



Guidance on Changes to Army Directive 2023-11 (Army Body Fat Assessment for the Army Body Composition Program)

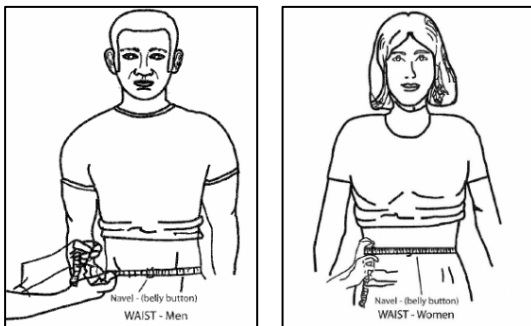
On 9 June 2023, Secretary of the Army released AD 2023-11, which implements modifications to the Army Body Fat.

Applicability: Regular Army, Army National Guard/Army National Guard of the United States, and U.S. Army Reserve.

Previous **multi-site** circumference method:

- Calculated a male Soldier's body fat percentage using neck and waist measurements.
- Calculated a female Soldier's body fat percentage using neck, waist, and hip measurements.

New **one-site** circumference tape method: only uses the waist (at the navel) to calculate body fat percentage for both male and female Soldiers.



Implementation: New one-site circumference tape method will be phased in over the next year. During this time, Soldiers who require circumference-based tape tests will take the one-site tape test. Those who fail are authorized to be measured by the previous multi-site circumference tape method for their confirmation tape test. After 12 months from the date of AD 2023-11, the one-site tape test will be the **only** authorized circumference-based tape method.

Beginning **8 June 2024**, one-site tape test method is the only authorized method.

Supplemental Body Fat Assessment:

Soldiers who fail the circumference-based tape methods will be flagged. However, at the time of their counseling for failure, they may request a supplemental body fat assessment, subject to the appropriate commander's determination of reasonable availability. The flag is lifted if a Soldier passes the supplemental test.

Commanders will flag and refer all Soldiers who do not request/fail the supplemental body fat assessment to the ABCP.

Army Combat Fitness Test (ACFT) Exemption:

Per AD 2023-08, all Soldiers who score 540 or more on the record ACFT, with a minimum of 80 points in each event, are exempt from the Army body fat circumference-based tape assessment. This policy applies to Soldiers who complete all six primary events; no alternative events are authorized.

Pertinent Regulations/Policies:

- **AD 2023-11.**
- **ALARACT 046/2023** (Notification of New Army Body Fat Assessment for the Army Body Composition Program).
- **AR 600-9** (The Army Body Composition Program).
- **AD 2023-08** (Army Body Fat Exemption for ACFT Score).

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More info:
**Army Body
Composition
Program**



<https://www.armyresilience.army.mil/abcp/>