

**Army Body Composition Program (ABCP)
Fit For Performance (FFP) Program
Womack Army Medical Center
Outpatient Nutrition Services
Ft. Bragg, NC
(910)-907-3438**

**Guidelines for the nutrition counseling process for the ABCP and elective “Fit for Performance”
Program at Womack Army Medical Center**

Information for Soldiers and Commanders

Required Initial Nutrition Counseling Session: Soldiers must complete the initial nutrition counseling session within 30 days of enrollment in the ABCP IAW AR 600-9. The nutrition counseling memorandum will be provided at the end of this session. This session is offered on an appointment basis every Tuesday at 1000 and 1300. Soldiers need to arrive no later than 0945 to ensure seating. This class consists of an overview of the new AR 600-9 program standards along with basic weight loss nutrition education. This session will last approximately 2 hours. During this visit, the soldier is given the option to enroll in the “Fit for Performance” program. After an orientation to the program, the soldier will complete the required paperwork and be scheduled for the class series.

Program Description: Fit for Performance (FFP) Weight Control Program: Taught by a Registered Dietitian, FFP classes focus on optimizing sleep, activity, and nutrition to improve health and create sustainable weight loss. Soldiers who opt into the FFP program must inform the Outpatient Nutrition Clinic staff by the end of Session 1. Soldiers will attend at least three of the five available FFP classes outlined below. Two additional FFP bonus classes are also available to the Soldiers. These classes should be taken in the order listed. An option is for the Soldier to complete all classes within one week.

Session 2 - Maximize Your Sleep & Your Workouts, Creating Supportive Environments; Goal Setting: Understand how sleep aids weight loss, how to maximize your exercise efficiency, and receive guidance on supplements and sport foods. Set up a home and work environment that makes it easier to lose weight and keep it off.

Session 3 - Psychology of Weight Loss: Stress Management: Break free from overeating and learn how to avoid mindless eating. Taught by a performance psychology expert from the R2 Performance Center. Find out how to manage stress more effectively and stop stress-eating for long-term weight loss success.

FFP Bonus Classes –A variety of topics may be taught including using resources for meal planning and grocery shopping to help you stick to your budget and eat healthy at home, myths about nutrition and physical activity and additional strategies to help with weight loss/maintainence.

Location of Sessions: All nutrition counseling and FFP sessions are held in the Nutrition Care Division Classroom located on the basement floor of Womack Army Medical Center. Classroom entrance is directly across from the entrance to the Dining Facility.

The Initial Nutrition Counseling is the only mandatory session. Under AR 600-9, soldiers can opt for “Fit for Performance”, individual dietitian visits, an approved commercial program, an approved online weight loss program, or a self-directed program.

Administrative Details:

1. Upon a Soldier's completion of the Initial Nutrition Counseling, the dietitian will sign the Soldier's "Nutrition Counseling Memorandum" certifying completion IAW AR 600-9.
2. All soldiers are welcome to attend the nutrition classes, even if not enrolled in the ABCP.
3. An appointment is necessary for a Soldier to attend the Initial Nutrition Counseling.
4. If you have any additional questions, you may send your questions via e-mail to the OIC, Outpatient Nutrition, or call the Nutrition Clinic at 910-907-8703. Soldiers are strongly encouraged to seek regular follow-up with the dietitian at 2 weeks, 1 month, 2 months, 3 months and 6 months after completing the program. Soldiers may call the Nutrition Clinic at 910-907-3438 Option 2 to schedule a follow-up appointment.
5. Soldiers are encouraged to schedule an appointment at the Army Wellness Center (AWC) for fitness testing, stress management/biofeedback, BodPod body composition analysis, and metabolic assessments.

Updated October 26, 2020

Table 3–1
Summary of Army Body Composition Program-related actions, counseling, and evaluations

Action, counseling, and/or evaluation	Who	Requirement	Timing	
			RA and RC on active duty	RC not on active duty
Flagging action (DA Form 268)	Commander	Mandatory	3 working days (after Soldier determined to exceed body fat standard)	Before end of MUTA in which Soldier is determined to exceed body fat
Notification counseling	Commander	Mandatory	2 working days from when DA Form 268 is initiated	No later than the next MUTA after Soldier is determined to exceed body fat
Soldier acknowledgment in ABCP	Soldier	Mandatory	2 working days (after Soldier receives notification counseling)	No later than the next MUTA after the notification counseling
Read USAPHC TG 358	Soldier	Mandatory	14 days (after Soldier receives notification counseling)	14 days (after Soldier receives notification counseling)
Soldier weight and body fat assessment	Commander/designee	Mandatory	Monthly	Monthly
Soldier Action Plan	Soldier	Mandatory	14 days (after Soldier receives notification counseling)	No later than the next MUTA after the notification counseling
Counseling memorandum	Dietitian	Mandatory (RA and RC on active duty only)	Within first 30 days (after Soldier receives notification counseling)	Not applicable
Medical evaluation memorandum	Medical professional	Optional	Upon enrollment in ABCP (Soldier or commander may request it)	Upon enrollment in ABCP (Soldier may request it) at Soldier's own expense
Medical evaluation memorandum	Medical professional	Mandatory (RA and RC on active duty only)	Soldier is pregnant prior to bar to continued service or separation actions (commander must request it)	Soldier is pregnant (provides documentation from health care provider)
Body composition analysis, metabolic testing and weight management	Army Wellness Center	Optional	Anytime (if resource if available at location)	Anytime (if resource is available at location)

1 (Table 3-1) taken from AR 600-9