



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

SAMR (RN 600-9a)

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army People Strategy 22-01 – Modification of the Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 5)

1. References: See Enclosure 1
2. References d, e, f, g in Enclosure 1 are rescinded.
3. Enlistments under the ARMS 2.0 Pilot Program are limited to 10% of each component's annual accessions.
4. ARMS 2.0 Pilot is approved through 30 September 2024.
5. Applicants for enlistment in the Regular Army, Army National Guard, or U.S. Army Reserve, who qualify under paragraphs 6 below, may enlist under the ARMS 2.0 Pilot Program.
6. Applicants for enlistment who exceed the body fat composition standards but meet the standards below can enlist under the ARMS 2.0 Pilot Program:
 - a. Body fat composition. Based on gender, age, height and weight, body fat composition may be no more than 6% above accession standards established in reference 1.a.
 - b. Armed Forces Qualification Test (AQFT). Achieve 31 or higher AFQT score of on the Armed Services Vocational Aptitude Battery (ASVAB).
 - c. Tailored Adaptive Personality Assessment System.
 - (1) Applicants with an AFQT score of 31-49 (CAT IIIBs) are required to score at or above the 50th percentile on the Will Do composite of the Tailored Adaptive Personality Assessment System (TAPAS).
 - (2) Applicants with an AFQT score 50 or above (CAT I-III A) are not required to obtain a qualifying TAPAS score to qualify for enlistment under ARMS 2.0.
 - d. Applicants accessing under ARMS 2.0 are ineligible for any type of Major Misconduct Waiver.
7. Assignment Instructions for ARMS 2.0 Applicants:

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a. Soldiers 2% or less over accession body fat composition standard can proceed directly to Basic Combat Training (BCT).

b. Soldiers 2.1%-6% over the accession standard may enter the Fitness Program component of the Future Soldier Prep Course (FSPC) at Army Training Command-Fort Jackson prior to BCT.

(1) Soldiers must achieve 2% or less over accession body fat standards to proceed to BCT.

(2) Soldiers who are not within 2% of accession body fat composition standards in 90 days may be processed for separation IAW AR 635-200, Chapter 11, dated 28 June 2021 and AR 601-210 dated 31 Aug 2016. Separation authority is withheld to the Commanding General (CG), U.S. Army Center for Initial Military Training. For members of the Army National Guard, the Adjutant General of their respective State, Territory, or the District of Columbia is the separation authority.

8. Applicants accessing under ARMS 2.0 are granted an Exception to Policy for reference 1.b, paragraph 3-3b(5) and must meet 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 aforementioned one-year timeline.

9. Reporting Requirements.

a. United States Training and Doctrine Command (TRADOC) and the Army National Guard are required, within 30 days of this memorandum, to submit a monthly report to HQDA G-1, no later than 8th of each month, detailing the following:

(1) Roster of applicants accessed through ARMS 2.0

(2) Body fat percentage of each ARMS 2.0 applicant

(3) AFQT Score

(4) Score on the Will Do composite of TAPAS

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

b. TRADOC is required, within 30 days of this memorandum, to submit a monthly report to the Assistant Secretary of the Army (Manpower and Reserve Affairs) (ASA(M&RA)) detailing the following:

(1) Number of ARMS applicants accessed through the ARMS 2.0 pilot program

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- (2) Number of ARMS applicants that are separated from the program
- (3) Number of ARMS applicants that enter in and are separated from the Fitness Program of FSPC
- (4) Average weekly body fat loss of applicants in the Fitness Program of the FSPC

10. Longitudinal Study. The Army Research Institute (ARI), in coordination with the US Army Training and Doctrine Command, will conduct a longitudinal study on the ARMS 2.0 pilot following the increase in the enlistment cap. The study will assess the feasibility of incorporation into Army policy after completion of the pilot. Results from the study will be provided to Army senior leaders no later than 6 months after the conclusion of the pilot program.

11. POC for this action is Ms. Megumi Murakami, 703-545-3404 or megumi.murakami2.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 (Reserve 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), 25 July 2022, subject: Army people Strategy 22-01 – Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program (UPDATE 4).

Enclosure 1