

e. The Pregnancy/Postpartum Physical Training (PPPT) Program is designed to maintain health and fitness levels of pregnant Soldiers and to assist them in returning to pre-pregnancy fitness levels after pregnancy termination and successfully integrate them back into unit physical readiness training programs with an emphasis on passing required fitness standards and height/weight standards.

(1) Commanders will ensure that all eligible Soldiers participate in the PPPT Program and that personnel are available to conduct the physical training portion of the PPPT Program for the pregnant/postpartum Soldier in a manner that is consistent with the content, standards, policies, procedures, and responsibilities as set forth by the Public Health Command (PHC); information is located at

<http://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyPregnancyPostpartumPhysicalTrainingProgram.aspx/>.

(2) Garrison commanders will provide support to mission commanders by ensuring adequate and appropriate facilities and equipment are provided for PPPT Program execution.

(3) Medical Treatment Facility (MTF) commanders will ensure health care experts provide consultative support and conduct health-related instruction for the PPPT Program on their installation consistent with the PHC information located at

<http://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyPregnancyPostpartumPhysicalTrainingProgram.aspx/>.

(4) The MEDCOM as the specified proponent will ensure that the PHC information on PPPT remains current and provides medical consultative and educational support and periodic training of PPPT Program instructor trainers and medical experts through the PHC to senior commanders and MTF commanders, with information located at

<http://phc.amedd.army.mil/topics/healthyliving/al/Pages/ArmyPregnancyPostpartumPhysicalTrainingProgram.aspx/>.

(5) Reserve Component, not on active duty, geographically remote Soldiers, and those assigned to installations with a negligible pregnant Soldier population may utilize the specifically designed PPPT program materials available from PHC.

f. Soldiers who are pregnant or who are recovering from childbirth are exempt from regular unit physical readiness training and APFT testing for the duration of the pregnancy and 180 days past pregnancy termination.

(1) Pregnant and postpartum Soldiers must be cleared by their health care provider prior to participating in any physical fitness training program.

(2) Prior to the commencement of postpartum convalescent leave, Soldiers will be issued a temporary profile for 45 days which begins on the day of pregnancy termination to allow physical training at the Soldier's own pace.

(3) Soldiers are encouraged to use the At-Home component of the Army PPPT program while on convalescent leave. Following the convalescent leave period, Soldiers are required to participate in the installation PPPT program for up to 180 days after pregnancy termination.

(4) Postpartum Soldiers must receive health care provider clearance if returning to their unit's physical readiness training prior to 180 days following pregnancy termination.

g. Physical readiness testing gives Soldiers an incentive to stay in good physical condition and allows commanders a means of assessing the physical readiness levels of their units. Accordingly, all AA and RC Soldiers must be able to pass the APFT at any time, except upon return from deployment. Following redeployment, Soldiers will be administered a record APFT no earlier than three months for AA and 6 months for RC Soldiers.

(1) APFT will not form the foundation of unit or individual PRT programs; it is simply one element of a total program. Physical readiness testing ensures the maintenance of a base level of physical readiness essential for every Soldier in the Army, regardless of MOS or duty assignment. Unit programs must take this base level of conditioning and raise it to help meet or exceed mission-related physical performance tasks.

(2) Results of the APFT will be recorded on DA Form 705 (Physical Fitness Test Scorecard) which will be maintained for each Soldier. This scorecard will be kept in the ITR at a central location in the unit, recorded in DTMS, and will accompany the individual as part of transferred records for AA Soldiers or RC Soldiers, during PCS. Units, separate organizations, and offices will have a system to monitor performance of their Soldiers.

(3) Individuals will be weighed when they take record APFTs or at least every six months in accordance with AR 600-9.