



DEPARTMENT OF THE ARMY

121ST SIGNAL BATTALION
CMR 448
APO AE 09225

REPLY TO
ATTENTION OF:

AETV-BG-SB

24 JUN 03

MEMORANDUM FOR RECORD

SUBJECT: Policy Memorandum 7: Battalion Physical Training

1. Physical Training is an important training event that we will conduct four times per week (Monday, Tuesday, Wednesday and Friday) between the hours of 0630 and 0730. Exceptions to physical training must be approved by the company commander or myself.

2. All soldiers will conduct physical fitness training in the prescribed uniform with their unit.

2. Those soldiers who fail an APFT will participate in remedial physical training. Soldiers who fail the APFT will be counseled in writing in accordance with AR 600-9 and immediately have a flag imposed. These soldiers will be tested at a minimum of monthly and if they fail to pass an APFT after three months a chapter action will be commenced by the company. Remedial PT will consist of stretching, calisthenics, running, and strength exercises. Remedial PT will take place outdoors and consist of exercises which focus on pushups, situps, and running. Company commanders are responsible for their unit's remedial PT program.

DANGER'S VOICE!

////original signed////
JIM GARRISON
LTC, SC
Commanding