



**DEPARTMENT OF THE ARMY
OFFICE OF THE SURGEON GENERAL
7700 ARLINGTON BOULEVARD
FALLS CHURCH, VA 22042-5140**

DASG-HSZ

16 October 2019

MEMORANDUM FOR RECORD

**SUBJECT: Army Combat Fitness Test (ACFT) Guidance for Profiling Officers
Preparing or Updating Permanent Profiles**

1. Purpose: To provide guidance on modifying permanent profiles for Soldiers to participate in the ACFT.

2. Background:

a. Per HQDA EXORD 219-18 Army Combat Fitness Test (dtd 13 Jul 18), the Army will adopt the ACFT as the physical test of record for promotion, retention, schools, etc. The Army will continue with initial operating capability through 30 September 2020 and will reach full operational capability on 1 October 2020.

b. The ACFT consists of 6 events: the 3 repetition maximum dead lift (MDL), standing power throw (SPT), hand release push-up (HRP), sprint-drag-carry (SDC), leg tuck (LTK), and 2 mile run (2MR).

c. Per FRAGO 6 to the HQDA EXORD (dtd 6 Sep 19), all Soldiers with a permanent profile will participate in the ACFT beginning Oct 2019. Soldiers with temporary profiles will not take the ACFT if they are unable to take the standard 6-event test. Soldiers with permanent profiles may take a Standard or a Modified ACFT. Primary care and specialty providers will evaluate Soldiers on permanent profile to determine a Soldier's participation level in the ACFT.

d. Soldiers on permanent profile will participate in the ACFT to their maximum ability and may participate in a Modified ACFT that includes from 1 to 6 events. Soldiers on permanent profile who are unable to participate in the 2-mile run aerobic event may participate in an alternate aerobic event. The alternate aerobic events are the 5,000-meter row, the 15,000-meter bike, or the 1,000-meter swim. There will be no walk alternate aerobic event.

3. Modifying/Creating new permanent profiles for ACFT.

a. Profiling officers (primary care physician, battalion physician assistant, or equivalent medical professional – see AR 40-502 and DA PAM 40-502) will evaluate all Soldiers on permanent profile (who are not currently in the Disability Evaluation System

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process) to determine their ability to perform, and level of participation in, the ACFT or Modified ACFT. Permanent profiles will be reviewed during FY20 prior to a Soldier's initial scheduled ACFT.

b. Medical providers may follow these steps in modifying/creating a Soldier's permanent profile:

(1) Step 1 – Determine the current medical condition and associated limitations with regard to the 6-event ACFT. (For information see: <https://www.army.mil/acft>)

(2) Step 2 – With Soldier, determine which ACFT events they can perform (including the 2MR or an alternate aerobic event) and which would aggravate the medical condition.

(3) Step 3 – Add the comments for the Modified ACFT to the "Instructions to Commanders" Section of the permanent profile within the Healthcare Portal (eProfile).

Examples of possible ACFT documentation:

"Soldier is able to perform all 6 ACFT events without modification"

"Soldier is able to perform all ACFT events except the run. Soldier will perform the _____ (identify which alternate aerobic assessment is authorized)"

"Soldier is able to perform the following ACFT events: MDL, SDC, and 2MR. Soldier cannot perform the SPT, HRP, or LTK"

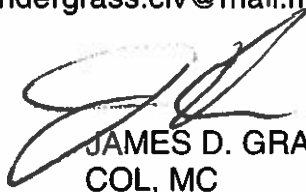
"Soldier is able to perform the following ACFT events: MDL, SDC, HRP, LTK, and 2MR. Soldier cannot perform the SPT"

"Soldier is able to perform the following ACFT events: MDL, SDC, HRP, LTK, and 5,000-meter row. Soldier cannot perform the 2MR or the SPT"

"Soldier will perform only an aerobic event for the ACFT. The Soldier will perform the _____ (identify which alternate aerobic assessment is authorized)."

(4) Step 4 – Review profile to ensure there are no inconsistencies with lifting, load bearing weight limits, or duration.

4. The point of contact for this instruction is Timothy Pendergrass, Physical Performance Service Line, Rehabilitation & Reintegration Division, MEDCOM G-3/5/7, (703) 681-5741 or email: timothy.l.pendergrass.civ@mail.mil.


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