



SECRETARY OF THE ARMY
WASHINGTON

09 JUN 2023

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2023-11 (Army Body Fat Assessment for the Army Body Composition Program)

1. References.

a. Department of Defense (DoD) Instruction 1308.3 (DoD Physical Fitness/Body Fat Program Procedures), 10 May 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

2. Purpose. This directive implements modifications to the Army Body Composition Program (ABCP) that address findings from scientific assessments of the current program.

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. DoD authorized the U.S. Army to review methods to implement revisions to the ABCP that embody the whole Soldier concept and improve talent management. This directive announces changes to the ABCP to ensure all Army Soldiers maintain a level of physical readiness necessary to perform their duties.

5. Policy. The following policy applies to all Soldiers, all cadets of the United States Military Academy (USMA) and Senior Reserve Officers' Training Corps (SROTC), all retention actions, and all military schools and institutional training courses (see reference 1b for graduation requirements).

a. The only U.S. Army-authorized methods of estimating body fat are the multi-site circumference-based tape method, as prescribed in appendix B of AR 600-9; the one-site circumference-based tape method; and the supplemental body fat assessment.

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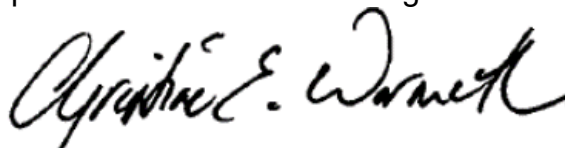
b. The one-site circumference-based tape method will be phased in over the next year. During the 12-month period extending from the date of this directive, Soldiers who require a circumference-based tape test will take the one-site tape test. Those who fail the one-site tape method are authorized to be measured by the multi-site circumference-based tape method, as prescribed in AR 600–9, for their confirmation tape test. After 12 months from the date of this directive, the one-site tape test will be the only authorized circumference-based tape method.

c. A Soldier who fails the circumference-based tape methods will be flagged. Those Soldiers may request a supplemental body fat assessment if the means for such testing is reasonably available. Commanders of Soldiers who do not request a supplemental body fat assessment or who fail the supplemental body fat assessment will maintain the original flagging action, and the Soldier will be enrolled in the ABCP.

6. Delegation. The authority to determine whether the supplemental body fat assessment testing is reasonably available is delegated to the commanders of Army commands, Army service component commands, and direct reporting units; the Chief, National Guard Bureau; and the Chief of Army Reserve. This authority may be further delegated.

7. Proponent. The Assistant Secretary of the Army (Manpower and Reserve Affairs) has oversight responsibility for this policy. The Deputy Chief of Staff, G-1 will publish implementing guidance and incorporate the provisions of this policy into AR 600–9 within 2 years of the date of this directive. The Deputy of Chief of Staff, G-3/5/7 will incorporate the relevant provisions of this policy into AR 350–1 within 2 years of the date of this directive.

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



Christine E. Wormuth

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