



**DEPARTMENT OF THE ARMY**

106<sup>th</sup> FINANCIAL MANAGEMENT COMPANY  
UNIT 20193  
APO AE 09139

REPLY TO  
ATTENTION OF

AETS-SBF-CO

29 August 2011

MEMORANDUM FOR 106<sup>th</sup> Financial Management Company

SUBJECT: Special Population Physical Fitness (Company Policy Memorandum #4)

1. The purpose of this memorandum is to explain the detachment remedial physical fitness program. The goal of this program is to get all company personnel in adequate enough physical shape to achieve their best on the Army Physical Fitness Test (APFT) and to meet the Army height and weight standard. The program will be conducted as follows:

a. Effective 1 SEP 11, all personnel who scored less than 70 points in each event and/or had a cumulative score of 210 or below on the last record/diagnostic APFT will participate in this program. Those who failed to meet the Army height and weight standard will also participate in this program.

b. The program will be conducted from 1600-1700 on Mondays, Tuesdays, Wednesday, and Fridays.

c. Enrollment will start the first duty day following the APFT or the weigh-in. Soldiers who meet the criteria for enrollment will be counseled in writing by their squad leader prior to starting the program. The squad leader with the assistance of the detachment sergeant will create a specialized fitness program for the Soldier that will focus on overall Soldier fitness but will place special emphasis on the area the Soldier demonstrated physical weakness. Detachment sergeants will submit the individualized, month-long physical training plans for their respective Soldiers to the Company First Sergeant for review and approval. Training and supervision will be conducted by a non-commissioned officer. Soldiers will strictly adhere to the monthly program outlines.

d. Soldiers will be released from the program upon achievement of a score of 225 (with a minimum of 75 in each required event) or greater on their next record/diagnostic APFT, which will take place no earlier than 30 days after the latest APFT, or upon meeting the Army height and weight standard found in AR 600-9. If a Soldier should fail to pass their next test with a score of 225 or greater, then they shall stay enrolled in the program until successfully meeting the criteria for release from the program.

2. The point of contact for this memorandum is the undersigned at 469-8017.

DIAMONDBACKS!!

  
GAVIN O. LUHER  
MAJ, FC  
Commanding