



**DEPARTMENT OF THE ARMY**  
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK  
6661 WARRIOR TRAIL, BUILDING 350  
FORT POLK, LOUISIANA 71459-5339

REPLY TO  
ATTENTION OF:

AFZX-CSM

NOV 16 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Command Policy Memorandum CSM-04 - Pregnancy/Postpartum Physical Training Program

1. **PURPOSE:** To establish guidance for the implementation and execution of the Pregnancy/Postpartum Physical Training Program (PPPT) at JRTC and Fort Polk.
2. **SCOPE:** Active duty military personnel participating in or serving within the PPPT program.
3. **REFERENCES:**
  - a. AR 40-501, Standards of Medical Fitness, 16 February 2006.
  - b. AR 350-1, Army Training and Leader Development, 13 January 2006.
  - c. FM 21-20, Physical Fitness Training, 30 September 1992.
  - d. DOD Directive 1308.1, DOD Physical Fitness and Body Fat Program, 20 July 1995.
  - e. Technical Guide (TG) Series 255. U.S. Army Pregnancy/Postpartum Physical Training Program, 2010.
4. **GENERAL:** The PPPT is a commander's program designed to assist pregnant and postpartum Soldiers meet their unique fitness needs through a standardized physical training (PT) and educational program. The goals of the PPPT program are to maintain physical fitness during pregnancy, improve fitness postpartum for a smooth transition back to unit PT, and promote higher Army Physical Fitness Test (APFT) scores and Army Regulation 600-9 height/weight pass rates.
5. **ATTENDANCE:** All pregnant and postpartum active duty (AD) Soldiers, regardless of rank or position, will enroll and fully participate in the PPPT program after receiving health care provider (HCP) clearance to participate. During postpartum, because the Soldier is exempt from taking a record APFT test for 180 days after termination of pregnancy, they will attend postpartum PT for up to six months after the termination of pregnancy. Although not mandatory, Soldiers are

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strongly encouraged during convalescent leave to exercise at their own pace using the At-Home guidance provided in TG Series 255.

#### 6. PROGRAM COMPONENTS:

a. Physical training for prenatal AD Soldiers meets four days a week (Mondays, Tuesdays, Wednesdays, and Fridays), from 0615-0730, at the 1st MEB gym, Wheelock gym, or a location scheduled by the Installation PPPT NCOIC. Sign-in begins at 0600. Soldiers are expected to report to formation on time and participate in each exercise session. Health education classes meet on Thursdays from 0745-0900 at the Fort Polk Education Center, Bldg 660. Sign-in begins at 0730. All pregnant Soldiers must attend these mandatory health education classes regardless if they can do PT or not.

b. Physical training for postpartum AD Soldiers meets five days a week, Monday-Friday, 0615-0730 at the 1st MEB gym, Wheelock gym, or a location scheduled by the Installation PPPT NCOIC. Sign-in begins at 0600. Soldiers are expected to report to formation on time and participate in each exercise session. During postpartum, the Soldier will participate for a minimum of 90 days and up to 180 days after delivery. A memorandum of release will be forwarded to a Soldier's unit commander upon completion of the postpartum PT program or if the Soldier passes the diagnostic APFT, meets AR 600-9 height/weight standards, and is approved to return to unit PT by the HCP prior to her 180 days ending.

#### 7. PROCEDURES:

##### a. Enrollment.

(1) Enrollment is mandatory for all pregnant and postpartum Active Duty Soldiers regardless of rank or position; even if the Soldier has been evaluated by a medical professional and it was determined that the Soldier can not participate in PT due to medical reason. The U.S. Army Reservists and National Guard may participate contingent upon space and resources available.

(2) Enrollment is from the date a Soldier's pregnancy is confirmed up to 180 days after termination of her pregnancy (includes miscarriage, abortion, and/or birth of child). A pregnant Soldier must be evaluated by a HCP and medically cleared to participate in PPPT exercise sessions. Pregnant Soldiers and postpartum Soldiers up to 180 days after termination of pregnancy are not authorized to participate in unit physical training.

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(3) Once HCP approval is received, the pregnant Soldier must attend an orientation at Army Community Services (ACS) with the Installation PPPT NCOIC Instructor/Trainer. Registration is on Tuesdays and Thursdays, 0900-1200. At that time the Soldier will receive all mandatory documents for enrollment into the PPPT program, including a monthly PPPT calendar as well as a memorandum that her commander must sign understanding that she is enrolled in PPPT.

b. Accountability.

(1) Once enrolled in the PPPT program, the Soldier's place of duty during PT hours will be at the PPPT site. Units will receive daily attendance rosters to ensure that their pregnant/postpartum Soldiers are attending PPPT and that they have accountability of them. If absent frequently, the Soldier may be subject to administrative action.

(2) Soldiers may be excused from PPPT with a legitimate appointment slip only. Without a legitimate appointment slip, the Soldier will receive an unexcused absence. Participation in the PPPT program is mandatory and it should take precedence over any other duties during the hours of PT. Commanders must ensure that their pregnant and postpartum Soldiers are allotted the appropriate time to participate in the program and must avoid giving them unnecessary taskings, duties, etc that would prevent their Soldiers from doing so.

(3) Uniform. Pregnant Soldiers will wear the IPFU until it becomes restrictive, and then they are authorized to wear civilian equivalent exercise attire. Civilian exercise attire will be worn in good taste. Postpartum Soldiers will wear the IPFU. If their IPFU does not fit them, they are required to purchase a larger size. There will be no mixing of civilian attire with the IPFU while conducting organized PPPT on the installation. When Soldiers conduct water aerobics, a sports bra and dark shirt are to be worn. Postpartum Soldiers that conduct water aerobics will wear the IPFU with spandex. NOTE: Pregnant Soldiers are not required to buy larger PT uniforms during their pregnancy. All Soldiers will bring a source of water with them to every PT session.

8. RESPONSIBILITIES:

a. MSC Commanders.

(1) Identify a MSC POC to monitor enrollment and participation in PPPT. Take appropriate action for unexcused absences.

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(2) Task exercise leaders (EL) to monitor daily attendance and lead and oversee PPPT sessions. The EL's place of duty during PT hours, while assigned to the PPPT program, is at the scheduled PPPT site. Certified EL duty is for a 12 month period with the program. Commanders must ensure that their ELs are available daily to lead PPPT and must avoid giving them unnecessary taskings, duties, etc during PT hours, that would prevent them from executing their duties as an EL.

(3) Ensure pregnant Soldiers enroll in PPPT upon positive diagnosis of pregnancy.

b. Morale, Welfare, and Recreation Fitness Facility. Provide facility usage according to needs of PPPT Program, to include gymnasiums, exercise rooms, pool, and equipment.

9. Point of contact is SFC Outland-Brown, PPPT NCOIC/IT/Program Coordinator, 531-4926, [jamie.l.outland@conus.army.mil](mailto:jamie.l.outland@conus.army.mil) .

10. The authority for exceptions to this policy is the Installation Command Sergeant Major. This policy will remain in effect until superseded or rescinded.



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Commanding

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