 2025 IS AUTHORIZED TO UTILIZE THAT BODY FAT ASSESSMENT EXEMPTION FOR ANY FUTURE BODY FAT ASSESSMENTS UNTIL THEIR NEXT FITNESS TEST FOR RECORD.

4.A. (U) THE BODY FAT ASSESSMENT EXEMPTION IS NOT TO EXCEED 8 MONTHS FOR RA AND ACTIVE GUARD RESERVE (AGR), OR 12 MONTHS FOR ARNG/ARNGUS AND USAR FROM THEIR LAST RECORD ACFT.

4.B. (U) SOLDIERS IN THE RA, AGR, AND RESERVE COMPONENTS (RC) ON ACTIVE DUTY ORDERS FOR GREATER THAN 60 DAYS MUST PASS TWO RECORD AFTS PER CALENDAR YEAR, WITH NO LESS THAN 4 MONTHS BETWEEN PASSING RECORD TESTS. BEGINNING 1 JANUARY 2026, SOLDIERS WHO FAIL AN AFT WILL BE RETESTED WITHIN 90 DAYS CONSISTENT WITH ARMY POLICY.

5. (U) IMPLEMENTATION GUIDANCE:

5.A. (U) THIS IMPLEMENTING GUIDANCE APPLIES TO ALL SOLDIERS, ALL CADETS OF THE UNITED STATES MILITARY ACADEMY AND SENIOR RESERVE OFFICERS' TRAINING CORPS, ALL RETENTION ACTIONS, AND ALL MILITARY SCHOOLS AND PROFESSIONAL MILITARY COURSES AS OUTLINED IN REFERENCE 1.A.

6. (U) POINTS OF CONTACT:

6.A. (U) HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA), OFFICE OF THE DEPUTY CHIEF OF STAFF (ODCS), G-1: MAJ SERENA STAPLES, EMAIL: [SERENA.K.STAPLES.MIL@ARMY.MIL](mailto:SERENA.K.STAPLES.MIL@ARMY.MIL).

6.B. (U) HQDA, ODCS, G-1, DIRECTORATE MILITARY PERSONNEL MANAGEMENT, SGM JONATHAN A URIBE-HUITRON, EMAIL: [JONATHAN.A.URIBEHUITRON.MIL@ARMY.MIL](mailto:JONATHAN.A.URIBEHUITRON.MIL@ARMY.MIL).

6.C. (U) DIGITAL TRAINING MANAGEMENT SYSTEM, MR. STUART (SEAN) SMITH, TRAINING MANAGEMENT DIRECTORATE, COMBINED ARMS CENTER-TRAINING, EMAIL: [STUART.S.SMITH4.CIV@ARMY.MIL](mailto:STUART.S.SMITH4.CIV@ARMY.MIL).

7. (U) THIS ALARACT MESSAGE EXPIRES ON 3 JUNE 2026.