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MARINE CORPS ORDER 6110.3A

From: Commandant of the Marine Corps
To: Distribution List

Subj: MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM

Ref: (a) MARCORMAN
(b) MCO 6100.13 W/CH 2
(c) DoD Instruction 1308.3, "DoD Physical Fitness and Body Fat Programs Procedures," November 5, 2002
(d) MCO 3500.27C
(e) MCO 5210.11F
(f) MCO 1900.16 W/CH 1
(g) SECNAVINST 1920.6C CH 5
(h) NavMed P-117
(i) MCO 5000.12E W/CH 1-2
(j) BUMEDINST 6320.66E CH 2
(k) MCTFSPRIUM
(l) MCO P1400.32D W/CH 1-2
(m) MCO P1400.31C W/CH 1
(n) MCO 1040.31
(o) MCO P1326.6D W/CH 2
(p) MCO P1070.12K W/CH 1
(q) MCO 1610.7
(r) SECNAV M-5210.1
(s) 5 U.S.C 552a
(t) SECNAVINST 5211.5E

Encl: (1) MCBCMAP Procedural Guidance
(2) MCBCMAP Sequence Chart
(3) DoD Height/Weight Standards Table
(4) DoD Body Composition Standards Table
(5) BCP Medical Waiver Sequence Chart
(6) Pregnancy and Post-Partum Policy Flowchart

1. Situation. To provide policy and procedural guidance for implementation of the Marine Corps Body Composition and Military Appearance Program (MCBCMAP), per the references.

2. Cancellation. MCO 6110.3.

3. Mission. This Order establishes procedures for the effective management of the MCBCMAP. Commanders will ensure all Marines comply with the requirements and standards contained in this Order. Policy and procedural guidance is contained in the enclosures.

4. Execution

a. Commander's Intent and Concept of Operations

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(1) Commander's Intent. Every Marine must comply with established body composition standards and present a suitable military appearance, regardless of age, grade, gender, or duty assignment, as per reference (a).

(2) End State. Combined with the Marine Corps Physical Fitness Program (MCPFP) contained in reference (b) and in recognition that Marines are warrior athletes, it is essential the Marine Corps develops a comprehensive program that will enhance Marine wellness, body composition, and military appearance while diminishing other risk factors in order to improve Marine combat readiness and personal appearance.

(3) Concept of Operations

(a) The MCBCMAP is comprised of two distinct programs that monitor and evaluate the appearance of Marines while providing assistance through focused supervision in order to ensure compliance with established body composition and military appearance standards. Failure to comply with the policies and standards contained in this Order may result in administrative remarks that limits promotion, retention, and assignment.

(b) The effectiveness and long-term viability of the MCBCMAP are dependent upon uniform application and enforcement by commanders and compliance by all Marines. Commanders and Officers-In-Charge (OIC) will ensure Marines comply with the standards established in reference (c) and in accordance with the contents of this Order. Failure to do so may jeopardize operational readiness and erode American confidence in the United States Marine Corps.

b. Subordinate Element Missions

(1) Deputy Commandant for Manpower & Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment and reporting policies are consistent with the policies established in this Order.

(b) Provide a system capable of reporting and recording individual height, weight and body composition data in order to facilitate analysis and policy modification, as required.

(2) Commanding General, Training & Education Command (TECOM)

(a) Serve as program sponsor and provide subject matter experts in order to ensure the currency and relevance of the MCBCMAP.

(b) Manage and monitor MCBCMAP through development, implementation and interpretation of standards, policies, and procedures consistent with the requirements contained in reference (c).

(3) Inspector General (IG), Headquarters, Marine Corps

(a) Review implementation and management of the MCBCMAP during command inspections and report findings to the Commandant of the Marine Corps following conclusion of periodic IG inspections.

(b) Provide an annual assessment of MCBCMAP IG inspection results to the Commandant of the Marine Corps no later 31 January for the period 1 January through 31 December.

5. Administration and Logistics

a. Submit all recommendations concerning this Order to CG, TECOM via Marine Air Ground Task Force Training and Education Standards Division.

b. Records Management. Records created as a result of this Order shall be managed according to National Archives and Records Administration (NARA) approved dispositions per references (r) to ensure proper maintenance, use, accessibility, and preservation, regardless of format or medium.


c. Privacy Act. Any misuse or unauthorized disclosure of personally identifiable information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities will be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII will be in accordance with the Privacy Act of 1974, as amended (reference (s)) and implemented per reference (t)

d. Forms Management. Naval Forms Online (NFOL) is the official online resource for Marine Corps forms. Marine Corps forms identified in this Bulletin may be retrieved from:
<https://navalforms.documentservices.dla.mil/web/public/forms>.

6. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.


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MCBCMAP Procedural Guidance

1. Objectives. It is not uncommon for Marines to experience weight gain and increased body fat as a result of decreased physical activity and improper nutrition. Marines may also experience weight gain as metabolic rates change with age when no corresponding reduction in caloric intake is made. Excess body fat is directly associated with high blood pressure, high blood cholesterol, diabetes, cancer, cardiovascular disease, and similar health risks. Furthermore, increased weight gain and body fat affects fitness levels through reduced stamina, speed, and endurance. Marines who exceed weight and body fat standards are a detriment to and detract from the combat readiness of their unit. Furthermore, it can generally be considered that a Marine who meets established height, weight, body composition, grooming, and uniform standards will present a suitable military appearance. However, there are some Marines that may meet all established standards yet still fail to present a suitable military appearance. The presentation of an unsuitable military appearance is inconsistent with the Marine Corps leadership principle of setting the example. Simply put, Marines who do not present a suitable military appearance fail to possess the qualities necessary to effectively lead Marines. This is especially true for Marines in a leadership or supervisory role who are required to ensure their subordinates comply with established policies and standards. The objective of the MCBCMAP is to establish healthy weight and body composition standards, and to ensure all Marines present a suitable military appearance. An effective MCBCMAP achieves the following:

- a. Provide Marines information and assistance in order to modify the attitudes and behavior consistent with a healthy lifestyle.
- b. Contribute to the health and well-being of every Marine through continuous monitoring of weight, body composition, and military appearance.
- c. Motivate Marines to set the example by maintaining established weight and body composition standards.
- d. Ensure compliance through supervised oversight, remedial conditioning and professional assistance.
- e. This Order provides guidance and procedures for both overweight and underweight Marines.

2. Responsibilities

a. Commanders/Officers-In-Charge (OICs)

(1) Commanders/OICs possessing special courts-martial convening authority will enforce compliance with weight, body composition, and military appearance standards contained in reference (c) and the contents of this Order through development and uniform application of periodic assessments, assignment, and supervisory procedures.

(2) Commanders/OICs will ensure Marines receive a fair and impartial evaluation, to include a medical determination in order to establish if excess weight and body composition is due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain. Medical determinations must be made by a board certified or board eligible

military physician (BCBEMP) and will include, but not be limited to the following:

- (a) Current duty status.
- (b) Recommended dietary plan.
- (c) Realistic weight and body composition reduction goals.
- (d) Combat conditioning restrictions and limitations.

(3) Commanders/OICs will select and assign in writing a force fitness instructor (FFI) and/or command physical training representative (CPTR).

b. Executive Officers/Senior Enlisted Advisors

(1) Executive officers will evaluate officers for compliance with the military appearance program (MAP).

(2) Executive officers will provide oversight and supervise the performance of officers assigned to the MAP.

(3) Senior enlisted advisors will evaluate enlisted Marines for compliance with the MAP.

(4) Senior enlisted advisors will provide oversight and supervise the performance of enlisted personnel assigned to the MAP.

(5) Executive officers/senior enlisted advisors will supervise the implementation of a weight reduction or weight redistribution plan developed by BUMED or certified Semper Fit professional for Marines assigned to the MAP, as required.

(6) Executive officers/senior enlisted advisors will provide guidance and assistance regarding the supervision and performance of Marines assigned to the MAP, ensuring they receive all available resources and support at the command's disposal.

c. FFI/CPTR

(1) The FFI or CPTR will thoroughly review reference (c) and the contents of this Order immediately upon assignment.

(2) The FFI or CPTR is responsible to the commander for development, implementation, management and supervision of the organizational MAP, Body Composition Program (BCP) and Remedial Conditioning Program (RCP).

(3) The FFI or CPTR is responsible for applying risk management (RM) fundamentals during the conduct of the RCP in support of MAP or BCP assignment, in accordance with reference (d).

(4) The FFI or CPTR is responsible for coordinating and supervising the execution of weigh-ins and body composition evaluations (BCEs) utilizing NAVMC 11621, "BCP Evaluation," form if necessary. Responsibilities may include, but not be limited to the following:

- (a) Select and train BCE evaluators as required.

(b) Report BCE findings for those Marines who exceed weight and body composition standards in accordance with reference (c) and the contents of this Order.

(c) Document and record BCE data.

(d) Manage and maintain BCE documentation in accordance with references (e) and (r). BCE documentation will contain, but not be limited to the following:

1. NAVMC 11621, "BCP Evaluation."
2. Medical documentation.
3. Counseling records.
4. Weekly weigh-in and BCE results for active duty units. Reserve units will conduct weigh-ins as reasonably practicable.
5. RCP training log.
6. Physical Fitness Test (PFT)/Combat Fitness Test (CFT) performance results.

(5) The FFI or CPTR will coordinate diet and nutrition seminars or coordinate appointments with Semper Fit fitness and lifestyle professionals for Marines assigned to the BCP or MAP.

(6) The FFI or CPTR will ensure Marines on their first BCP assignment order complete MarineNet MCIZ4133AZ (Semper Fit Basic Fitness Course).

(7) The FFI or CPTR will ensure Marines on their second or subsequent BCP assignment order and complete MarineNet MCIZ4134AZ (Semper Fit Advanced Course).

(8) The FFI or CPTR is responsible for providing periodic feedback to the senior enlisted advisor, executive officer and commander/OIC regarding the status and performance of Marines assigned to the MAP.

(9) Upon notification, the FFI or CPTR will initiate MAP evaluation procedures utilizing NAVMC 11620, "MAP Evaluation," form.

(10) The FFI or CPTR will document and record MAP performance data.

(11) The FFI or CPTR will manage and maintain MAP documentation in accordance with reference (e). MAP documentation will contain, but not be limited to the following:

- (a) NAVMC 11620, "MAP Evaluation."
- (b) Counseling records.
- (c) Weekly weigh-in and BCE results for active duty units. Reserve units will conduct weigh-ins as reasonably practicable.
- (d) RCP training log.

(12) The FFI or CPTR will ensure Marines on their first BCP assignment order complete MarineNet MCIZ4133AZ (Semper Fit Basic Fitness Course).

(13) The FFI or CPTR will ensure Marines on their second or subsequent BCP assignment order and complete MarineNet MCIZ4134AZ (Semper Fit Advanced Course).

d. Individual Marines

(1) Every Marine will conform to established Marine Corps weight and body composition standards and present a suitable military appearance, regardless of age, grade, gender or duty assignment.

(2) Marines who exceed established Marine Corps weight and body composition standards will take necessary action to return to standards within the prescribed timeline. Failure to do so may result in formal assignment to the BCP and administrative remarks that include limitations on promotion, retention, assignment or administrative separation.

(3) Marines who do not present a suitable military appearance will take all necessary action to improve their appearance within prescribed timelines. Failure to do so may result in formal assignment to the MAP and administrative remarks that includes limitations on promotion, retention and assignment.

3. Requirement

a. Purpose. The MCBCMAP establishes, evaluates and enforces compliance with optimal weight, body composition, and military appearance standards that are essential to the preservation of good order and discipline and necessary for the maintenance of combat readiness Marine Corps-wide.

b. Scope. All Marines will be periodically evaluated for weight and military appearance in accordance with the sequence described in enclosure (2) and the frequency described below. However, commanders/OICs are authorized to conduct unit/individual weigh-ins, BCP, or MAP assessments as often as deemed necessary. Weigh-ins may be conducted on the same day as the PFT/CFT. Inspector General/Commanding Generals may also perform weigh-ins while conducting unannounced inspections.

c. Standards. Marines are considered to exceed standard when their body weight and body fat percentage exceeds the maximum allowable limits for their height, as contained in enclosures (3) and (4). Reference (c) and this Order primarily focus on Marines who exceed their maximum allowable weight, but Commanders/OICs should provide the same level of assistance and supervision for those Marines who are below their minimum allowable limit.

d. Frequency

(1) Active Component. The weigh-in is a calendar year semi-annual requirement for all active duty Marines, regardless of age, grade, gender, or duty assignment.

(2) Reserve Component. The weigh-in is a calendar year annual requirement for all SMCR/IMA Marines, regardless of age, grade, gender or duty assignment.

(3) Activated Reservists. Activated Reserve Marines, to include AR, mobilized or those performing active duty operational support (ADOS) will comply with the active component semi-annual weigh-in requirement.

(4) Permanent Change of Station/Assignment (PCS/PCA) Orders. A Marine can be transferred, receive PCS/PCA orders during an initial assignment, or be extended under an initial BCP assignment. Marines will not be transferred or execute PCS/PCA orders while on a second assignment to the BCP. For transferred Marines on their initial BCP assignment, losing commands will ensure the original BCP file in its entirety is forwarded to the gaining command by registered/receipt mail within seven days of departure. The losing command will retain a copy of the file in accordance with reference (e). Marines assigned to the MAP are eligible for PCS/PCA.

(5) End of Active Service (EAS)/Retirement. Imminent EAS/retirement does not preclude a Marine, who exceeds weight and body composition standards or presents an unsuitable military appearance from being evaluated and assigned to the MAP, BCP, and RCP. Commanders/OICs are authorized to evaluate and assign Marines to the MAP, BCP, and RCP up to their EAS date. However, commanders/OICs will exercise discretion and judgment regarding final disposition of Marines who fail to meet weight and body composition standards within seven months of EAS. Regardless of BCP assignment decision, commanders/OICs are encouraged to enforce RCP compliance.

e. Sequence. Marines will be evaluated in accordance with the sequence contained in enclosure (2). If a Marine is not within weight standards, then the FFI or CPTR will conduct a BCE utilizing the circumference (taping) technique, on the same day as the weight measurement. BCE's are only required for Marines who exceed their maximum weight standard or present an unsuitable military appearance due to improper weight distribution, as determined by the commander/OIC.

f. Procedures

(1) Safety. In accordance with reference (d), RM fundamentals will be applied in order to ensure Marines are not exposed to unnecessary risk.

(2) Supervision. The commander/OIC is responsible overall for the conduct of the MCBCMAP. Executive officers/senior enlisted advisors are responsible for organizing and conducting MAP assessments and making appropriate recommendations to the commander/OIC. The FFI or CPTR or designated evaluator(s) are the only individuals authorized to perform height, weight and body composition measurements in conjunction with MAP assessments. The FFI or CPTR will supervise the performance and progress of Marines assigned to the BCP, MAP, and RCP in accordance with the contents of this Order and guidance received from the commander/OIC, executive officer and senior enlisted advisor. The MAP is comprised of all aspects of the MCBCMAP and is meant to be an organizational aid to improve military appearance and prevent Marines from being assigned to the BCP. However, MAP failure incorporates adverse administrative remarks in order to encourage and/or enforce compliance.

(3) Uniform. The only authorized uniform for the weigh-in and BCE (if necessary) is the Marine Corps approved green-on-green T-shirt, shorts and socks. No other uniform or clothing garment is permitted. Shoes will be removed prior to evaluation.

(4) Equipment. Height will be measured utilizing a standard, non-stretching fiberglass tape measure affixed to a vertical surface or a wall mounted stadiometer. The tape measure will be calibrated using a separate yardstick or metal ruler. Weight will be measured utilizing a calibrated digital or balance beam scale. Circumferences will be measured using a self-tensioning taping device (digital or non-digital) for those who require body fat estimation. Examples of these devices can be found at <http://www.fitness.marines.mil>.

(5) Evaluations

(a) Height Measurement. The Marine will stand with their back against the wall, heels flat on the deck, shoulders back, with arms to the side in a relaxed manner, and head straight forward. For use in height/weight tables and FitRep reporting, height measurement will be recorded to the nearest inch. If height fraction is less than 1/2-inch, round down to the nearest inch. If height fraction is 1/2-inch or more, round up. If Marine exceeds weight on height/weight tables, height will be re-measured and recorded to the nearest 1/2-inch for use in body fat percentage estimation.

(b) Weight Measurement. Weight will be measured on a calibrated digital or balance beam scale in the required PT uniform, without running shoes. A one-pound reduction will be granted for the PT uniform; however, no other weight reductions are authorized. Measurement will be recorded to the nearest pound. If the weight fraction is 1/2-pound or less, round down to the nearest pound. If more than 1/2-pound, round up.

(c) Circumference Measurement. Body composition will be estimated using the circumference-based method. No substitute body composition evaluation methods are permitted in accordance with reference (c). The FFI or CPTR or designated evaluator(s) are the only individuals authorized to perform height, weight and BCE's, if necessary. All measurements will be taken on bare skin, the only exception being the female hip measurement. A confirmation height/weight measurement will be performed prior to conducting a BCE. Using the self-tensioning device, the FFI will measure Marines at the gender specific sites. The FFI will measure Marines by standing to the right of the Marine being measured. Pull the end of the tape around the body part being measured. Place the rod at the end of the tape into the circular slot. Press the button in the center and let the tape retract to a snug fit. Read and record your measurement on the outer edge of the tape measure, or as indicated with the digital model (the end opposite the locked in rod). Circumference measurements will be taken three times by two separate evaluators in order to ensure accuracy. Each set of measurements will be completed sequentially to discourage assumption of repeated measurements of a specific region. The lowest body fat percentage estimation (vice circumference measurement) that results from the six sets of circumference measurements by the two BCP evaluators will be utilized for MAP or BCP assessment purposes. Video instructions can be found at <http://www.fitness.marines.mil>.

1. Male Marines. Measurements for male Marines will be taken along the neck and abdominal circumference, at the navel. Measure the neck circumference by placing the curved portion of the self-tensioning device on the right neck muscle so that the taping device conforms to the natural curvature of the neck muscle. The tape will cross the bottom the

larynx and perpendicular to the long axis of the neck. The Marine should look straight ahead during the measurement, with shoulders down, not hunched. For neck measurements, round up to the nearest 1/2-inch and record. Measure the abdominal circumference by placing the curved portion of the self-tensioning taping device on the right side of the Marine's abdomen. The tape will cross the center of the navel and be parallel to the deck. Arms will be straight and relaxed at the sides. Take measurement at the end of the Marine's normal, relaxed exhalation. For abdominal measurements, round down to the nearest 1/2-inch and record. The circumference value is calculated by subtracting the neck from the abdominal measurement.

$$\text{abdominal} - \text{neck} = \text{circumference value}$$

Male body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

2. Female Marines. Measurements for female Marines will be taken along the neck similar to males, at the waist at the thinnest portion of the abdomen, and at the hips. Measurements for female Marines will be performed by female evaluators, only. Measure the natural waist circumference against the skin at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breastbone) with the self-tensioning device as indicated in the paragraph above. When this site is not easily observed, take several measurements at probable sites and use the smallest value. Ensure the tape is level and parallel to the deck. Arms will be straight and relaxed at the sides. Take measurements at the end of a normal, relaxed exhalation. For natural waist measurement, round down to the nearest 1/2-inch and record. Measure the hip circumference while facing the Marine's right side by placing the tape around the hips so that it passes over the greatest protrusion of the buttocks as viewed from the side. Ensure the tape is level and parallel to the deck. For hip measurement, round down to the nearest 1/2-inch and record. The circumference value is calculated by adding the waist and hip measurements and subtracting the neck measurement.

$$\text{waist} + \text{hip} - \text{neck} = \text{circumference value}$$

Female body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

(d) MAP Assessments. Commanders will conduct military appearance assessments based upon personal appearance indicators (personal hygiene, grooming and uniform wear) and improper distribution/excessive accumulation of body fat. Specific areas to be evaluated are:

1. Subjective Indicators

- a. Uniform inspections (Service 'C' uniform).
- b. Personnel inspections that focus on hygiene and grooming standards.

2. Objective Indicators

- a. Established DoD height/weight standards.

b. Established Marine Corps body fat percentages, by age group.

c. Established DoD body composition standards. Specific target areas are: neck and abdomen for male Marines, neck, waistline and hips for female Marines.

4. Assignment Process

a. Enforcement of BCP and MAP Standards. Maintenance and monitoring of BCP and MAP standards is a shared individual Marine and command responsibility. Compliance with BCP and appearance standards is continuous and not tied to a reporting period or event.

b. BCP and MAP

(1) Commander's BCP. If Marines do not meet established BCP standards they will be notified of their deficiencies and processed for BCP assignment. Commanders are responsible for ensuring the BCP processing period is completed as soon as possible and not longer than 60 days. During this period, and any other time a Marine is out of standards, administrative remarks (restricted or withheld/delayed promotions, denied reenlistment, denied special school/special duty assignments, etc.) outlined in paragraph 5 of this enclosure apply whether processing results in BCP assignment or not. The commander also has the power to determine that although a Marine is outside height, weight, and body composition standards that his or her uniformed appearance is commensurate with that of a squared away Marine. Should that be a commander's determination, the commander has the opportunity to seek a waiver for the Marine through the chain of command. The final authority for a waiver rests with the first General Officer in the chain of command.

(2) Commander's MAP. Because Marines come in all shapes and sizes, there is an imperative to ensure that the commander has a continuous say in the assignment of his or her Marines to programs dealing with body composition and military appearance. The authority of the commander is such that should he or she decide that a Marine is within height and weight standards, the body composition percentages, or both, that Marine can still be assigned to the MAP. Such an assignment would normally be oriented towards weight redistribution, vice loss, and a Marine should be given an opportunity to correct deficiencies before being formally assigned to the MAP. Should an assignment to the formal program be necessary, the commander will provide the appropriate resources, counseling, and unit diary entries. Should a Marine not show progress while on the program, reenlistment and promotion opportunities could be denied. To maintain fairness and impartiality, Marines assigned to the MAP will have the right to appeal their status to the next higher officer in the chain of command.

c. BCP Formal Assignment. Commanders/OICs possessing special courts-martial convening authority will assign Marines to the BCP and RCP who fail to comply with established weight and body composition standards, in accordance with reference (c) and the contents of this Order. Commanders/OICs will utilize NAVMC 11621 to notify Marines of their formal BCP assignment. Marines on their first BCP assignment will not be removed from the program until their initial six-month assignment has expired. This measure is required in order to ensure healthy weight and body fat loss

techniques are employed and appropriate attitude and lifestyle adjustments are made. The following steps are required to formally assign and remove Marines to/from the BCP:

(1) Upon notification that a Marine exceeds established weight standards, the FFI or CPTR will conduct a BCE and record results on NAVMC 11621.

(2) After confirmation that a Marine exceeds established weight and body composition standards, the FFI or CPTR will notify the chain of command that a medical evaluation is required.

(3) At any time in the BCP assignment processing period, Marines may have additional weigh-ins/BCES conducted. If the Marine returns to standard within the BCP assignment processing period, the Marine will not be assigned to BCP. If the Marine is still out of standards at the end of this period the Marine will be assigned to BCP. If a performance evaluation is due during the period of BCP processing, the Marines HT/WT/BF percentage data will be accurately reported and a statement will be included in the report that the Marine is being evaluated for assignment to BCP. The Marine will be provided the opportunity to submit a statement regarding this adverse comment.

(4) A BCBEMP will make the following determination and recommendations:

(a) A determination as to whether weight gain is due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain. A BCP medical waiver may only be recommended by a physician (board eligible or certified specialist). The inability to exercise is not a valid reason for a BCP waiver. All BCP medical waivers recommendations will require two signatures. If the physician recommending the waiver is civilian, a BCBEMP must endorse the waiver. If the physician recommending the waiver is a BCBEMP, the waiver must be endorsed by a physician one level higher in the chain of command.

(b) Medical clearance to participate in the BCP/RCP.

(c) Physical limitations or restrictions.

(d) Recommended weight and body composition fat reduction goals.

(e) Recommended nutritional and dietary measures.

(5) After the medical evaluation, the FFI or CPTR will deliver the package to the commander/OIC. The commander/OIC will conduct an assessment and make a BCP assignment decision.

(6) If assigned, the Marine will be counseled on his/her deficiencies, corrective action required and information regarding BCP assignment responsibilities. The Marine will acknowledge notification of deficiencies and BCP assignment by signing the NAVMC 11621 and a NAVMC 118, "Administrative Remarks," (page 11) entry in accordance with paragraph 6105 of reference (f).

(7) At the conclusion of the six-month period, the FFI or CPTR will complete the final BCP assessment and deliver the package to the

commander/OIC for a final determination. For Marines on extended or second assignments, this process can occur as soon as the Marine complies with established weight and body composition standards.

(8) Once the final determination has been made and appropriate unit diary entries entered, the FFI or CPTR will complete documentation of the BCE and retain, in accordance with reference (e).

(9) A BCP medical waiver sequence chart is provided at enclosure (5).

d. BCP Extension

(1) Only Marines on their first assignment can be granted an extension.

(2) A Marine who has failed to comply with established weight and body composition standards, but has made satisfactory progress will be afforded a one-time six-month extension. Additional extensions are not authorized.

(3) Marines who fail to make satisfactory progress will not receive an extension and will be processed for administrative separation in accordance with references (f) and (g).

(4) An extension does not constitute a second assignment.

e. Second BCP Assignment

(1) Marines who have been assigned to and officially removed from the BCP at any time in their career, yet fail to meet established weight and body composition standards, may receive a second one-time six-month assignment to the BCP.

(2) Extensions to second assignments are not authorized.

(3) All other BCP management policies apply.

f. BCP Removal

(1) Marines on their first BCP assignment who comply with established weight and body composition standards at the conclusion of their six-month assignment period will be removed from the BCP by their commander/OIC possessing special courts-martial convening authority utilizing NAVMC 11621, with no further action required.

(2) Marines on their second assignment who comply with established weight and body composition standards can be removed from the BCP at any time during their six-month assignment.

(3) Marines who fail to comply with established weight and body composition standards due to unsatisfactory progress shall receive a page 11 entry in accordance with paragraph 6105 of reference (f) and be processed for administrative separation (Weight Control Failure).

(4) Marines who fail to comply with established weight and body composition standards due to indifference or apathy shall receive a NAVMC 118

entry in accordance with paragraph 6105 of reference (f) and be processed for administrative separation (Unsatisfactory Performance).

(5) Administrative separation procedures for officers who fail to comply with established weight and body composition standards will be performed in accordance with reference (g).

g. MAP Formal Assignment. Commanders/OICs possessing special courts-martial convening authority will conduct a MAP assessment and make a formal assignment determination. Assessments will include a review of all relevant MAP documentation and a commander/OIC Summer Service 'C' uniform inspection. Commanders/OICs will utilize NAVMC 11620 to notify Marines of their initial 60-day formal MAP assignment. Because of the intrinsic link between the BCP and MAP, Marines who do not present a suitable military appearance will be evaluated by a BCBEMP prior to MAP formal assignment in order to rule out the possibility of an underlying medical condition or disease as a primary causal factor behind the improper weight distribution. Instructions regarding the use of NAVMC 11620 are included with the form upon download.

(1) The MAP processing period includes the right of the Marine to appeal the pending MAP assignment to the next higher level commander in the chain of command within five (5) working days. MAP appeal authority may not be delegated. Appeal authority will be provided access to all relevant MAP information and can respond to the request in writing or may require a personal assessment conducted in the "Service 'C' uniform". MAP appeal requests should be adjudicated in a timely manner. If MAP authority concurs with the initial MAP assessment, the Marine will be assigned to MAP.

(2) If MAP appeal authority rules in favor of the Marine, the Marine will not be assigned to MAP.

(3) Only after assignment to MAP, either following a denied appeal or if the Marine accepts the initial MAP assignment decision, will provisions in paragraph 5 of this enclosure apply. When a Marine is assigned to MAP, this will be reflected in proficiency/conduct marks or on fitness reports.

h. MAP Extension. Once formally assigned to the MAP, commanders/OICs that possess special courts-martial convening authority will extend Marines who fail to comply with established subjective and objective MAP indicators in sequential 60-day increments until they either present a suitable military appearance (and are removed from MAP) or get assigned to the BCP as a result of failing to meet established weight and body composition standards.

i. MAP Removal. Commanders/OICs that possess special courts-martial convening authority will immediately remove Marines from the MAP as soon as they present a suitable military appearance utilizing the MAP evaluation form. No further administrative remarks is required once a Marine is removed from MAP.

j. MAP Failure. Marines who are formally assigned to the MAP and fail to conform to established body composition standards within the initial 60-day formal MAP assignment period will be subject to adverse administrative remarks that may affect promotion, assignment, and retention.

k. MAP Appeals. Upon notification of formal assignment to the MAP by a commander/OIC possessing special courts-martial convening authority, Marines may submit a written request appealing their formal MAP assignment to the

next higher level commander in the chain of command within five working days. The appeal authority will be provided access to all relevant MAP documentation and can respond to the request in writing or may require a personal assessment to be conducted in the Service 'C' uniform. MAP appeal requests should be adjudicated in a timely manner. If the higher level authority approves the appeal request, Marines will be immediately removed from the MAP with no further administrative remarks required. Appeal authority cannot be delegated.

5. Administrative Remarks. Tables 1 and 2 contain a summary of required administrative remarks as a result of BCP or MAP assignment, in accordance with references (f) through (q).

a. Promotion

(1) Enlisted Marines. In accordance with reference (l), enlisted Marines are placed in a promotion restriction status while assigned to the BCP or MAP, regardless of combat zone assignment or BCP status. Enlisted Marines will no longer be in a promotion restriction status once removed from the BCP or MAP.

(2) Officers. Commanders may request promotions be delayed for those officers who are deemed not physically qualified for promotion, regardless of combat zone assignment or BCP status, in accordance with reference (m).

b. Retention. Marines who do not meet established weight and body composition standards or fail to present a suitable military appearance are not eligible for reenlistment or voluntary extension, in accordance with reference (n).

c. Special Schools/Special Duty Assignment (SDA). Marines who do not meet established weight and body composition standards or fail to present a suitable military appearance may be ineligible for selection to special schools and assignment to specific SDA billets, in accordance with reference (o). This provision also applies to selection for and attendance at officer and enlisted resident professional military education (PME).

d. Repeat Failure(s). For Marines processed, but not separated for BCP failure/unsatisfactory performance, or Marines found to be out of standards a third time, participation in the BCP and RCP are mandatory until separation, EAS, retirement, or until compliance with established standards. Commands will continue BCP and RCP supervision, as required, regardless of separation authority to retain.

Table 1.--BCP Administrative Summary.

ADMINISTRATIVE REMARKS AFTER BCP ASSIGNMENT	1st	2d
Mandatory RCP	Yes	Yes
Page 11 Counseling Entry (NAVMC 118)	Yes*	Yes*
Adverse Fitness Report	Yes	Yes
Substandard Conduct Marks	Yes	Yes
Promotion Restriction	Yes	Yes
Eligible for PCS/PCA Transfer	Yes	No
Eligible for Reenlistment	No	No
Eligible for Special School Assignment	No	No
Process for AdSep	Yes	Yes

*Note: A NAVMC 118, "Administrative Remarks," (Page 11) entry in accordance with paragraph 6105 of reference (f) shall be made when a Marine is counseled on deficiencies, corrective action to be taken, and assignment to BCP. Additional page 11 entries shall be made when a Marine has not made satisfactory progress during BCP assignment in accordance with references (f) and (p).

Table 2.--MAP Administrative Summary.

ADMINISTRATIVE REMARKS	MAP ASSIGNMENT
Mentoring (Command Leadership)	Yes
Health Coaching (Semper Fit Health Promotion)	Yes
Semper Fit Diet and Nutrition Assistance (MTF)	Yes
Mandatory RCP	Yes
Page 11 Entry, per para. 6105 of ref. (f) (NAVMC 118)	No
Adverse Fitness Report (MAP Failure)	Yes
Substandard Conduct Marks	Yes
Promotion Restriction	Yes*
Eligible for PCS/PCA Transfer	Yes
Eligible for Reenlistment	No*
Eligible for Special School Assignment	No*
Process for AdSep	No

*Note: Marines will be placed in a promotion restriction status and cannot be promoted if they fail to comply with MAP standards. Marines are also ineligible for reenlistment and special school/SDA assignment when they are in non-compliance of MAP standards.

6. Medical Considerations

a. Pregnancy. Pregnant Marines, as verified by a BCBEMP/obstetrician (OB) health care provider, will not be evaluated for MAP or BCP assignment. If already formally assigned, Marines will be placed in an inactive status during pregnancy and for six months after return to full duty (RTFD)

following 12 weeks (post-partum) convalescent leave, in accordance with references (h) through (j). A flow chart that provides a visual depiction of the process is provided in enclosure (6).

b. Light/Limited Duty. Marines who are assigned light or limited duty or pending medical evaluation board (MEB)/physical evaluation board (PEB) screening are required to comply with established body composition and military appearance standards and may be evaluated for assignment to the BCP or MAP.

c. Neuro-Musculoskeletal (NMS) Injuries. NMS injuries may reduce or inhibit an individual's normal activity and without a resultant decrease in caloric intake, weight gain will occur. While the location of the injury will be the determining factor in how activity is limited, NMS injuries are normally of such short duration that they do not serve as a basis for exemption from assignment to the BCP or MAP.

d. Medical Evaluation. Marines who are not in compliance with established weight, body composition or military appearance standards require a BCBEMP evaluation prior to BCP or MAP formal assignment. A BCBEMP must make a determination if a Marine's weight gain is due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain. The inability to exercise is not a valid reason for a BCP waiver. All BCP medical waivers recommendations will require two signatures. If the physician recommending the waiver is civilian, a BCBEMP must endorse the waiver. If the physician recommending the waiver is a BCBEMP, the waiver must be endorsed by a physician one level higher in the chain of command.

e. Newly diagnosed or Worsening Medical Condition or Therapy. When exceeding established body composition standards is due to a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain, the BCBEMP will make an appropriate annotation in the Marine's Health Record and make the following recommendation(s)/take the following action(s):

(1) Treat/alleviate the medical condition, return Marine to full duty, and recommend for assignment to the BCP or MAP.

(2) Forward to a PEB for determination of fitness to continue military service.

7. Reporting

a. Performance. The FFI or CPTR is responsible for completing NAVMC 11620 and NAVMC 11621. The FFI or CPTR will ensure complete and accurate information is presented to the senior enlisted advisor (for enlisted Marines) or the executive officer (for officers) in order to provide a fair and unbiased assessment to the commander/OIC. A copy of NAVMC 11620 or NAVMC 11621 will be submitted to the appropriate servicing personnel administration center (PAC) for unit diary recording when the commander/OIC has made an appropriate formal assignment or removal determination. The FFI or CPTR will retain the original forms in accordance with references (e) and (r).

b. UD-MIPS/MCTFS. Unit diary entries are required for the following circumstances:

(1) When a Marine is assigned to the BCP following a medical evaluation and commander/OIC assessment.

(2) When a Marine is granted a BCP extension.

(3) When a Marine is placed in an inactive status.

(4) When a Marine returns to an active BCP status.

(5) When a Marine is removed from the BCP or program assignment has expired.

(6) When a Marine is formally assigned to the MAP by a commander/OIC possessing Special Courts Martial Authority.

(7) When a Marine is formally removed from the MAP by a commander/OIC possessing special courts martial authority.

c. Conduct Marks. For Marines, corporals and below, conduct marks will be adjusted commensurate with BCP and MAP assignment, in accordance with reference (p).

d. Performance Evaluation

(1) Directed Comments. A Section I directed comment will be made to address the following circumstances:

(a) When a Marine exceeds established body composition standards, as a result of a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain. This does not render the report adverse.

(b) When a Marine is assigned to the BCP, at any time during the respective reporting period, as a result of exceeding established body composition standards, not the result of an underlying medical condition or disease. BCP formal assignment renders the fitness report adverse.

(c) A Section I directed comment will be made when a Marine fails to present a suitable military appearance at the conclusion of the first formal MAP assignment. Failure to present a suitable military appearance at the conclusion of the initial 60-day formal MAP assignment period renders the fitness report adverse. If a Marine presents a suitable military appearance at any time during MAP assignment, the Marine will be removed from the program without any further administrative remarks.

(d) Marines who score 285 and higher on both the PFT and CFT are exempt from weight and body fat limits. These values however will still be reported on the fitness report. A Section I comment will indicate that due to the Marine's high PFT and CFT performance, they are exempt from weight and body fat limits.

(e) Marines who score 250 and higher on both the PFT and CFT are allowed an additional 1 percent body fat. If this additional 1 percent body fat causes the Marine to exceed allowable body fat for their age group, a Section I comment will indicate that due to the Marine's high PFT and CFT

performance, they are allowed an additional 1 percent and are within standards.

e. SRB/OQR. A NAVMC 118 entry in accordance with paragraph 6105 of reference (f) and per reference (p) shall be made for the following occasions:

- (1) When a Marine is assigned to the BCP.

"Counseled this date concerning your assignment to the Marine Corps BCP. You are advised that failure to take corrective action and meet established weight/body composition standards may result in processing for administrative separation from the USMC for either weight control failure or unsatisfactory performance per paragraphs 6206 and 6215 of MARCORSEPMAN. Specific recommendations for corrective action are: Meet your weight/body fat reduction goals by losing the prescribed ___ lbs and ___ % body fat per month for six months and actively participate in your diet and exercise program. Assistance is available through your chain of command. I was advised that within five working days after acknowledgment of this entry a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to) (not to) make such a statement."

- (2) When a Marine fails to make satisfactory progress while assigned to the BCP. This entry is to be made during the fourth month of assignment.

"Counseled this date concerning your unsatisfactory performance while assigned to the Marine Corps BCP. Due to insufficient effort, you have not met your weight/body composition reduction goals. You are advised that failure to take corrective action and reach your required body composition will result in administrative separation for unsatisfactory performance per paragraph 6206 of MCO 1900.16_. Specific recommendations for corrective action are: Meet your weight/body composition reduction goal and actively participate in your diet and exercise program. Assistance is available through your chain of command. I am advised that within 5 working days after acknowledgment of this entry, a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to) (not to) make such a statement."

(3) When a Marine makes satisfactory progress, but fails to meet established weight and body compositions standards. This entry will be made at the conclusion of the six-month BCP assignment period.

"Counseled this date concerning your failure to comply with established weight/body composition standards while assigned to the Marine Corps BCP. You are advised that failure to take composition may result in processing for administrative separation for unsatisfactory performance per paragraph 6206 of MCO 1900.16_. Specific recommendations for corrective action are: Meet your weight/body composition reduction goal and actively participate in your diet and exercise program. Assistance is available through your chain of command. I am advised that within five working days after acknowledgment of this entry, a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(4) When a Marine is granted an extension to the BCP.

"Counseled this date concerning your extension on the Marine Corps BCP. You have made reasonable progress but have failed to comply with established weight/body composition standards while on your first assignment to the BCP. Therefore, you have been granted a one-time extension of six months to meet the body composition standards set forth in MCO 6110.3_. You are advised that failure to take corrective action while on this six-month extension may result in processing for administrative separation for either weight control failure or unsatisfactory performance per paragraphs 6206 and 6215 of MCO 1900.16_. Specific recommendations for corrective action are: Meet your weight/body composition reduction goals by losing the prescribed __ lbs and __ % body fat per month for six months and actively participate in your diet and exercise program. Assistance is available through your chain of command. I was advised that within five working days after acknowledgment of this entry a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(5) The following NAVMC 118 entries will be made upon MAP Assignment/Removal.

(Date) Assigned to MAP this date IAW MCO 6110.3_.

(Date) Removed from MAP this date IAW MCO 6110.3_.

8. Exemptions and Waivers

a. Exemptions

(1) Marines with a medical condition or medical therapy which has been newly diagnosed, worsened in severity, or increased in dosage in that six-month period which is known to result in weight gain will remain in an inactive BCP status and are not eligible for formal MAP assignment until the condition is alleviated or the Marine is separated, retired or medically discharged. Marines are subject to a medical records review by a medical evaluation board (MEB) if:

(a) Marine receives a medical waiver for the same medical condition over two consecutive six-month periods that resulted in the member not participating in the BCP.

(b) Marine receives three medical waivers in the most recent four-year period for any medical condition that resulted in the member not participating in the BCP.

(c) The CO requests a MEB when the Marine's fitness/health is questionable for continued service.

(2) After confirmation from a BCBEMP/OB healthcare provider, Marines who are pregnant will be placed in an inactive BCP status and are not eligible for formal MAP assignment during pregnancy, the 12 week (post-partum) convalescent period and for six months following RTFD. For pregnancies that do not come to full term, Marines will be required to meet weight standard requirements after consultation with a BCBEMP/OB health care provider and upon RTFD.

b. Waivers

(1) Marines who score 285 and higher on both the PFT and CFT are exempt from maximum weight and body fat limits. Height, weight and body fat will still be recorded and reported.

(2) Marines who score 250 and higher on both tests are granted an additional 1 percent body fat limit.

(3) Commanders/OICs possessing special courts-martial convening authority may submit a BCP assignment waiver for the "rare" Marine who exceeds established weight and body composition standards yet still presents a suitable military appearance. Because of the direct link between body composition, appearance, performance and leadership, Commanders/OICs are required to provide a detailed explanation behind the basis for their request and all relevant evaluation metrics. Marines being considered for a BCP waiver should display exceptional military appearance, possess a superior level of fitness and perform beyond all reasonable expectations, despite exceeding established height/weight and body composition standards.

For example, a 30-year old male staff sergeant who is 68 inches tall and weighs 182 pounds with a body composition of 20 percent, exceeds standards. However, he is PME complete, tactically and technically proficient, possesses expert rifle and pistol qualifications and routinely achieves a high PFT and CFT, but does not score 285+ on both. His performance and reputation is renowned throughout the command. He is routinely relied upon by seniors,

respected by peers and emulated by subordinates. Most importantly, he displays superior military appearance as determined by the commander/OIC. BCP waiver requests will be submitted to the first General Officer in a Marine's chain of command. Evaluation criteria may include, but is not limited to the following:

- (a) Copy of NAVMC 11621 with commander's assessment.
- (b) Current photograph in Service 'C' uniform.
- (c) Current PFT score.
- (d) Current CFT score.
- (e) Most recent Proficiency/Conduct Marks, if applicable.
- (f) Chain of command endorsement(s).

(4) Approved BCP waivers are valid for one year from the date of approval or whatever time period is authorized by the waiver authority.

(5) Commanders may request a BCP or MAP waiver when it is determined that deployment to a combat zone prevents effective BCP or MAP management and participation.

(a) Approval will be dependent upon unit type, anticipated area of operation and command justification. To be eligible, commands must be serving in a combat zone and be in receipt of hostile fire pay. Upon approval, a BCP assignment waiver will apply to all Marines within the requesting command. Affected Marines will be placed in an inactive status and will not be evaluated by their commands. However, Marines should continue a reasonable attempt to conform to body composition standards and present a suitable military appearance. Should operating conditions change enabling effective BCP and MAP management, commands are encouraged to notify waiver authority and resume normal BCP and MAP management.

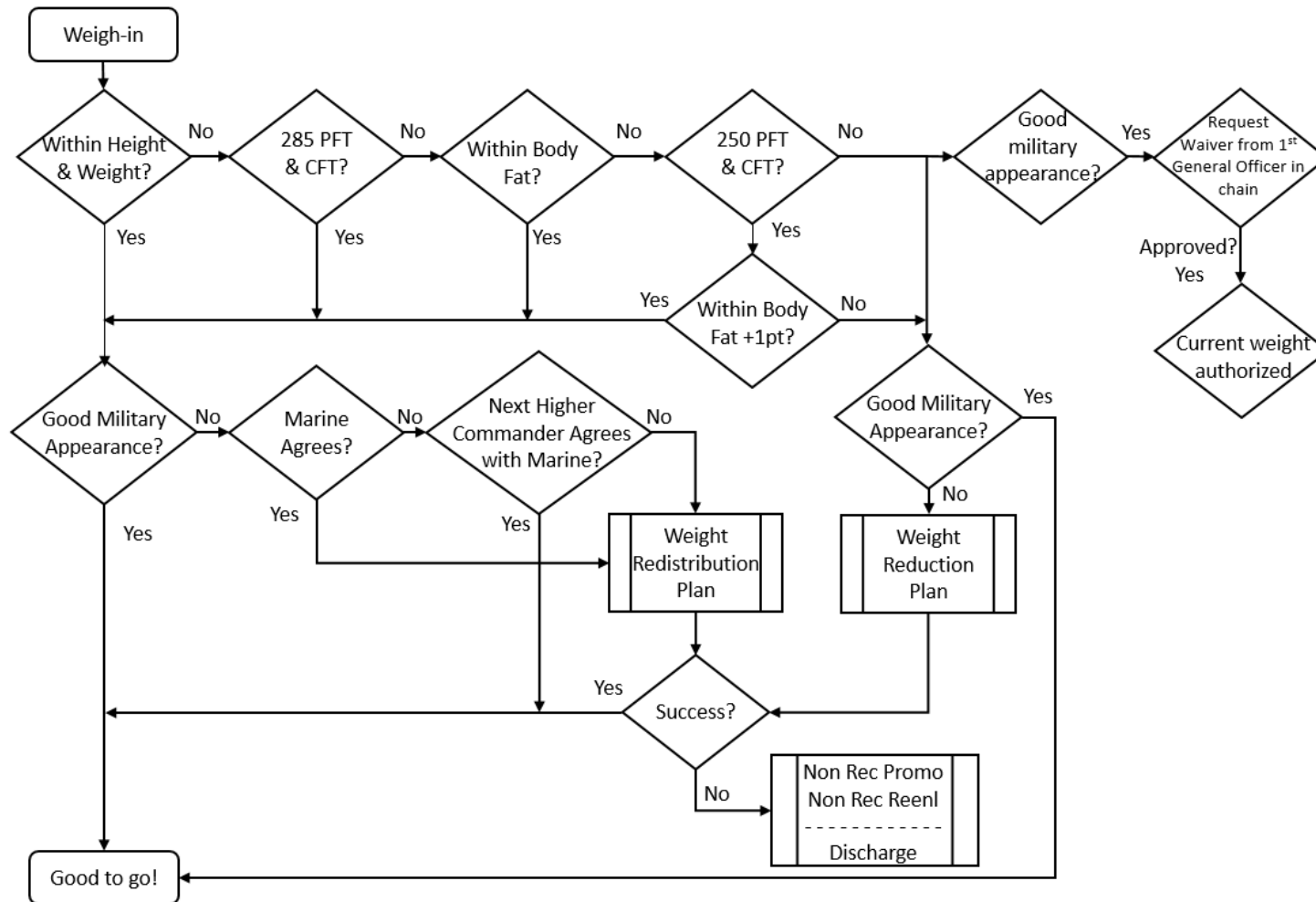
1. For separate organizations not commanded by a General Officer, requests to waive BCP or MAP assignment will be submitted to CG, MCCDC (C 466).

2. For Marine activities that are not tenants of Marine Corps posts or stations, requests to waive BCP or MAP management may be submitted to CG, MCCDC (C 466).

3. A BCP medical waiver sequence chart is provided at enclosure (5). BCP waivers may be granted only if the member is in approved limited duty status for the medical condition prompting the BCA waiver request.

(b) Commands authorized by this Order to grant waivers must send a copy of the waiver response to CG, MCCDC (C 466) within 30 days of disposition.

MCBCMAP Sequence Chart



Commander's Body Composition/Military Appearance Programs

DoD Height/Weight Standards Table

Males		
Height	Maximum Standard	Minimum Standard
(Inches)	(Pounds)	(Pounds)
56"	122	85
57"	127	88
58"	131	91
59"	136	94
60"	141	97
61"	145	100
62"	150	104
63"	155	107
64"	160	110
65"	165	114
66"	170	117
67"	175	121
68"	180	125
69"	186	128
70"	191	132
71"	197	136
72"	202	140
73"	208	144
74"	214	148
75"	220	152
76"	225	156
77"	231	160
78"	237	164
79"	244	168
80"	250	173
81"	256	177
82"	263	182

Females		
Height	Maximum Standard	Minimum Standard
(Inches)	(Pounds)	(Pounds)
56"	115	85
57"	120	88
58"	124	91
59"	129	94
60"	133	97
61"	137	100
62"	142	104
63"	146	107
64"	151	110
65"	156	114
66"	161	117
67"	166	121
68"	171	125
69"	176	128
70"	181	132
71"	186	136
72"	191	140
73"	197	144
74"	202	148
75"	208	152
76"	213	156
77"	219	160
78"	225	164
79"	230	168
80"	236	173
81"	242	177
82"	248	182

Marine Corps Body Composition Standards		
Age Group	Male	Female
17-20	18% BF	26% BF
21-25	18% BF	26% BF
26-30	19% BF	27% BF
31-35	19% BF	27% BF
36-40	20% BF	28% BF
41-45	20% BF	28% BF
46-50	21% BF	29% BF
51+	21% BF	29% BF

DoD Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.5	9	9								
14.0	11	11	10	10	10	10	9	9		
14.5	12	12	12	11	11	11	11	10	10	10
15.0	13	13	13	13	12	12	12	12	11	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	16	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	18	17	17	17	17	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	24	23	23	23	23	22	22	22
20.5	25	25	25	24	24	24	24	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	27	26	26	26	26	25	25	25	25
22.0	28	27	27	27	27	26	26	26	26	25
22.5	29	28	28	28	28	27	27	27	27	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	32	32	32	32	31	31	31	31	30	30
25.5	33	33	33	32	32	32	32	31	31	31
26.0	34	34	33	33	33	33	32	32	32	32
26.5	35	34	34	34	34	33	33	33	33	32
27.0	35	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	36	36	36	36	35	35	35	35	34
28.5			37	37	36	36	36	36	35	35
29.0					37	37	37	36	36	36
29.5								37	37	36
30.0										
30.5										
31.0										
31.5										
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

* Circumference Value = abdomen circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
13.5										
14.0										
14.5	10	9	9							
15.0	11	11	10	10	10	10	10	9	9	
15.5	12	12	12	11	11	11	11	11	10	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	12
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	18	17	17	17	17	16	16	16	16
18.5	19	19	18	18	18	18	17	17	17	17
19.0	20	20	19	19	19	19	18	18	18	18
19.5	21	21	20	20	20	20	19	19	19	19
20.0	22	21	21	21	21	21	20	20	20	20
20.5	23	22	22	22	22	21	21	21	21	21
21.0	24	23	23	23	23	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	23	22
22.0	25	25	25	25	24	24	24	24	23	23
22.5	26	26	26	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	26	25	25	25
23.5	28	27	27	27	27	27	26	26	26	26
24.0	28	28	28	28	28	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	31	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	32	32	32	32	32
28.0	34	34	34	34	33	33	33	33	32	32
28.5	35	35	34	34	34	34	34	33	33	33
29.0	36	35	35	35	35	34	34	34	34	34
29.5	36	36	36	36	35	35	35	35	34	34
30.0	37	37	36	36	36	36	35	35	35	35
30.5			37	37	37	36	36	36	36	35
31.0						37	37	36	36	36
31.5									37	37
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

* Circumference Value = abdomen circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
13.5										
14.0										
14.5										
15.0										
15.5	10	10	9	9	9					
16.0	11	11	11	10	10	10	10	10	9	9
16.5	12	12	12	12	11	11	11	11	11	10
17.0	13	13	13	13	13	12	12	12	12	11
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	17	16	16	16	16	15	15	15	15	15
19.0	18	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	19	18	18	18	18	18
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	21	20	20	20	20	20	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	23	22	22	22	22	22	21	21
22.5	24	24	23	23	23	23	23	22	22	22
23.0	25	24	24	24	24	24	23	23	23	23
23.5	25	25	25	25	25	24	24	24	24	24
24.0	26	26	26	26	25	25	25	25	25	24
24.5	27	27	27	26	26	26	26	26	25	25
25.0	28	28	27	27	27	27	26	26	26	26
25.5	29	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	28	27
26.5	30	30	30	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	32	32	32	32	32	31	31	31	31
29.0	33	33	33	33	32	32	32	32	32	31
29.5	34	34	34	33	33	33	33	32	32	32
30.0	35	34	34	34	34	34	33	33	33	33
30.5	35	35	35	35	34	34	34	34	34	33
31.0	36	36	35	35	35	35	35	34	34	34
31.5	36	36	36	36	36	35	35	35	35	35
32.0	37	37	37	36	36	36	36	36	35	35
32.5				37	37	36	36	36	36	36
33.0							37	37	36	36
33.5										37
34.0										
34.5										

* Circumference Value = abdomen circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Males)

Circumference Value*	Height (in)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
13.5										
14.0										
14.5										
15.0										
15.5										
16.0										
16.5	10	10	10	10	9	9				
17.0	11	11	11	11	10	10	10	10	10	9
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	17	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	19	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	20	19	19
22.5	22	22	21	21	21	21	21	20	20	20
23.0	23	22	22	22	22	22	21	21	21	21
23.5	23	23	23	23	23	22	22	22	22	22
24.0	24	24	24	24	23	23	23	23	23	22
24.5	25	25	25	24	24	24	24	24	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	27	26	26	26	26	26	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	29	28	28	28	28	28	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	29	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	32	32	32	32	32	31	31	31	31	31
30.5	33	33	33	32	32	32	32	32	32	31
31.0	34	33	33	33	33	33	33	32	32	32
31.5	34	34	34	34	33	33	33	33	33	33
32.0	35	35	34	34	34	34	34	33	33	33
32.5	35	35	35	35	35	34	34	34	34	34
33.0	36	36	36	35	35	35	35	35	34	34
33.5	37	36	36	36	36	36	35	35	35	35
34.0		37	37	37	36	36	36	36	36	35
34.5					37	37	37	36	36	36
35.0								37	37	36

* Circumference Value = abdomen circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
45.0	19									
45.5	20	20	19							
46.0	21	20	20	20	19					
46.5	21	21	21	20	20	20	19	19		
47.0	22	22	22	21	21	20	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	24	24	24	23	23	23	22	22	22	21
49.0	25	25	24	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	26	25	25	24	24	24	23
50.5	27	27	27	26	26	26	25	25	25	24
51.0	28	28	27	27	27	26	26	26	25	25
51.5	29	28	28	28	27	27	27	26	26	26
52.0	29	29	29	28	28	28	27	27	27	26
52.5	30	30	29	29	29	28	28	28	27	27
53.0	31	30	30	30	29	29	29	28	28	28
53.5	31	31	31	30	30	30	29	29	29	28
54.0	32	32	31	31	31	30	30	30	29	29
54.5	33	32	32	32	31	31	31	30	30	30
55.0	33	33	33	32	32	32	31	31	31	30
55.5	34	34	33	33	33	32	32	32	31	31
56.0	35	34	34	34	33	33	33	32	32	31
56.5	35	35	35	34	34	34	33	33	32	32
57.0	36	36	35	35	34	34	34	33	33	33
57.5	37	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	36	35	35	35
59.0	38	38	38	37	37	37	36	36	36	35
59.5	39	39	38	38	38	37	37	36	36	36
60.0	40	39	39	38	38	38	37	37	37	36
60.5	40	40	39	39	39	38	38	38	37	37
61.0	41	40	40	40	39	39	39	38	38	38
61.5	41	41	41	40	40	40	39	39	38	38
62.0	42	42	41	41	40	40	40	39	39	39

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
62.5	42	42	42	41	41	41	40	40	40	39
63.0	43	43	42	42	42	41	41	41	40	40
63.5	44	43	43	42	42	42	41	41	41	40
64.0	44	44	43	43	43	42	42	42	41	41
64.5	45	44	44	44	43	43	43	42	42	42
65.0	45	45	45	44	44	43	43	43	42	42
65.5	46	45	45	45	44	44	44	43	43	43
66.0	46	46	46	45	45	45	44	44	43	43
66.5	47	46	46	46	45	45	45	44	44	44
67.0			47	46	46	46	45	45	45	44
67.5				47	46	46	46	45	45	45
68.0					47	47	46	46	46	45
68.5							47	46	46	46
69.0								47	47	46
69.5										47
70.0										
70.5										
71.0										
71.5										
72.0										
72.5										
73.0										
73.5										
74.0										
74.5										
75.0										
75.5										
76.0										
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5	19	19								
48.0	20	20	20	19						
48.5	21	21	20	20	20	19				
49.0	22	21	21	21	20	20	20	19	19	
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	21	20
50.5	24	23	23	23	23	22	22	22	21	21
51.0	25	24	24	24	23	23	23	22	22	22
51.5	25	25	25	24	24	24	23	23	23	22
52.0	26	26	25	25	25	24	24	24	23	23
52.5	27	26	26	26	25	25	25	24	24	24
53.0	27	27	27	26	26	26	25	25	25	24
53.5	28	28	27	27	27	26	26	26	25	25
54.0	29	28	28	28	27	27	27	26	26	26
54.5	29	29	29	28	28	28	27	27	27	26
55.0	30	30	29	29	29	28	28	28	27	27
55.5	31	30	30	30	29	29	29	28	28	28
56.0	31	31	30	30	30	30	29	29	29	28
56.5	32	31	31	31	30	30	30	29	29	29
57.0	32	32	32	31	31	31	30	30	30	29
57.5	33	33	32	32	32	31	31	31	30	30
58.0	34	33	33	33	32	32	32	31	31	31
58.5	34	34	34	33	33	33	32	32	32	31
59.0	35	35	34	34	34	33	33	33	32	32
59.5	35	35	35	34	34	34	33	33	33	33
60.0	36	36	35	35	35	34	34	34	33	33
60.5	37	36	36	36	35	35	35	34	34	34
61.0	37	37	37	36	36	36	35	35	35	34
61.5	38	37	37	37	36	36	36	36	35	35
62.0	38	38	38	37	37	37	36	36	36	35

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46
72.0							47	47	46	46
72.5									47	47
73.0										
73.5										
74.0										
74.5										
75.0										
75.5										
76.0										
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5										
48.0										
48.5										
49.0										
49.5	19									
50.0	20	20	19							
50.5	21	20	20	20	19	19				
51.0	21	21	21	20	20	20	19	19		
51.5	22	22	21	21	21	20	20	20	20	19
52.0	23	22	22	22	21	21	21	21	20	20
52.5	23	23	23	22	22	22	22	21	21	21
53.0	24	24	23	23	23	22	22	22	22	21
53.5	25	24	24	24	23	23	23	23	22	22
54.0	25	25	25	24	24	24	24	23	23	23
54.5	26	26	25	25	25	24	24	24	24	23
55.0	27	26	26	26	25	25	25	25	24	24
55.5	27	27	27	26	26	26	25	25	25	25
56.0	28	28	27	27	27	26	26	26	25	25
56.5	29	28	28	28	27	27	27	26	26	26
57.0	29	29	29	28	28	28	27	27	27	26
57.5	30	29	29	29	29	28	28	28	27	27
58.0	30	30	30	29	29	29	29	28	28	28
58.5	31	31	30	30	30	29	29	29	29	28
59.0	32	31	31	31	30	30	30	29	29	29
59.5	32	32	32	31	31	31	30	30	30	29
60.0	33	32	32	32	32	31	31	31	30	30
60.5	33	33	33	32	32	32	32	31	31	31
61.0	34	34	33	33	33	32	32	32	32	31
61.5	35	34	34	34	33	33	33	32	32	32
62.0	35	35	35	34	34	34	33	33	33	32

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
62.5	36	35	35	35	34	34	34	34	33	33
63.0	36	36	36	35	35	35	34	34	34	34
63.5	37	37	36	36	36	35	35	35	34	34
64.0	37	37	37	36	36	36	36	35	35	35
64.5	38	38	37	37	37	36	36	36	36	35
65.0	38	38	38	38	37	37	37	36	36	36
65.5	39	39	38	38	38	37	37	37	37	36
66.0	40	39	39	39	38	38	38	37	37	37
66.5	40	40	39	39	39	39	38	38	38	37
67.0	41	40	40	40	39	39	39	39	38	38
67.5	41	41	41	40	40	40	39	39	39	38
68.0	42	41	41	41	40	40	40	40	39	39
68.5	42	42	42	41	41	41	40	40	40	39
69.0	43	42	42	42	41	41	41	41	40	40
69.5	43	43	43	42	42	42	41	41	41	41
70.0	44	43	43	43	43	42	42	42	41	41
70.5	44	44	44	43	43	43	42	42	42	42
71.0	45	44	44	44	44	43	43	43	42	42
71.5	45	45	45	44	44	44	43	43	43	43
72.0	46	45	45	45	45	44	44	44	43	43
72.5	46	46	46	45	45	45	44	44	44	44
73.0	47	46	46	46	45	45	45	45	44	44
73.5		47	47	46	46	46	45	45	45	44
74.0				47	46	46	46	46	45	45
74.5					47	47	46	46	46	45
75.0							47	46	46	46
75.5								47	47	46
76.0										47
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5										
48.0										
48.5										
49.0										
49.5										
50.0										
50.5										
51.0										
51.5										
52.0	20	19	19							
52.5	20	20	20	19	19					
53.0	21	21	20	20	20	20	19	19		
53.5	22	21	21	21	21	20	20	20	19	19
54.0	22	22	22	21	21	21	21	20	20	20
54.5	23	23	22	22	22	22	21	21	21	20
55.0	24	23	23	23	22	22	22	22	21	21
55.5	24	24	24	23	23	23	23	22	22	22
56.0	25	25	24	24	24	23	23	23	23	22
56.5	26	25	25	25	24	24	24	24	23	23
57.0	26	26	26	25	25	25	24	24	24	24
57.5	27	26	26	26	26	25	25	25	25	24
58.0	27	27	27	27	26	26	26	25	25	25
58.5	28	28	27	27	27	27	26	26	26	25
59.0	29	28	28	28	27	27	27	27	26	26
59.5	29	29	29	28	28	28	27	27	27	27
60.0	30	30	29	29	29	28	28	28	28	27
60.5	30	30	30	30	29	29	29	28	28	28
61.0	31	31	30	30	30	30	29	29	29	28
61.5	32	31	31	31	30	30	30	30	29	29
62.0	32	32	32	31	31	31	30	30	30	30

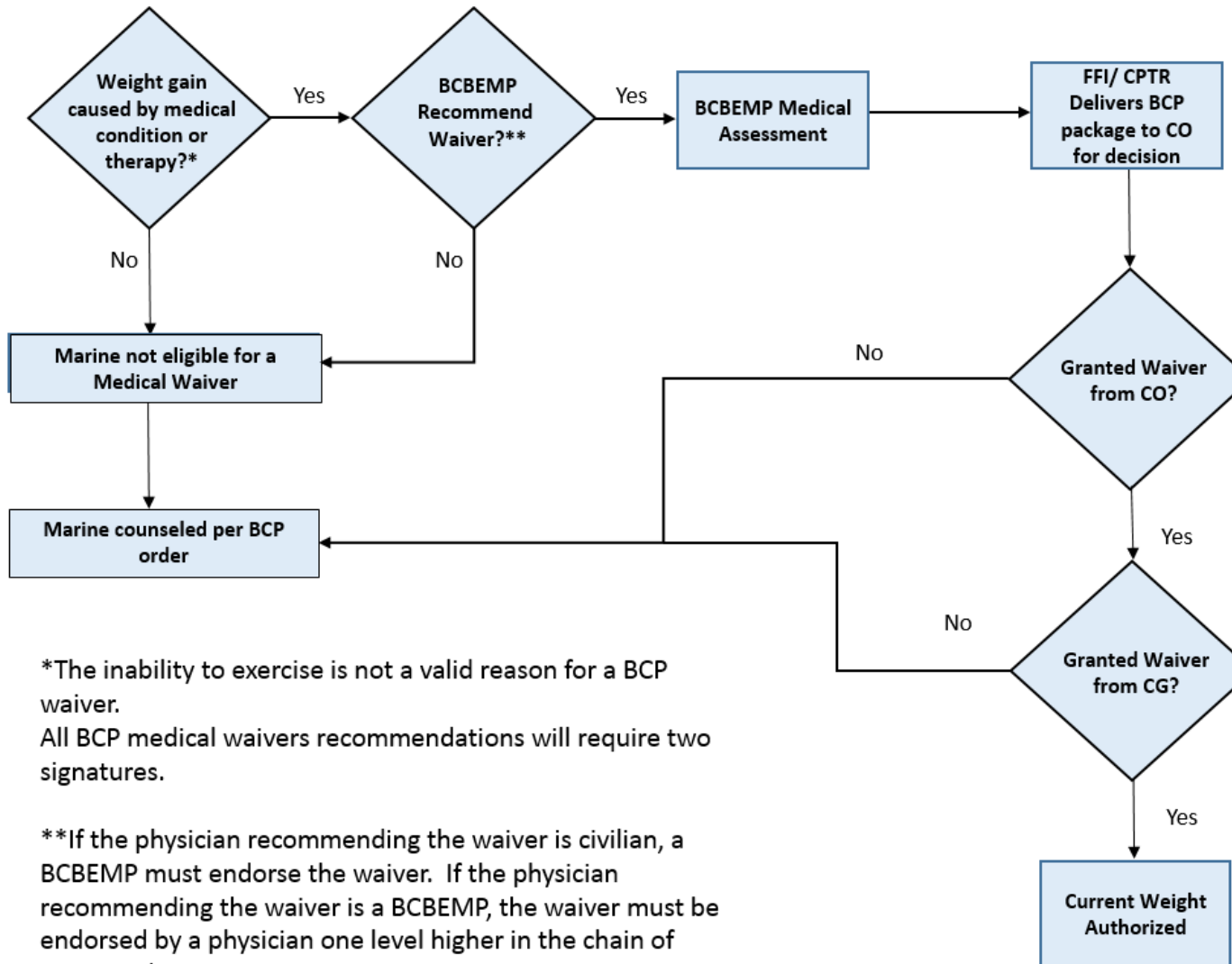
* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

DoD Body Composition Standards Table (Females)

Circumference Value*	Height (in)									
	<u>73.0</u>	<u>73.5</u>	<u>74.0</u>	<u>74.5</u>	<u>75.0</u>	<u>75.5</u>	<u>76.0</u>	<u>76.5</u>	<u>77.0</u>	<u>77.5</u>
62.5	33	32	32	32	32	31	31	31	30	30
63.0	33	33	33	32	32	32	32	31	31	31
63.5	34	34	33	33	33	32	32	32	32	31
64.0	34	34	34	34	33	33	33	32	32	32
64.5	35	35	34	34	34	33	33	33	33	32
65.0	35	35	35	35	34	34	34	33	33	33
65.5	36	36	35	35	35	35	34	34	34	33
66.0	37	36	36	36	35	35	35	35	34	34
66.5	37	37	37	36	36	36	35	35	35	35
67.0	38	37	37	37	36	36	36	36	35	35
67.5	38	38	38	37	37	37	36	36	36	36
68.0	39	38	38	38	38	37	37	37	36	36
68.5	39	39	39	38	38	38	37	37	37	37
69.0	40	39	39	39	39	38	38	38	37	37
69.5	40	40	40	39	39	39	39	38	38	38
70.0	41	40	40	40	40	39	39	39	38	38
70.5	41	41	41	40	40	40	40	39	39	39
71.0	42	41	41	41	41	40	40	40	39	39
71.5	42	42	42	41	41	41	41	40	40	40
72.0	43	42	42	42	42	41	41	41	40	40
72.5	43	43	43	42	42	42	42	41	41	41
73.0	44	43	43	43	43	42	42	42	41	41
73.5	44	44	44	43	43	43	42	42	42	42
74.0	45	44	44	44	44	43	43	43	42	42
74.5	45	45	45	44	44	44	43	43	43	43
75.0	46	45	45	45	44	44	44	44	43	43
75.5	46	46	46	45	45	45	44	44	44	44
76.0	47	46	46	46	45	45	45	45	44	44
76.5		47	46	46	46	46	45	45	45	44
77.0			47	47	46	46	46	45	45	45
77.5					47	47	46	46	46	45
78.0						47	47	46	46	46
78.5								47	47	46
79.0										47
79.5										

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

BCP Medical Waiver Sequence Chart

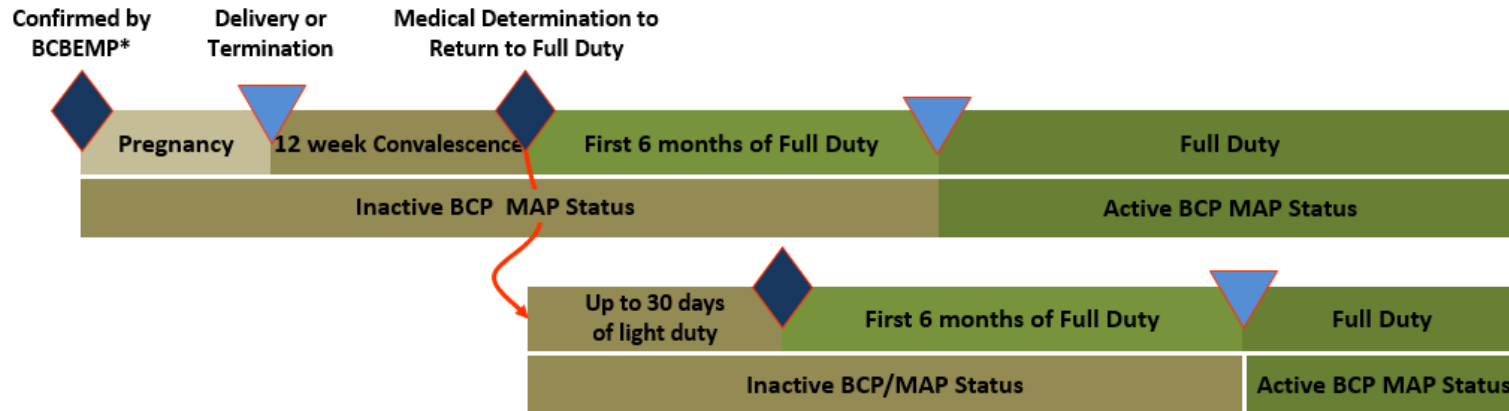


*The inability to exercise is not a valid reason for a BCP waiver.
All BCP medical waivers recommendations will require two signatures.

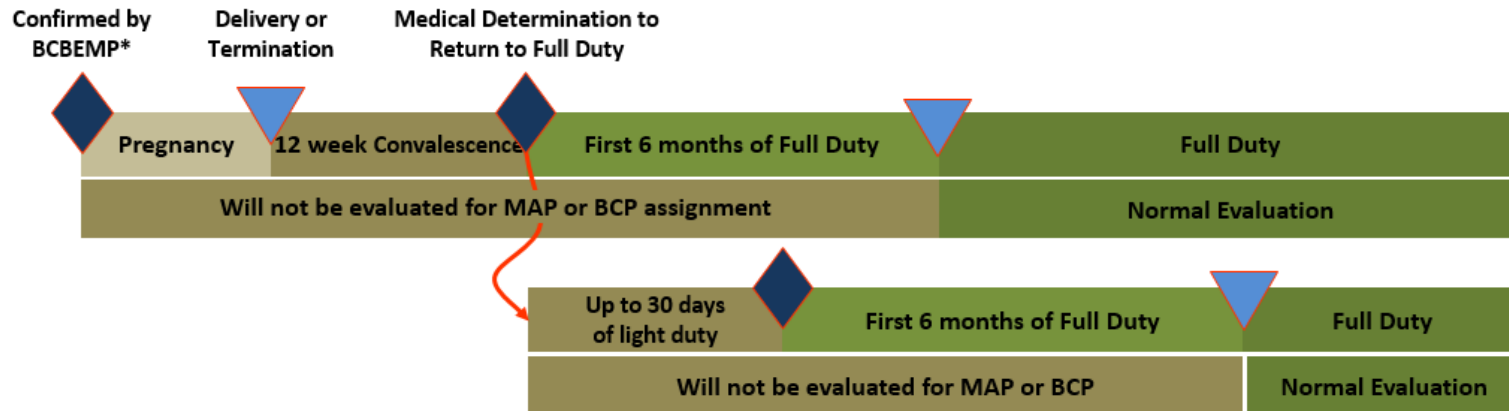
**If the physician recommending the waiver is civilian, a BCBEMP must endorse the waiver. If the physician recommending the waiver is a BCBEMP, the waiver must be endorsed by a physician one level higher in the chain of command.

Pregnancy and Post-Partum Policy Flowchart

If already on BCP/MAP:



If not on BCP/MAP:



BCBEMP = Board certified or board eligible military physician