



**SECRETARY OF THE ARMY  
WASHINGTON**

**04 SEP 2025**

**MEMORANDUM FOR SEE DISTRIBUTION**

**SUBJECT: Army Directive 2025-17 (Army Body Fat Standard for Army Fitness Test Score)**

1. **References.** See references enclosed.
2. **Purpose.** This directive implements 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 meeting Army body fat standards for high levels of physical fitness.
3. **Applicability.** The provisions of this directive apply to the Regular Army (RA), Army National Guard/Army National Guard of the United States (ARNG/ARNGUS), and U.S. Army Reserve (USAR).
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 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 and limit musculoskeletal injuries.
5. **Policy.**
  - a. **Army Body Fat Standard Modification.** Effective immediately, all Soldiers who score 465 points or more on the record general standard or combat standard Army Fitness Test (AFT), with a minimum of 80 points in each event, are deemed in compliance with the Army body fat standard and will not be subject to flagging actions. This policy applies to Soldiers who complete all five primary events of the AFT; no alternate events are authorized. This body fat standard modification is not retroactive.
    - (1) Pursuant to reference 1a, all Soldiers will still conduct height and weight screening. Soldiers who meet the requirements prescribed in paragraph 5a of this directive do not require the one-site circumference-based tape assessment.
    - (2) Soldiers who do not meet the height and weight screening, but who meet the Army body fat standard stated in paragraph 5a of this directive, will still have their height and weight data recorded on a Department of the Army (DA) Form 5500 or DA Form 5501. The preparer will initial on the form next to the statement "Soldier scored a 465 or more on the AFT and is in compliance with the Army body fat standard IAW AD 2025-17 and AR 600-9."

SUBJECT: Army Directive 2025-17 (Army Body Fat Standard for Army Fitness Test Score)

(3) Soldiers enrolled in the ABCP who achieve the requirements in paragraph 5a of this directive will be released from the ABCP in accordance with Army Regulation (AR) 600-9, paragraph 3-13, and their flag will be lifted pursuant to reference 1f. Soldiers who subsequently fail to meet the standard described in paragraph 5a of this directive will be subject to the provisions of AR 600-9, paragraph 3-14, for exceeding the body fat standards.

(4) The Army body fat standard described in paragraph 5a of this directive is valid until the next record AFT, not to exceed 8 months for RA and Active Guard Reserve Soldiers or 12 months for ARNG/ARNGUS and USAR Soldiers. Soldiers who fail to revalidate within these timelines are subject to record body fat assessments and flagging actions for body fat assessment failure.

(5) The Soldier's DA Form 705-TEST (Army Fitness Test Scorecard) will show a "GO" result for body fat and be recorded in the Digital Training Management System (DTMS).

(6) The Soldier's DA Form 67-10, DA Form 2166-9, or DA 1059 series (Evaluation Report) will show "YES" to represent "compliance with AR 600-9 standards" and include the following statement in the comment section: "Soldier is in compliance with the Army body fat standard IAW AD 2025-17 and AR 600-9."

(7) To ensure the Army body fat assessment does not interfere with Soldier performance on the AFT, commanders and supervisors will allow a minimum of 7 days between the AFT and weigh-in. Commanders may deviate from this standard to meet urgent operational needs.

b. This directive applies to all Professional Military Education. For graduation requirements, refer to AR 350-1.

c. This directive 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 the provisions of this policy into AR 600-9 within 2 years of the date of this directive.

SUBJECT: Army Directive 2025-17 (Army Body Fat Standard for Army Fitness Test Score)

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



Dan Driscoll

Encl

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## **REFERENCES**

- a. Department of Defense (DoD) Instruction 1308.03 (DoD Physical Fitness/Body Composition Program), 10 March 2022, incorporating Change 1, effective 25 June 2025
- b. Army Directive (AD) 2025-06 (Army Fitness Test), 17 April 2025
- c. AD 2023-11 (Army Body Fat Assessment for the Army Body Composition Program), 9 June 2023
- d. AD 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score), 15 March 2023 (rescinded effective 31 May 2026)
- e. Army Regulation (AR) 350-1 (Army Training and Leader Development), 1 June 2025
- f. AR 600-8-2 (Suspension of Favorable Personnel Actions (Flag)), 5 April 2021
- g. AR 600-9 (The Army Body Composition Program), 16 July 2019
- h. Army Techniques Publication 7-22.01 (Holistic Health and Fitness Testing), October 2020, incorporating Change 2, effective 1 August 2022

Enclosure