ALARACT 046/2023

DTG: R 121700Z JUN 23

UNCLAS

SUBJ/ALARACT 046/2023 – NOTIFICATION OF NEW ARMY BODY FAT ASSESSMENT FOR THE ARMY BODY COMPOSITION PROGRAM

THIS ALARACT MESSAGE HAS BEEN TRANSMITTED BY JSP ON BEHALF OF THE HQDA, DCS, G – 1

1.B. .(U)[1)-2 (.B)]TJ0.28 0 T(6)Tj1.

tape measure will be calibrated, that is, compared with a yardstick or a metal ruler to ensure validity. This is done by aligning the fiberglass tape measure with the quarter-inch markings on the ruler. The markings will match those on the ruler; if not, do not use that tape measure. The tape will be one-quarter to one-half inch wide (not exceeding one

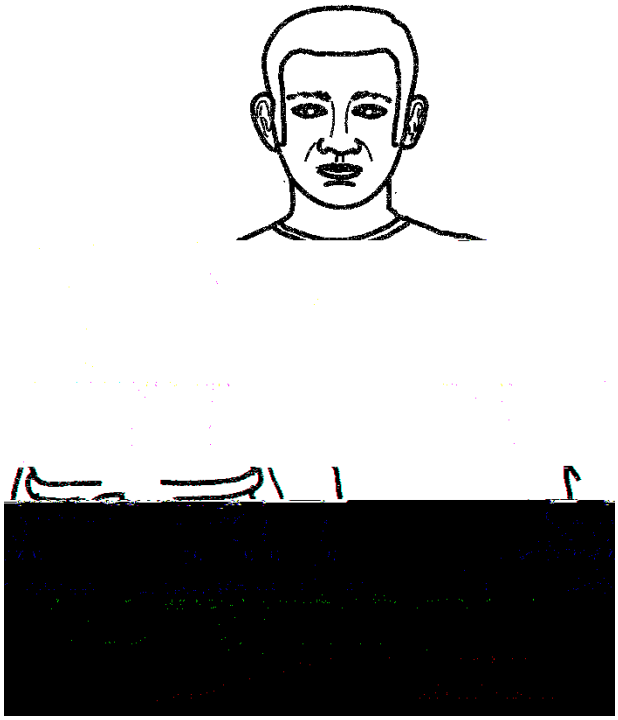
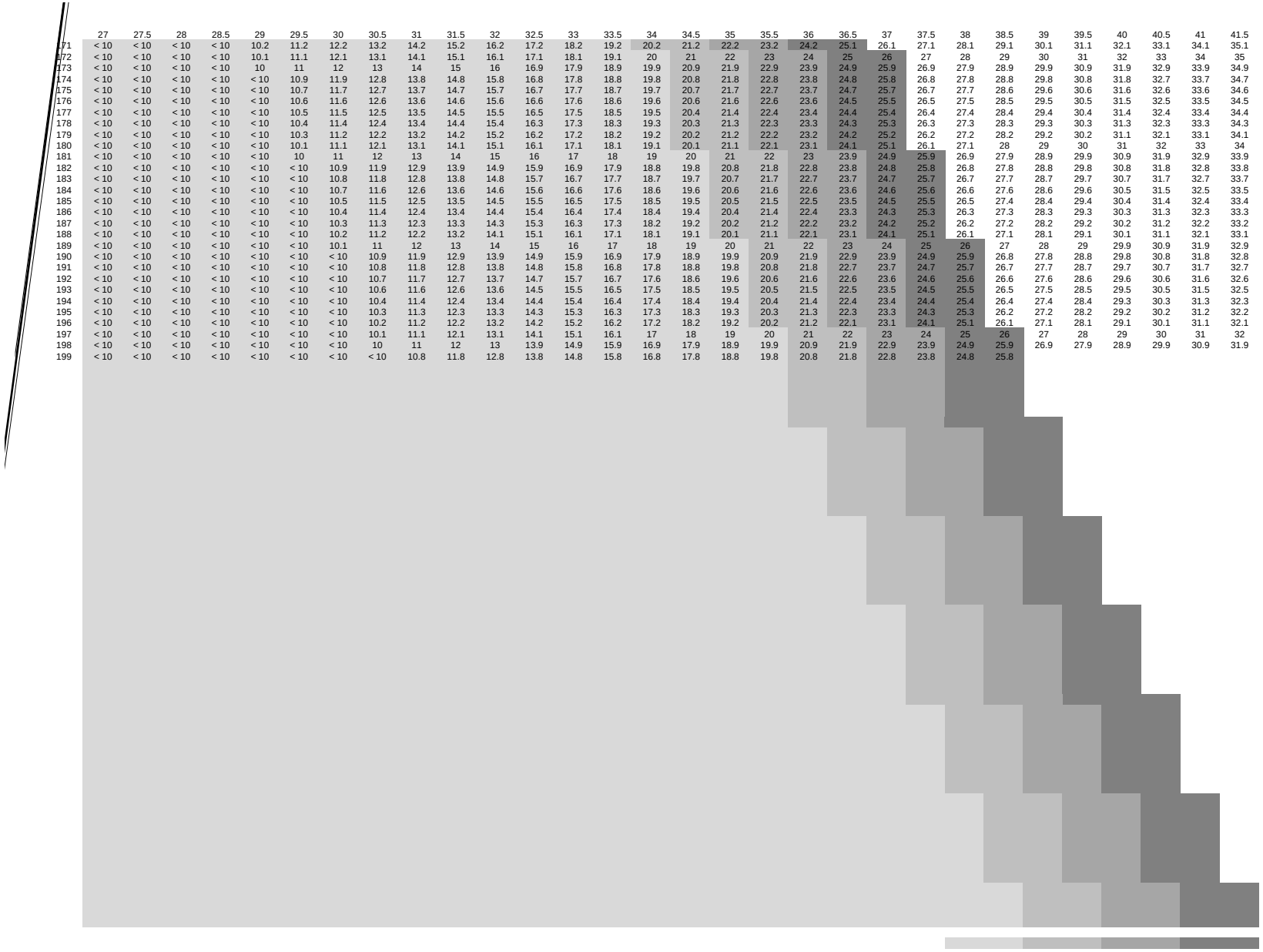


Figure B ±3. Male tape measurement illustration

Figure B ±4. Female tape measurement illustration

B ±4. Circumference site and landmarks for males

a. Abdomen. Measure abdominal circumference against the skin at the navel (belly button) level and parallel to the floor. Arms are at the sides. Record the measurement at the nearest half inch and record for example, round



	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5
171	< 10	< 10	< 10	< 10	10.2	11.2	12.2	13.2	14.2	15.2	16.2	17.2	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.1	26.1	27.1	28.1	29.1	30.1	31.1	32.1	33.1	34.1	35.1	36.1	37.1	38.1	39.1
172	< 10	< 10	< 10	< 10	10.1	11.1	12.1	13.1	14.1	15.1	16.1	17.1	18.1	19.1	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
173	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9	25.9	26.9	27.9	28.9	29.9	30.9	31.9	32.9	33.9	34.9	35.9	36.8	37.8	38.8
174	< 10	< 10	< 10	< 10	< 10	10.9	11.9	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8	22.8	23.8	24.8	25.8	26.8	27.8	28.8	29.8	30.8	31.8	32.7	33.7	34.7	35.7	36.7	37.7	38.7
175	< 10	< 10	< 10	< 10	< 10	10.7	11.7	12.7	13.7	14.7	15.7	16.7	17.7	18.7	19.7	20.7	21.7	22.7	23.7	24.7	25.7	26.7	27.7	28.6	29.6	30.6	31.6	32.6	33.6	34.6	35.6	36.6	37.6	38.6
176	< 10	< 10	< 10	< 10	< 10	10.6	11.6	12.6	13.6	14.6	15.6	16.6	17.6	18.6	19.6	20.6	21.6	22.6	23.6	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5	38.5
177	< 10	< 10	< 10	< 10	< 10	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.4	21.4	22.4	23.4	24.4	25.4	26.4	27.4	28.4	29.4	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.4
178	< 10	< 10	< 10	< 10	< 10	10.4	11.4	12.4	13.4	14.4	15.4	16.3	17.3	18.3	19.3	20.3	21.3	22.3	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.3	31.3	32.3	33.3	34.3	35.2	36.2	37.2	38.2
179	< 10	< 10	< 10	< 10	< 10	10.3	11.2	12.2	13.2	14.2	15.2	16.2	17.2	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.1	32.1	33.1	34.1	35.1	36.1	37.1	38.1
180	< 10	< 10	< 10	< 10	< 10	10.1	11.1	12.1	13.1	14.1	15.1	16.1	17.1	18.1	19.1	20.1	21.1	22.1	23.1	24.1	25.1	26.1	27.1	28	29	30	31	32	33	34	35	36	37	38
181	< 10	< 10	< 10	< 10	< 10	10	11	12	13	14	15	16	17	18	19	20	21	22	23	23.9	24.9	25.9	26.9	27.9	28.9	29.9	30.9	31.9	32.9	33.9	34.9	35.9	36.9	37.9
182	< 10	< 10	< 10	< 10	< 10	< 10	10.9	11.9	12.9	13.9	14.9	15.9	16.9	17.9	18.8	19.8	20.8	21.8	22.8	23.8	24.8	25.8	26.8	27.8	28.8	29.8	30.8	31.8	32.8	33.8	34.8	35.8	36.8	37.8
183	< 10	< 10	< 10	< 10	< 10	< 10	10.8	11.8	12.8	13.8	14.8	15.7	16.7	17.7	18.7	19.7	20.7	21.7	22.7	23.7	24.7	25.7	26.7	27.7	28.7	29.7	30.7	31.7	32.7	33.7	34.6	35.6	36.6	37.6
184	< 10	< 10	< 10	< 10	< 10	< 10	10.7	11.6	12.6	13.6	14.6	15.6	16.6	17.6	18.6	19.6	20.6	21.6	22.6	23.6	24.6	25.6	26.6	27.6	28.6	29.6	30.5	31.5	32.5	33.5	34.5	35.5	36.5	37.5
185	< 10	< 10	< 10	< 10	< 10	< 10	10.5	11.5	12.5	13.5	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.4	28.4	29.4	30.4	31.4	32.4	33.4	34.4	35.4	36.4	37.4
186	< 10	< 10	< 10	< 10	< 10	< 10	10.4	11.4	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.3	24.3	25.3	26.3	27.3	28.3	29.3	30.3	31.3	32.3	33.3	34.3	35.3	36.3	37.3
187	< 10	< 10	< 10	< 10	< 10	< 10	10.3	11.3	12.3	13.3	14.3	15.3	16.3	17.3	18.2	19.2	20.2	21.2	22.2	23.2	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.2	32.2	33.2	34.2	35.2	36.2	37.2
188	< 10	< 10	< 10	< 10	< 10	< 10	10.2	11.2	12.2	13.2	14.1	15.1	16.1	17.1	18.1	19.1	20.1	21.1	22.1	23.1	24.1	25.1	26.1	27.1	28.1	29.1	30.1	31.1	32.1	33.1	34	35	36	37
189	< 10	< 10	< 10	< 10	< 10	< 10	10.1	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	29.9	30.9	31.9	32.9	33.9	34.9	35.9	36.9
190	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.9	11.9	12.9	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9	25.9	26.8	27.8	28.8	29.8	30.8	31.8	32.8	33.8	34.8	35.8	36.8
191	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.8	11.8	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8	22.7	23.7	24.7	25.7	26.7	27.7	28.7	29.7	30.7	31.7	32.7	33.7	34.7	35.7	36.7
192	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.7	11.7	12.7	13.7	14.7	15.7	16.7	17.6	18.6	19.6	20.6	21.6	22.6	23.6	24.6	25.6	26.6	27.6	28.6	29.6	30.6	31.6	32.6	33.6	34.6	35.6	36.6
193	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.6	11.6	12.6	13.6	14.5	15.5	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5	33.5	34.4	35.4	36.4
194	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.4	11.4	12.4	13.4	14.4	15.4	16.4	17.4	18.4	19.4	20.4	21.4	22.4	23.4	24.4	25.4	26.4	27.4	28.4	29.3	30.3	31.3	32.3	33.3	34.3	35.3	36.3
195	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.3	11.3	12.3	13.3	14.3	15.3	16.3	17.3	18.3	19.3	20.3	21.3	22.3	23.3	24.3	25.3	26.2	27.2	28.2	29.2	30.2	31.2	32.2	33.2	34.2	35.2	36.2
196	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.2	11.2	12.2	13.2	14.2	15.2	16.2	17.2	18.2	19.2	20.2	21.2	22.1	23.1	24.1	25.1	26.1	27.1	28.1	29.1	30.1	31.1	32.1	33.1	34.1	35.1	36.1
197	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.1	11.1	12.1	13.1	14.1	15.1	16.1	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
198	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10	11	12	13	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9	25.9	26.9	27.9	28.9	29.9	30.9	31.9	32.9	33.8	34.8	35.8
199	< 10	< 10	< 10	< 10	< 10	< 10	< 10	< 10	10.8	11.8	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	20.8	21.8	22.8	23.8	24.8	25.8										

OFFICE SYMBOL Date