



NATIONAL GUARD BUREAU
111 SOUTH GEORGE MASON DRIVE
ARLINGTON VA 22204-1373

ARNG-HRR

23 September 2019

MEMORANDUM FOR Army National Guard (ARNG) Recruiting and Retention Force (RRF)

SUBJECT: SMOM 19-029, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

1. References.

- a. HQDA EXORD 234-19, Subject: Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program, September 2019
- b. AR 40-501, Standards of Medical Fitness, 27 June 2019.
- c. AR 600-9, The Army Body Composition Program, 16 July 2019.
- d. AR 601-210, Regular Army and Reserve Components Enlistment Program, 31 August 2016.

2. Effective 1 October 2019 applicants who qualify under the Assessment of Recruit Motivation 2 Program (ARMS 2.0) may enlist into the Army National Guard (ARNG). Enlistments under ARMS 2.0 will be limited to 3% of each State, Territory, and the District of Columbia's accessions. This will run through 30 Sep 2022. ARMS 2.0 is only available to Non-Prior Service applicants.

3. Background. ARMS 2.0 is a performance-based tool to assess applicants who are disqualified from the ARNG because they exceed accession standards for body fat composition. Historically the ARMS test has identified enlistees who, despite exceeding body fat composition standards, were fit and became productive members of the ARNG enlisted force.

4. Qualifications. ARMS 2.0 is available to applicants who meet all of the requirements listed below.

- a. Armed Forces Qualification Test (AFQT). Achieve an AFQT score of 50 or higher on the Armed Services Vocational Aptitude Battery (ASVAB).

ARNG-HRR

SUBJECT: SMOM 19-029, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

b. Body Fat Composition.

(1) Accession. Body fat composition, based on gender, age and height/weight, may be no more than 2% above accession standards outlined in AR 40-501, Standards of Medical Fitness.

(2) Post Accession. Applicants who meet the standard above, must also subsequently meet post accession body fat composition standards, established by AR 600-9, The Army Body Composition Program, no later than one (1) year after starting Initial Active Duty for Training (IADT).

c. Military Occupational Specialty (MOS). Enlist for an MOS that requires a Physical Demands Category (PDC) of Heavy (Black). See enclosure 2.

d. Occupational Physical Assessment Test (OPAT). Take the OPAT during the first RSP drill and achieve a score of Heavy (Black) on the OPAT. Applicants who fail to achieve a score of Heavy (Black) on the OPAT 45 days prior to their IET ship date are no longer qualified under the ARMS 2.0 Program.

5. Applicants no longer qualified for ARMS 2.0 can be retained for up to 12 months from original contract date, provided they meet initial entry body composition standards as outlined in reference 1b prior to starting Initial Entry Training (IET).

6. ARMS 2.0 is not available to officer producing programs including OCS, SMP, and WOFT enlistment options.

7. Applicants who are pending medical consult, exception to policy, or any enlistment waiver will not be enrolled into ARMS 2.0 until the exception or waiver has been approved.

8. A medical inspection is required if an applicant returns to MEPS when 30 days have elapsed from initial full physical or subsequent inspection prior to accessing or shipping to IET.

9. Applicants who qualify for ARMS 2.0 must meet body fat standards no later than one year after starting Initial Entry Training (IET) Active Duty for Training (IADT) for the ARNG. These soldiers will not be subject to a suspension of favorable personnel actions for exceeding the body fat composition standards prior to meeting the one year timeline.

ARNG-HRR

SUBJECT: SMOM 19-029, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

10. Shipping Guidance:

a. ARMS 2.0 applicants are not authorized to Quick Ship. ARMS 2.0 applicants will not ship earlier than 60 days from enlistment date and must ship during the current ship window set in REQUEST.

b. Direct Ship States may participate in ARMS 2.0, however all recruits must ship to IET using the traditional MEPS ship process.

11. MEPS Guidance Counselors

a. Validate the applicant's DD Form 2808 to ensure the applicant is qualified to enlist, provided the applicant is no more than 2% over the body fat standard.

b. Contact State OPS for approval and verify the State has the required number of enlistments to authorize an ARMS 2.0 accession. For example, every 34 NPS enlistments would allow one ARMS 2.0 accession for that State, Territory or District of Columbia. ARMS 2.0 applicants cannot exceed 3% of the State's total accessions.

c. Upon approval from State OPS, the MEPS GC will publish and sign a Memorandum for Record (MFR) that validates the applicant meets the standards for enlistment in the ARMS 2.0 Pilot. See enclosure 3

d. Return the applicant to the MEPS Medical Section with the signed MFR and the working copy of the DD Form 2808 to serve as the authorization to update the applicants profile from P3T to P1 on the physical and in USMIRS.

e. Continue to process the applicant limiting the MOS reservation to those with an OPAT PDC of Heavy (Black).

f. Ensure the ARMS 2.0 pilot-recruiting program code of "AM" is selected within REQUEST.

g. Ensure the ARMS 2.0 clause is captured in the remarks section of the DD Form 1966 and populates the Guard Annex. Review each of these with every applicant that enlists. In the ARMS 2.0 clause, the enlistee will acknowledge enlistment under the ARMS 2.0 pilot program and all criteria requirements in paragraphs 3.a through 3.d. above prior to starting IET.

ARNG-HRR

SUBJECT: SMOM 19-029, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

h. After enlistment, the MEPS GC will upload the ARMS 2.0 MFR in the Medical Waivers folder in ERM. The ARMS 2.0 MFR will also be forwarded for filing in the Soldier's iPERMS or IPPS-A records.

i. Schedule the Soldier to ship in USMIRS as a Traditional MEPS Shipper. Direct Ship is not authorized.

12. Recruit Sustainment Program (RSP)

a. Ensure all ARMS 2.0 shippers take and pass the OPAT Heavy (Black) category prior to shipment to IET.

b. After reasonable attempts and prior to shipping to IET, Soldiers who cannot achieve a score of Heavy (Black) on the OPAT will have their contract renegotiated into a lower Physical Demands Category (PDC). A DA Form 4187 must be submitted to the REQUEST Operations Center (ROC) for approval prior to renegotiation of any training seat. If this occurs, the Soldier is no longer qualified for enlistment under the ARMS 2.0 Pilot Program. They will be required to meet the body fat composition standards outlined in AR 40-501 within twelve (12) months of original contract date, prior to shipment to training or be discharged from the RSP.

c. Complete a DA Form 5500/5501 monthly to monitor the progress of recruits enlisted under ARMS 2.0.

d. Upload the DA Form 5500/5501 into Vulcan and submit a copy to the MEPS GC who will upload into Recruiter Zone.

e. Ensure the REQUEST Operations Center (ROC) and USMEPCOM are updated if the ARMS 2.0 enlistee is discharged for failure to meet or comply with the above guidance. Email a copy of the discharge order to the ARNG USMEPCOM LNO (ATTN: J3) and ROC NCOIC. (See MilSuite for current personnel assigned and email address <https://www.milsuite.mil/book/docs/DOC-413489>).

f. RSP personnel will inform the gaining Unit Commander they are receiving a Soldier participating in the ARMS 2.0 Pilot Program prior to the Gold Phase Battle Handoff (final RSP drill) and that ARMS 2.0 Pilot Program Soldiers are allowed one-year after ship date to meet the body fat standards of AR 600-9.

ARNG-HRR

SUBJECT: SMOM 19-029, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

13. ARNG Recruiting and Retention Battalion (RRB)

a. Ensure their RRB does not exceed 3% of their total accessions into the ARMS 2.0 program.

b. Maintain a roster of all ARMS 2.0 accessions locally for any future data call requirements.

14. Gaining Unit Commanders

a. Acknowledge receipt of Soldiers arriving to their units that enlisted under the ARMS 2.0 program. Commanders or a designee will counsel the Soldier on maintaining compliance with the terms of the Soldier's enlistment contract and monitor the Soldier's progress on meeting AR 600-9 body composition standards within the 12 month time period set by this program.

b. Report back to the RRB any change in status of these Soldiers who fail to meet the ARMS 2.0 standard and are discharged. RRBs will track unit reporting metrics.

c. Acknowledge that Soldiers enlisted under the ARMS 2.0 Pilot Program will not be subject to suspension of favorable personnel actions for exceeding the body fat standards prior to meeting the one-year timeline from the date applicant beings IADT.

15. ARMS 2.0 MFR template and the OPAT Heavy (Black) MOS list can also be found by accessing the Recruiting Operations Branch (ROB) MilSuite page - <https://www.milsuite.mil/book/groups/arng-gss-recruiting-operations-branch>).

16. Points of contact for this message is MSG Reynold Thomas at (703) 607-3172, or email Reynold.l.thomas.mil@mail.mil or MSG Larry Nmashie at (703) 607-0944, or email Larry.a.nmashie.mil@mail.mil.

Encls

1. HQDA EXORD 234-19
2. (Black) MOS List
3. ARMS 2.0 MFR template



DANIEL E. GILBERT

COL, LG

Chief, Strength Maintenance Division
Army National Guard