



DEPARTMENT OF THE ARMY

Headquarters, Landstuhl Dental Activity

CMR 402

APO AE 09180

REPLY TO
ATTENTION OF

MCDS-EUL-T

22 Jun 04

MEMORANDUM FOR All LDENTAC Military Personnel

SUBJECT: Commander's Policy Letter – Physical Training

1. It is an individual soldier's responsibility to maintain a high level of physical fitness. Special Population physical training (PT) is mandatory for all soldiers who fail record or diagnostic APFTs or do not meet the Army Weight Control standards. Additionally, soldiers preparing to go to leadership development (NCOES) schools will attend unit level PT two months prior to the school date unless a minimum detachment standard of 70 points is maintained for each APFT event.

a. All soldiers are required to take the APFT twice annually unless on a validated medical profile.

b. A soldier will be considered an APFT failure if injured during an APFT. If a soldier suffers an injury preventing him/her from completing an APFT they must report to the local healthcare facility and provide a sick/injury slip to the command. Failure to provide sufficient documentation will result in the soldier being flagged as an APFT failure. The soldier must retake the APFT after the required injury recovery time.

c. All soldiers will report for the weigh-in portion of the APFT regardless of medical profile exempting them from the APFT. If a soldier is required to be taped and exceeds the body fat percentage by less than one percent, the command will repeat/validate the tape within 24 hours. This is to provide the soldier the benefit of the doubt due to possible variance in body fat measurement.

2. Dental Clinic NCOICs may require soldiers to attend PT sessions. If an NCOIC suspects that a soldier may have difficulty in the areas of PT and weight control, they can require the soldier to attend Special Population PT as necessary. In these situations, NCOICs will be expected to show that appropriate counseling has been completed.

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3. The following incentives are in effect in order to motivate soldiers to maintain a high level of physical fitness.
 - a. APFT Score 270 - 290 = Three Day Pass
 - b. APFT Score 290 and above = Four Day Pass and APFT Fitness Badge
 - c. APFT Score 300 = Four Day Pass, APFT Fitness Badge, and Certificate of Achievement
 - d. Consecutive APFT Score 300 – 4 Day Pass, APFT Fitness Badge, and Army Achievement medal.
4. Those personnel not in compliance with this policy letter may be flagged for unfavorable action and subject to administrative action under the Uniform Code of Military Justice.



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Troop Commander