



SECRETARY OF THE ARMY
WASHINGTON

01 JUL 2026

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Directive 2026-13 (Army Body Composition Program and Standards)

1. References. See references enclosed, including supersessions of prior related directives.
2. Purpose. This directive consolidates and implements modifications to the Army Body Composition Program (ABCP), superseding policy in previous directives and regulations. This update introduces the waist-to-height ratio (WHtR) health risk assessment tool as the ABCP measurement standard.
3. Applicability. The provisions of this directive apply to the Regular Army (RA), Army National Guard (ARNG)/Army National Guard of the United States (ARNGUS), and U.S. Army Reserve (USAR).
4. Background. To enhance Soldier readiness, align with medically validated health standards and comply with Secretary of War guidance, the Army is updating its body composition policy. This change is part of a broader Department of War initiative to implement a more streamlined, consistent, and fair standard across the Joint Force. The new policy embodies the whole-Soldier concept, improves talent management, and ensures all Soldiers maintain a high level of physical readiness while promoting long-term health.
5. Policy. Effective immediately, the following policy governs the ABCP. This policy is not retroactive, and where it conflicts with other Army directives or regulations, this directive is controlling. These provisions apply to all Soldiers, all cadets of the United States Military Academy and Senior Reserve Officers' Training Corps, all retention actions, and all military schools and institutional training courses (see reference 1h for graduation requirements).
 - a. WHtR is the Only Authorized ABCP Standard. The WHtR is adopted as the sole measurement for all Soldiers. The use of height and weight screening tables is discontinued.
 - (1) No secondary or supplemental body composition methods (such as the circumference-based tape test or other body fat assessments) are authorized for the purpose of challenging the results of the WHtR.
 - (2) All Soldiers will have their WHtR measured at least twice per calendar year.
 - (3) The standard is a WHtR of less than and not equal to 0.55.

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(4) If it is determined that the Soldier's initial WHtR does not meet the standard, a confirmation measurement will be conducted on the same duty day by a team other than the one that took the initial set of measurements. This must occur before any actions are taken by the commander.

(5) A Soldier with a WHtR of 0.55 or greater will be flagged and enrolled in the ABCP.

(6) To ensure the WHtR does not interfere with Soldier performance on the Army Fitness Test (AFT) or Combat Field Test (CFT), commanders and supervisors will allow a minimum of 7 days between the AFT/CFT and WHtR. Commanders may deviate from this standard to meet urgent operational needs.

(7) No AFT score exempts a Soldier from meeting the WHtR standard. AD 2025-17 is hereby rescinded.

(8) The WHtR for all Soldiers will be recorded on Department of the Army (DA) Form 5500 and in the Army Training Information System (ATIS). DA Form 5501 is hereby rescinded.

(9) All Soldiers will have a WHtR completed and recorded in the ATIS no later than 90 days from the date of this directive.

(10) Commanders may, at any time, direct a Soldier to undergo a WHtR assessment if they are concerned that the Soldier does not meet the WHtR standard.

b. ABCP Implementation.

(1) The requirement for commanders to designate a non-commissioned officer for ABCP administration is hereby rescinded. Commanders are directly responsible for the oversight, quality control, and execution of the body composition program within their unit.

(2) Soldiers are enrolled in the ABCP if they have a WHtR of 0.55 or greater.

(3) Flag code K (Noncompliance with Army Body Composition Program) remains non-transferable. Army Regulation (AR) 600-8-2 is hereby amended to rescind all ABCP transfer provisions. General flagging instructions outlined in paragraph 2-2 of the regulation continue to apply.

(4) RA/Active Guard Reserve (AGR). Following a Soldier's enrollment in the ABCP, the commander will request a medical examination to verify that no underlying medical condition may be the direct cause of weight gain or be the direct cause of inability to meet the WHtR standard.

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(5) ARNG/ARNGUS/USAR. Soldiers may request a medical examination if there is reason to believe that there is an underlying medical condition that may be the direct cause of inability to meet the WHtR standard. This exam is at the Soldier's own expense for Soldiers not on active duty.

(6) Progression requirements and mandatory monthly assessments while enrolled in the ABCP are hereby rescinded. Commanders and supervisors will determine when to assess Soldiers and will administratively remove a Soldier from the ABCP as soon as the Soldier meets the WHtR standard.

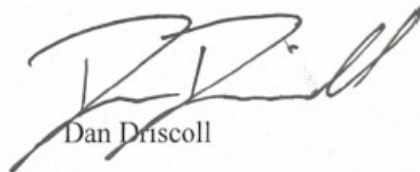
(7) Enrollment, disenrollment, counseling, and administrative actions will otherwise proceed pursuant to AR 600-9.

(8) Implementation Period and Separation Actions. Units may initiate separation actions for a Soldier flagged due to failure of ABCP but no Soldier will be separated until an 180-day assessment is completed by HQDA and further guidance is disseminated.

6. Proponent. The Assistant Secretary of the Army (Manpower and Reserve Affairs) has oversight responsibility for this policy. The Deputy Chief of Staff, G-1 will publish implementing guidance and incorporate the provisions of this directive into AR 600-8-2 and AR 600-9 within 2 years of the date of this directive. The Deputy of Chief of Staff, G-3/5/7 will incorporate the relevant provisions of this policy into AR 350-1 within 2 years of the date of this directive.

7. Duration. This directive is rescinded on publication of the revised regulations.

Encl



Dan Driscoll

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CF:

Commander, Eighth Army

REFERENCES

- a. Secretary of War memorandum (Reduction of Mandatory Training Requirements To Restore Mission Focus), 30 September 2025
- b. Under Secretary of War (Personnel and Readiness) memorandum (Additional Guidance on Military Fitness Standards), 18 December 2025
- c. Department of Defense Instruction 1308.03 (DoD Physical Fitness/Body Fat Program Procedures), 10 May 2022, incorporating Change 1, effective 25 June 2025
- d. Army Directive (AD) 2025-18 (Appearance, Grooming, and Army Body Composition Program Standards), 12 September 2025 (hereby superseded, in part)
- e. AD 2025-17 (Army Body Fat Standard for Army Fitness Test Score), 4 September 2025 (hereby rescinded)
- f. AD 2023-11 (Army Body Fat Assessment for the Army Body Composition Program), 9 June 2023 (hereby rescinded)
- g. AD 2023-08 (Army Body Fat Assessment Exemption for Army Combat Fitness Test Score), 15 March 2023 (hereby rescinded)
- h. Army Regulation (AR) 350-1 (Army Training and Leader Development), 1 June 2025
- i. AR 600-8-2 (Suspension of Favorable Personnel Actions (Flag)), 5 April 2021
- j. AR 600-9 (The Army Body Composition Program), 16 July 2019
- k. AR 623-3 (Evaluation Reporting System), 14 February 2025

Enclosure