



DEPARTMENT OF THE ARMY
OFFICE OF THE ASSISTANT SECRETARY
MANPOWER AND RESERVE AFFAIRS
111 ARMY PENTAGON
WASHINGTON, DC 20310-0111

SAMR (RN 600-9a)

25 July 2022

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army People Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 4)

1. References: See Enclosure 1

2. Reference 1.g is rescinded. The ARMS 2.0 pilot program is further amended as follows:

a. Effective immediately, new applicants may access with body fat composition exceeding the accession standard established in reference 1.a by up to 6% based on gender, age, and height. Applicants previously contracted under ARMS 2.0 will be held to their current contracts.

b. At accession (shipment), applicants accessing under ARMS 2.0 cannot exceed the body fat composition standards recorded at the time of their enlistment.

c. Assignment Instructions for ARMS 2.0 Applicants:

(1) Applicants who exceed accession body fat composition standards by 2%, or less, at accession, will proceed immediately to BCT/OSUT in accordance with references 1.d -1.f.

(2) Applicants who exceed accession body fat composition standards, at accession, by 2.1% - 6%, will participate in the Future Soldier Preparatory Course (FSPC) at Army Training Center Jackson (ATCJ) prior to movement to BCT/OSUT.

(a) For Soldiers to proceed from the FSPC to BCT/OSUT, they must achieve 2%, or less, over accession body fat composition standards.

(b) Soldiers failing to achieve body fat composition within 2% of accession body fat composition standards within 90 days will be processed for separation IAW AR 635-200, Chapter 11, dated 28 Jun 21 and AR 601-210 dated 31 Aug 2016. Separation authority is withheld to the Commanding General (CG), CIMT. For members of the Army National Guard, the Adjutant General of their respective State, Territory or the District of Columbia is the separation authority.

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(c) TRADOC will notify HQDA G-1/HRC when each Soldier has reduced their body fat composition to within 2% of accession body fat composition standards to ensure Soldiers are placed on assignment instructions in a timely fashion.

d. Applicants accessing under ARMS 2.0 are granted an Exception to Policy for reference 1.b, paragraph 3-3b(5) and must meet retention body fat composition standards, no later than one year after accession onto active duty (Regular Army) or accession onto initial active duty for training (Reserve Components). These Soldiers will not be subject to a suspension of favorable personnel action for exceeding the body fat composition standards, prior to meeting the above-mentioned one-year timeline.

e. Applicants accessing under ARMS 2.0 are ineligible for any type of Major Misconduct waiver.

f. Reporting Criteria. United States Army Recruiting Command and the Army National Guard are required, within 30 days of date of this memorandum, to submit a monthly report to HQDA G-1, no later than the 8th of each month, detailing the following:

(1) Roster of applicants accessed via ARMS 2.0.

(2) Body fat percentage for each ARMS 2.0 applicant.

(3) A waiver report detailing all waivers (as applicable), by type, for each ARMS 2.0 applicant.

g. The ARMS 2.0 pilot is extended through 30 September 2024.

3. Unless otherwise noted in this memorandum, all other enlistment requirements established in references 1.d -1.f for enlistment under ARMS 2.0 remain in effect.

4. POC for this action is Mr. Lin H. St. Clair, linden.h.stclairii.civ@army.mil.

Encl.

YVETTE K. BOURCICOT
Acting Assistant Secretary of the Army
(Manpower and Reserve Affairs)

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References:

- a. Army Regulation (AR) 40-501 (Standards of Medical Fitness), 27 June 2019.
- b. AR 600-9 (The Army Body Composition Program), 16 July 2019.
- c. AR 601-210 (Regular Army and Reserve Components Enlistment Program), 31 August 2016.
- d. Memorandum, Assistant Secretary of the Army (Manpower and Reserve Affairs), 20 June 2019, subject: Army People Strategy 19-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program.
- e. Memorandum, Assistant Secretary of the Army (Manpower and Reserve Affairs), 11 February 2022, subject: Army People Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 1).
- f. Memorandum, Assistant Secretary of the Army (Manpower and Reserve Affairs), 13 April 2022, subject: Army People Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 2).
- g. Memorandum, Assistant Secretary of the Army (Manpower and Reserve Affairs), 29 June 2022, subject: Army People Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 3).
- h. Memorandum, Assistant Secretary of Defense (Manpower and Reserve Affairs), 21 June 2022, subject: Expansion of the Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program.
- i. Memorandum, Deputy Commanding General, US Army Training and Doctrine Command (TRADOC), 15 June 2022, subject: Change to Army People Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program Expansion.