

U.S. Department of
Homeland Security

United States
Coast Guard



Coast Guard Weight and Body Fat Standards Program Manual

**COMDTINST M1020.8H
September 2012**



COMDTINST M1020.8H
05 Sep 2012

COMMANDANT INSTRUCTION M1020.8H

Subj: COAST GUARD WEIGHT AND BODY FAT STANDARDS PROGRAM MANUAL

- Ref: (a) DoD Instruction 1308.3, "DoD Physical Fitness and Body Fat Programs Procedures," November 5, 2002
 (b) Coast Guard Health Promotion Manual, COMDTINST M6200.1 (series)
 (c) Enlisted Accessions, Evaluations, and Advancements, COMDTINST M1000.2 (series)
 (d) Officer Accessions, Evaluations, and Promotions, COMDTINST M1000.3 (series)
 (e) Reserve Policy Manual, COMDTINST M1001.28 (series)
 (f) Military Separations, COMDTINST M1000.4 (series)
 (g) Pregnancy in the Coast Guard, COMDTINST 1000.9 (series)
 (h) Coast Guard Medical Manual, COMDTINST M6000.1 (series)

- PURPOSE.** This Manual establishes the Coast Guard's Weight and Body Fat Standards Program as directed by reference (a) for all Coast Guard military personnel, officer and enlisted, active and reserve, and Public Health Service (PHS) officers detailed to the Coast Guard.
- ACTION.** All Coast Guard unit commanders, commanding officers, officers-in-charge, deputy/assistant commandants, and chiefs of Headquarters staff elements shall comply with the provisions of this Manual. Internet release is authorized.
- DIRECTIVES AFFECTED.** Coast Guard Weight and Body Fat Standards Program Manual, COMDTINST M1020.8G, is cancelled. Additionally, much of the physical fitness information will be contained within reference (b).
- DISTRIBUTION.** No paper distribution will be made of this Manual. Official distribution will be via the Coast Guard Directives System DVD. An electronic version will be located on the following Commandant (CG-612) web sites. Intranet: <http://cgweb.comdt.uscg.mil/CGDirectives/Welcome.htm>, Internet: <http://www.uscg.mil/directives/>, and CGPortal: <https://cgportal.uscg.mil/delivery/Satellite/CG612>.

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NON-STANDARD DISTRIBUTION:

5. MAJOR CHANGES. This Manual clarifies and revises multiple aspects of the Coast Guard Weight and Body Fat Standards Program:

- a. Format and organization are revised in accordance with the Coast Guard Directives System, COMDTINST M5215.6 (series).
- b. Body mass index (BMI)-based maximum and minimum screening weights and reduced maximum allowable body fat (MABF) percentages were placed into effect on 1 October 2009. The “Maximum Allowable Weight” moniker is replaced with “max/min screening weight” consistent with reference (a).
- c. Alternative body fat measurements (e.g. water displacement, calipers) are discontinued. Members previously authorized alternate body fat measurements may request to continue this method until 21 May 2013, on a case-by-case basis as determined by Commander, CG Personnel Service Center, Personnel Services Division (CG PSC-psd).
- d. Body fat assessment procedures are revised consistent with reference (a) and requires use of tension-tape measuring devices for Body Fat Assessments.
- e. Post weigh-in procedures/requirements are revised for members found non-compliant with standards to include the immediate commencement of probationary period.
- f. The role of CG PSC-psd as authorizing official is clarified for all abeyance and exception requests.
- g. The “3-strike rule” and when to conduct a weigh-in is clarified.
- h. Weigh-in requirements are clarified for resident training schools.
- i. The policy for members who achieve compliance subsequent to violating a condition of separation is clarified.
- j. Physical fitness information was removed from this manual. Physical fitness requirements are now incorporated in reference (b).

6. RECORDS MANAGEMENT CONSIDERATIONS. This Manual has been evaluated for potential records management impacts. The development of this Manual has been thoroughly reviewed during the directives clearance process, and it has been determined there are records scheduling requirements, in accordance with Federal Records Act, 44 U.S.C. 3101 et seq., National Archives and Records Administration (NARA) requirements, and the Information and Life Cycle Management Manual, COMDTINST M5212.12 (series). This policy does not have any significant or substantial change to existing records management requirements.

7. ENVIRONMENTAL ASPECT AND IMPACT CONSIDERATIONS.

- a. The development of this Manual and the general policies contained within it have been thoroughly reviewed by the originating office in conjunction with the Office of Environmental Management, and are categorically excluded (CE) under current USCG CE #

33 from further environmental analysis, in accordance with Section 2.B.2. and Figure 2-1 of the National Environmental Policy Act Implementing Procedures and Policy for Considering Environmental Impacts, COMDTINST M16475.1 (series). Because this Manual contains guidance on, and provisions for, compliance with applicable environmental mandates, Coast Guard categorical exclusion #33 is appropriate.

- b. This directive will not have any of the following: significant cumulative impacts on the human environment; substantial controversy or substantial change to existing environmental conditions; or inconsistencies with any Federal, State, or local laws or administrative determinations relating to the environment. All future specific actions resulting from the general policies in this Manual must be individually evaluated for compliance with the National Environmental Policy Act (NEPA), Council on Environmental Policy NEPA regulations at 40 CFR Parts 1500-1508, DHS and Coast Guard NEPA policy, and compliance with all other environmental mandates.
8. FORMS/REPORTS. The forms referenced in this Manual are available in USCG Electronic Forms on the Standard Workstation or on the Internet: <http://www.uscg.mil/forms/>; CG Portal: <https://cgportal.uscg.mil/delivery/Satellite/uscg/References>; and Intranet: <http://cgweb.comdt.uscg.mil/CGForms>.
 9. DISCLAIMER. This guidance is not a substitute for applicable legal requirements, nor is it itself a rule. It is intended to provide operational guidance for Coast Guard personnel and is not intended to nor does it impose legally-binding requirements on any party outside the Coast Guard.

Steven E. Day /s/
Acting Director of Reserve
and Military Personnel

Table of Contents

CHAPTER 1. WEIGHT AND BODY FAT STANDARDS PROGRAM OVERVIEW	1-1
A. Introduction.....	1-1
1. Purpose.....	1-1
2. Background.....	1-1
3. Program Audience	1-1
B. Roles and Responsibilities.....	1-1
1. Individual Members.....	1-1
2. Supervisors.....	1-1
3. Commanding Officer (CO) & Officer-in-Charge (OIC)	1-2
4. Unit Administrative Staff.....	1-2
5. Primary Care Manager.....	1-2
6. Regional Health Promotion Manager (HPM)/ Unit Health Promotion Coordinator (UHPC)..	1-3
7. Commandant (CG-122)	1-3
8. Commandant (CG-112)	1-3
9. Commandant (CG-111)	1-3
10. CG Personnel Service Center, Personnel Service Division, Field Support (CG PSC-psd-fs)..	1-3
11. Coast Guard Recruiting Command (CGRC)	1-3
12. Superintendent of the Coast Guard Academy (CGA).....	1-3
CHAPTER 2. WEIGHT & BODY FAT SCREENING	2-1
A. When to conduct Weight and Body Fat Screening (Weigh-in).....	2-1
1. Semiannual (April & October).....	2-1
2. Upon Direction from CO or OIC	2-1
3. Upon Expiration of an Authorized Abeyance or Exemption.....	2-1
4. Upon Receipt of Orders to Specified Resident Training and Prior to Execution of Orders to Specified Resident Training.....	2-1
5. Reservists Ordered to Active Duty	2-2
6. Accessions.....	2-2
7. Members in Receipt of PCS Orders.....	2-2
B. Body Mass Index (BMI) Weight Screening Procedures.....	2-2
1. Weight Standards	2-2

- 2. Body Mass Index (BMI) 2-3
- 3. Personnel Responsible for Conducting Height and Weight Measurements 2-3
- 4. Screening Process 2-3
- C. Body Fat Standards 2-4
 - 1. General 2-4
 - 2. Standards for Separation 2-4
- D. Standard Tape Method Measurement Guidelines 2-4
 - 1. Spring-Loaded Tension Tapes 2-4
 - 2. Proper Technique of Measurements 2-4
 - 3. Proper Recording of Measurements 2-5
 - 4. Order of Measurements 2-5
 - 5. Body Fat Calculations 2-5
 - 6. Gender Considerations for Measurements 2-5
 - 7. Additional Procedures when Subject to Separation 2-5
- E. Neck Measurement Procedure 2-5
- F. Circumference Value Measurement for Men 2-6
- G. Circumference Value Measurement for Women 2-6
- H. Weight & Body Fat Compliance Determination 2-7
- CHAPTER 3. WEIGHT AND BODY FAT NON-COMPLIANCE 3-1
 - A. Consequences of Non-Compliance with Weight & Body Fat Standards 3-1
 - 1. Withholding of Advancement, Promotion and Frocking 3-1
 - 2. Assignment Restrictions 3-1
 - 3. Resident Training Restrictions 3-2
 - B. Documentation of Non-Compliance 3-3
 - 1. Requirement for Documentation 3-4
 - 2. Exceptions to Required Documentation 3-4
 - C. Post Weigh-in Period (30-days) 3-4
 - 1. Member Required Actions 3-4
 - 2. Member Failure to Complete Required Documents 3-4
 - 3. Members Who Achieve Compliance Prior to the 30-day Deadline 3-4
 - 4. Additional Information to Assist Members Found Non-Compliant 3-4

D. Probation..... 3-4

1. Commencing Probation 3-4
2. Eligibility for Probation. 3-4
3. Ineligible for Probation..... 3-4
4. Probation Duration..... 3-5
5. Requirements during Probation 3-5
6. Semiannual Weigh-Ins (April & October) During Probation..... 3-6
7. Illness or Injury While on Probation..... 3-6
8. Conclusion of the Probationary Period..... 3-6

CHAPTER 4. SEPARATIONS 4-1

A. Conditions for Separation 4-1

1. Separation In Lieu of Probation..... 4-1
2. Failure to Progress During Probation 4-1
3. Non-Compliant at End of Probation 4-1
4. Third Probationary Period in 14 Months 4-1
5. Three Consecutive Failed Semiannual Weigh-Ins..... 4-1

B. Approving Authority..... 4-1

C. Separation Requests 4-1

1. Submission Time Line for Separation Packages 4-1
2. Contents of Separation Package..... 4-1
3. Non-Compliant PHS Officers 4-2
4. Reserve Specific..... 4-2
5. Members Recommended for Separation Who Become Compliant Prior to Separation Date .. 4-2

D. Recoupment of Bonuses 4-2

E. Retirement Eligible Members 4-2

F. Members with Approved Retirement..... 4-2

G. Reenlistments, Extensions, and Re-Entry Enlistments 4-2

1. Reenlistments..... 4-2
2. Extensions 4-3
3. Policy on Reenlistments and Extensions 4-3
4. Re-Entry Enlistments 4-3

CHAPTER 5. ABEYANCES AND EXEMPTIONS TO PROBATION 5-1

- A. Medical Abeyances 5-1
 - 1. Approving Authority 5-1
 - 2. Intent 5-1
 - 3. Abeyance Examples 5-1
 - 4. Abeyance Requests 5-1
 - 5. Length of Abeyance 5-2
 - 6. Requirements During Abeyance 5-2
 - 7. Abeyance Extension 5-2
- B. Maternity Exemptions 5-2
 - 1. Pregnancy Exemption 5-2
 - 2. Post-Birth/Termination Exemption 5-2
 - 3. Nursing Exemption 5-2
 - 4. Expiration of Exemption 5-2
- C. Tobacco Cessation Exemption 5-3
 - 1. Tobacco Cessation Policy 5-3
 - 2. Purpose of Tobacco Cessation Exemption. 5-3
 - 3. Exemption Period for Tobacco Cessation 5-3
- D. Eating Disorders 5-3

Enclosure (1) Screening Weights & Maximum Allowable Body Fat Percentage
Enclosure (2) Body Fat Percentage Estimation Charts

CHAPTER 1. WEIGHT AND BODY FAT STANDARDS PROGRAM OVERVIEW**A. Introduction.**

1. **Purpose.** The Coast Guard Weight and Body Fat Standards Program is an administrative process geared to ensure that all Coast Guard military personnel:
 - a. Are capable of meeting the organization's operational needs and challenges;
 - b. Maintain a healthy weight and body fat percentage;
 - c. Present a sharp professional military appearance.
2. **Background.** The Coast Guard Weight and Body Fat Standards Program was instituted in 1984 and revised in 2004 and 2008.
3. **Program Audience.** The Coast Guard Weight and Body Fat Standards Program is applicable to all Coast Guard military personnel, including:
 - a. Active duty;
 - b. Reserve;
 - c. USPHS officers detailed to the Coast Guard;
 - d. Accession candidates; and,
 - e. Members returning to service under various Coast Guard policies; for example: temporary separation/care of newborn child (CNC).

B. Roles and Responsibilities.

1. **Individual Members.**
 - a. Maintain compliance with weight and body fat standards at all times, unless specifically stated otherwise by this Manual.
 - b. Complete the mandatory semiannual weight compliance screenings unless exempt per chapter 5 of this manual.
 - c. Follow the requirements contained in chapter 3 of this Manual if determined to be non-compliant.
 - d. Be familiar with the requirements of this Manual.
2. **Supervisors.**
 - a. Take a proactive approach to ensure personnel remain in compliance with weight & body fat standards.

- b. Recommend the unit commanding officer or officer-in-charge conduct additional weight and body fat assessments outside of regularly scheduled semiannual weigh-ins when members appear non-compliant.
 - c. Monitor adherence to probation requirements for subordinates on probation, in accordance with chapter 3.
 - d. Encourage all members to exercise, make healthy food selections, and maintain a healthy lifestyle.
3. Commanding Officer (CO) & Officer-in-Charge (OIC).
- a. Responsible for the unit's adherence to the policies and procedures outlined in this Manual.
 - b. Ensure members are compliant with standards at all times by conducting weight and body fat assessments as outlined in chapter 2 of this Manual.
 - c. Ensure personnel performing weigh-ins and body fat measurements are properly trained.
 - d. Submit separation packages within 30 days to Commander, Personnel Service Center (CG PSC: epm-1 for enlisted/opm-1 for officer /rpm-1 for reserve) for members who meet conditions of separation outlined in this Manual.
 - e. Verify measurements of members subject to separation. A member within the command cadre, to include CO, executive officer (XO), OIC, executive petty officer (XPO), or command master chief (CMC), or as necessary, a senior member within the command shall witness measurements of the member. See chapter 2 of this Manual for additional instructions.
 - f. Conduct additional weight and body fat assessments outside of regularly scheduled semiannual weigh-ins when deemed necessary as outlined in paragraph 2.A.2. of this Manual.
4. Unit Administrative Staff.
- a. Record all data in Direct Access (DA) **within 10 working days** of each weigh-in. The entry must be made regardless of a member's compliance or non-compliance with weight and body fat standards, or the scheduling/completion of the Command Medical Referral Form, form CG-6050. Document non-compliant weigh-ins using Administrative Remarks, form CG-3307.
 - b. Confirm compliance with weight standards of members with permanent change of station (PCS) orders within 30 days of PCS departure.
5. Primary Care Manager (includes military medical officers, licensed civilian physicians, physicians assistants, and nurse practitioners as appropriate).
- a. Evaluate command/unit referred members through completion of a form CG-6050, within 30 days of initiation of medical referral.
 - b. Refer members being placed on weight probation to the regional health promotion manager

(HPM) for guidance in developing a successful weight management program, while continuing to follow up and address weight related health concerns, underlying causes of weight, and psychological motivators for overeating and/or poor nutritional choices.

- c. Evaluate the member for physiological medical conditions or prescribed medication that may be the cause of the member's non-compliance.
6. Regional Health Promotion Manager (HPM)/ Unit Health Promotion Coordinator (UHPC). Design key programs for members and units to:
 - a. Promote healthier lifestyles;
 - b. Assist with members on the weight program per the provisions of reference (b).
7. Commandant (CG-122). Initiate required changes to this Manual and make determinations on cases not adequately addressed by the provisions of the Manual.
8. Commandant (CG-112). Provide policy oversight for Coast Guard medical officers.
9. Commandant (CG-111). Ensure HPMs and UHPCs assist in designing key programs to promote healthier lifestyles.
 - a. Provide written, self-help weight management guidance.
 - b. Through the HPM, provide each member on probation with advisory reference material on nutrition, weight control, and exercise.
 - c. Publish the annual training schedule for UHPC courses.
 - d. Provide health related subject matter expertise to Commandant (CG-122) and Commander, Personnel Service Center, Personnel Services Division (CG PSC-psd) as needed.
 - e. Ensure policy alignment between Weight and Body Fat Standards Program and reference (b).
10. CG Personnel Service Center, Personnel Service Division, Field Support (CG PSC-psd-fs).
 - a. Serve as approving official for all medical abeyance and tobacco cessation exemption requests.
 - b. Track statistics of abeyances and exemptions annually.
11. Coast Guard Recruiting Command (CGRC). Ensure all new accessions and members re-entering service are compliant with weight and body fat standards prior to entry/reentry into CG service.
12. Superintendent of the Coast Guard Academy (CGA). Promulgate regulations pertaining to weight and body fat standards for cadets. All CGA graduates, to include graduates from other commissioning sources, must be compliant with Coast Guard Weight and Body Fat Standards Program, as outlined in this Manual, prior to commissioning. The superintendent may grant waivers for new accessions who exceed maximum screening weights but are within body fat standards.

CHAPTER 2. WEIGHT & BODY FAT SCREENING

- A. When to conduct Weight and Body Fat Screening (Weigh-in). Members are required to be compliant with weight and body fat standards at all times. At a minimum, “weigh-ins” shall be conducted as listed below:
1. Semiannual (April & October). All Coast Guard military personnel shall be screened against weight and body fat standards every April and October.
 - a. Members that will be away from their Permanent Duty Station (PDS) during the semiannual weigh-in month should make arrangements to be screened at their PDS no more than 15 days before the beginning of the month or 15 days after the end of the month. If the member’s travel precludes a weigh-in during this window, the PDS and the command where the member is temporarily assigned shall coordinate a weigh-in. If a member will be present at their PDS at any point during the semiannual weigh-in month, prior arrangements must be made with the command to ensure resources are available to screen the member at that time.
 - b. Program managers and servicing personnel offices (SPOs) shall ensure members assigned to attaché and post-graduate billets are screened against weight and body fat standards in accordance with the policy set forth in this Manual.
 2. Upon Direction from CO or OIC.
 - a. COs and OICs may direct members who appear non-compliant with weight and body fat standards to be evaluated for compliance outside of regularly scheduled semiannual weigh-ins.
 - b. If found to be non-compliant, refer to chapter 3 of this Manual for guidance.
 3. Upon Expiration of an Authorized Abeyance or Exemption. As identified in chapter 5 of this Manual, members shall be evaluated for compliance on the first business day following the expiration of an abeyance or exemption.
 4. Upon Receipt of Orders to Specified Resident Training and Prior to Execution of Orders to Specified Resident Training.
 - a. Commands shall verify a member’s compliance upon receipt of orders to the following resident training programs:
 - (1) Any training that culminates with an enlisted member being offered a commission, including but not limited to: Officer Candidate School (OCS), Direct Commission Officer (DCO), Reserve Officer Candidate Indoctrination (ROCI). Members found non-compliant upon reporting to training that leads to a commission may be returned to their unit.
 - (2) Chief Petty Officer Academy (CPOACAD);
 - (3) Senior Enlisted Leadership Course (SELIC);
 - (4) Prospective Commanding Officer/Prospective Executive Officer (PCO/PXO) school;

- (5) Prospective Operations Officer (POPS) school;
- (6) Chief Warrant Officer Professional Development (CWOPD) course;
- (7) Class "A" schools;
- (8) Attendance at any leadership course hosted by non-Coast Guard entities (e.g., Non-Commissioned Officer Academy, Navy Senior Enlisted Academy, etc.).

- b. Commands shall again verify compliance with weight and body fat standards no more than 30 days and no less than 15 days from a class convening date to the programs listed in paragraph 2.A.4.a of this Manual. At the same time, they shall update DA with the member's physical characteristics. If a member is found to be non-compliant, refer to chapter 3 for guidance.
- c. Qualified members in receipt of last-minute orders (issued within 15 days of the class convening date), who were not able to be weighed-in at their permanently assigned unit in sufficient time prior to the class convening date, shall be weighed upon reporting to the resident training listed in 2.A.4.a. If a member is found to be non-compliant, refer to chapter 3 for guidance.

5. Reservists Ordered to Active Duty. In addition to the above, any reservist ordered to any type of active duty other than normal active duty for training (ADT-AT) shall be screened. Reservists found non-compliant should not be ordered to active duty.

6. Accessions.

- a. All new accessions (including newly recruited USPHS officers and selectees for programs leading to a commission) and members re-entering service must not exceed the screening weight as shown in enclosure (1).
- b. Military Entrance Processing Stations (MEPS) will make all official weight determinations for recruit applicants.
- c. Members applying for a re-entry enlistment following discharge for non-compliance with Weight and Body Fat Standards Program must meet the requirements outlined in paragraph 4.G.4 of this Manual.

7. Members in Receipt of PCS Orders. Commands shall verify members in receipt of PCS orders are in compliance within 30 days of departure.

B. Body Mass Index (BMI) Weight Screening Procedures.

1. Weight Standards. The Coast Guard's screening weight standards are based on body mass index (BMI), a weight that corresponds with an individual's height. In compliance with reference (a), the Coast Guard has established the BMI standard of 19.0 (minimum) and 27.5 (maximum), regardless of age or gender. Maximum/minimum screening weights are listed in enclosure (1) of this Manual.

- a. All members who exceed their maximum screening weight are subject to a body fat assessment.

- b. All members who fall below the minimum screening weight shall be referred for a medical evaluation.
2. Body Mass Index (BMI). BMI is a number calculated from a person's weight and height. It provides a reliable indicator of unhealthy body fat percentage and is used to screen for weight categories that may lead to health problems. It is recognized by the Centers for Disease Control (CDC) as one of the best methods for population assessment of obesity corresponding to risk for disease. According to the CDC website a normal weight status will have a BMI between 18.5 and 24.9. A BMI range between 25.0 and 29.9 is considered overweight and a BMI over 30.0 is obese. A BMI calculator can be found at the following website: <http://www.cdc.gov>.
 3. Personnel Responsible for Conducting Height and Weight Measurements.
 - a. COs and OICs are responsible for ensuring proper weight screenings are conducted except as noted elsewhere in this Manual (e.g. MEPS, program managers). Actual weight screenings will be conducted by command-designated personnel (preferably senior petty officers or above) that are experienced with and trained on the proper procedures for conducting height and weight assessments outlined in this Manual.
 - b. Unless administratively unavoidable, the UHPC should not conduct weight screenings.
 4. Screening Process.
 - a. Attire.
 - (1) The uniform of the day (socks, no shoes) is the standard attire for a normal weigh in. Members may wear gym clothing if taping is required. COs/OICs may authorize organizational clothing, such as flight suits, clean coveralls, business suits, medical smocks, chef ware, etc., to enhance efficiency of the process.
 - (2) When wearing authorized gym clothing, the clothes must be clean and presentable. Appropriate under garments shall be worn during body fat assessments. Compression garments, pantyhose or shape wear of any kind are not authorized during weigh-ins.
 - b. Weight.
 - (1) Weight scales must be "zeroed" prior to each use and the manufacturer's instructions must be followed. Where there are questions as to the accuracy of a scale, two scales may be used for the purpose of determining accuracy and "zeroing."
 - (2) Round measurements to the nearest whole number. Examples: 215.4 is recorded in DA as 215; 215.5 is recorded in DA as 216.
 - (3) The following weight allowances shall be deducted for attire worn during weigh-ins:
 - (a) T-shirt and gym shorts (no footwear): 1 pound;
 - (b) T-shirt and trousers or sweatpants (no footwear): 2 pounds;

- (c) Tropical uniform or organizational clothing (no footwear): 3 pounds;
- (d) Operational Dress Uniform (no footwear): 4 pounds;
- (e) Any other attire (no footwear): no deduction taken.

c. Height.

- (1) When measuring height, instruct members to remove their shoes.
- (2) Have member stand upright (position of attention) with feet together, flat on the floor.
- (3) The measurement device must be a height scale, usually found on the back of standard scales, or at a minimum be made of metal or fiberglass.
- (4) Round measurements to the nearest whole number. Examples: 65.4 is recorded in DA as 65; 65.5 is recorded in DA as 66.
- (5) Because height does not change appreciably over time, it may not be necessary to re-measure height during every assessment. Commands shall verify height once during a member's tour.

C. Body Fat Standards. The percentage of body fat is of concern because individuals who have excessive body fat may have an increased risk of various diseases to include heart disease, cancer, diabetes, and digestive and blood level diseases, which interferes with the performance of duty.

- 1. General. Coast Guard body fat standards are mandated by reference (a), which states: "All the DoD components shall measure body fat using only the circumference-based method with one set of measurements (males: height, neck circumference, and abdominal circumference at the naval; females: height, neck circumference, waist circumference at the thinnest portion of the abdomen, and hips). This standardization avoids unnecessary confusion and perceptions of unfairness between services. No substitute methods of assessment are permitted."
- 2. Standards for Separation. All members who exceed both their maximum allowable body fat (MABF) percentage by more than eight percent and exceed their maximum screening weight by more than 35 pounds are subject to separation. Screening weights and MABF percentages are listed in enclosure (1).

D. Standard Tape Method Measurement Guidelines. The guidelines listed below must be followed when taking body fat percentage measurements.

- 1. Spring-Loaded Tension Tapes. For consistency purposes, spring-loaded tension tape measures are required to be used when conducting body fat assessments and the manufacturer's instructions must be followed.
- 2. Proper Technique of Measurements. When measuring circumferences, apply the tape so that it makes contact with the skin (with the exception of the buttocks measurement for females, in which case the measurement shall be made over the member's undergarments), conforms to the body surface being measured, and does not compress the underlying soft tissues. Make all circumference

measurements in the horizontal plane (i.e., parallel to the floor), with the exception of the neck measurement where the tape measure is placed perpendicular to the neck’s long axis. Still photography samples of correct measuring techniques are provided on the CG-122 website: <http://www.uscg.mil/hq/cg1/cg122/PolicyStandards/default.asp>.

3. Proper Recording of Measurements. Take all circumference measurements three (3) times and record them to the nearest 1/2 inch. If any of the three measurements differs by more than one inch from the other two, take an additional measurement and compute a mathematical average of the three closest measurements to the nearest 1/2 inch and record this value.
4. Order of Measurements. Each set of measurements shall be completed sequentially to minimize errors associated with repetitive measurement readings. For example, when measuring males complete one set of abdomen and neck measurements, and then repeat in the same sequence/order until you have three sets of measurements. When measuring females complete one set of waist, hip, and neck measurements, and then repeat in the same sequence/order until you have three sets of measurements.
5. Body Fat Calculations. Body fat estimation charts are included in enclosure (2). Circumference values (CV) are calculated from the formulas below and compared with the member’s height to determine estimated body fat percentage. Round calculated results of the CV up to the next whole number.
 - a. Male CV = Abdomen – Neck (in inches)
 - b. Female CV = Waist + Buttocks – Neck (in inches)
6. Gender Considerations for Measurements. Same gender body fat measurements shall be conducted for all personnel.
7. Additional Procedures when Subject to Separation. In cases where a member is subject to separation, visual verification of measurements shall be completed by a same gender member of the command cadre to the extent possible. For example, for verification of measurements on females, if the command cadre members are all males, the CO/OIC shall designate a female to verify the measurements.

E. Neck Measurement Procedure.

Step	Action
1	<p>Measure the neck circumference at a point just below the larynx (Adam's Apple) and perpendicular to the long axis of the neck. (Do not place the tape measure over the Adam's Apple.)</p> <p>Member should look straight ahead during measurement, with shoulders down (not hunched).</p> <p>Care should be taken so as not to involve the shoulder/neck muscles (trapezius) in the measurement.</p>

Step	Action
2	Round neck measurement up to the nearest 1/2 inch (e.g., round 16 1/4 inches to 16 1/2 inches).

F. Circumference Value Measurement for Men.

Step	Action
1	Measure abdominal circumference against the skin at the navel (belly button), level and parallel to the floor. <ul style="list-style-type: none"> • Arms are at the sides. • Record the measurement at the end of member's normal, relaxed exhalation. Member shall not hold breath during measurements.
2	Round abdominal measurement down to the nearest 1/2 inch. (e.g., round 34 3/4 to 34 1/2).
3	Determine the circumference value by subtracting the neck measurement from the abdominal measurement. Example: If the neck measurement is 12 inches and the waist measurement is 36 inches, the circumference value will be 24.0 (36.0-12.0=24.0).
4	Compare this value against the height measurement in the percent fat estimation chart (enclosure 2) to determine the estimated body fat percentage. Example: If the circumference value is 24.0 and the height of the member is 62.0, the body fat percentage will be 30.

G. Circumference Value Measurement for Women.

Step	Action
1	Measure the natural waist circumference, against the skin, at the point of minimal abdominal circumference, usually located about halfway between the navel and the lower end of the sternum (breast bone). Be sure that the tape is level and parallel to the floor. The service member's arms must be at the sides. Take measurements at the end of member's normal relaxed exhalation. Member shall not hold breath during measurements.
2	Round the natural waist measurement down to the nearest 1/2 inch (e.g., round 28 5/8 inches to 28 1/2 inches).

Step	Action
3	<p>Measure the hip circumference while facing the member's right side by placing the tape around the hips so that it passes over the greatest protrusion of the gluteal muscles (buttocks) as viewed from the side.</p> <p>Make sure the tape is level and parallel to the floor. Apply sufficient tension to tension-tape to minimize the effect of clothing.</p>
4	<p>Round the hip measurement down to the nearest 1/2 inch. (e.g., round 44 3/8 inches to 44 inches).</p>
5	<p>Determine the circumference value by:</p> <ul style="list-style-type: none"> • adding the waist and buttocks measurement, and • subtracting the neck measurement. <p>Example: If the neck measurement is 12 inches and the waist and buttock measurement are 24 and 36 inches respectively, the circumference value will be 48.0 (24.0+36.0-12.0=48.0).</p>
6	<p>Compare this value against the height measurement in the percent fat estimation chart (enclosure 2), to determine the estimated body fat percentage.</p> <p>Example: If the circumference value is 48.0 and the height of the member is 60.0, the body fat percentage will be 22.</p>

H. Weight & Body Fat Compliance Determination. Record members weight information in DA within 10 days of weigh-in or sooner if required for a training command's use by paragraphs 2.A.4.b and 2.A.4.c. Members are compliant with weight and body fat standards for a given weigh-in cycle if they meet any one of the following three conditions:

1. Member does not exceed maximum screening weight;
2. Member is within maximum allowable body fat standards; or
3. Member has an approved abeyance or exemption.

CHAPTER 3. WEIGHT AND BODY FAT NON-COMPLIANCE

This chapter prescribes policy to be followed for members found non-compliant with weight and body fat standards.

A. Consequences of Non-Compliance with Weight & Body Fat Standards. If a member is found non-compliant with weight and body fat standards, the following limitations and restrictions apply:

1. Withholding of Advancement, Promotion and Frocking.

- a. Enlisted members may compete for advancement if non-compliant with weight and body fat standards. However, they will not advance until they have met these standards. Graduates of "A" schools who are not in compliance will be assigned a designator but will not be advanced in grade until they have met weight and body fat standards. See paragraph 3.A.3.d of this Manual for further guidance.
- b. Officers may be considered and selected at a promotion board if non-compliant with weight and body fat standards. However, they will not be promoted until they have met these standards.
- c. For additional information on withholding advancements or promotions, see chapter 3 of reference (c) or chapter 3 of reference (d).

2. Assignment Restrictions.

- a. If non-compliant with these standards, members should not be assigned to command cadre, special assignment selections, or other high visibility billets, such as:
 - (1) Commanding officer/officer in charge;
 - (2) Executive officer/executive petty officer;
 - (3) White House, House, Senate, or Congressional staff;
 - (4) Liaison assignment to other agencies;
 - (5) Command master chief;
 - (6) Rating force master chief;
 - (7) Public affairs staff positions;
 - (8) Instructor duty;
 - (9) Recruiting duty;
 - (10) Honor Guard;
 - (11) Academy company officer;

(12) Academy company chief or,

(13) Recruit training including: Cape May Regimental Officer, Battalion Commander, and Company Commander.

- b. Execution of PCS orders should not occur unless prior authorization in writing is provided by CG PSC (epm-2), (opm-2), or (rpm-2), as appropriate.
- c. Ordering reservists to any type of active duty other than annual active duty for training (ADT-AT) to meet their annual training requirement should not occur.

3. Resident Training Restrictions.

a. Non-compliant members may not be assigned to the following resident training courses :

- (1) Chief Petty Officer Academy (CPOACAD);
- (2) Senior Enlisted Leadership Course (SELC);
- (3) Prospective Commanding Officer/Prospective Executive Officer (PCO/PXO) school;
- (4) Prospective Operations Officer (POPS) school;
- (5) Chief Warrant Officer Professional Development (CWOPD) course;
- (6) “A” schools;
- (7) Attendance at any leadership course hosted outside the Coast Guard (e.g., Non-Commissioned Officer Academy, Navy Senior Enlisted Academy, etc.).

b. If the member is found non-compliant with weight and body fat standards upon commencement of training, they may be disenrolled and returned to the parent unit if the probation period assigned to the member exceeds the length of the school (see the table below for determination steps). “A” school students may be reassigned by CG PSC back to their parent units. Those members who meet the conditions of Section 4.A. of this Manual shall be disenrolled or reassigned by CG PSC (if an “A” school student), and returned to their parent units.

c. Follow the steps outlined in the table below to address members found to exceed weight and body fat standards upon reporting to resident training programs in paragraph 3.A.3.a.

Step	Action
1	Calculate the member’s probationary period based on the member’s measurements. See Section 3.D of this Manual.
2	If the probationary period would be: <ul style="list-style-type: none"> • less than the time required to complete the course of instruction, go to step 3. • greater than the length of time required to complete the course of instruction, go to step 4.
Probationary Period Less Than Course Duration	

Step	Action
3	The member will be: <ul style="list-style-type: none"> • permitted to remain in the training, and • placed on weight probation.
Probationary Period Greater Than Course Duration	
4	The member may be: <ul style="list-style-type: none"> • immediately disenrolled with a fault disenrollment, and • reassigned by CG PSC (if an “A” school student) and returned to his or her parent unit.
5	The training command must send a message to the member’s parent command, notifying them of the disenrollment. Note: Copies of the message must be sent to: <ul style="list-style-type: none"> • Commandant (CG-122), • FC-T, • The gold badge CMC for parent unit, and • the flag officer responsible for parent unit. Sample message is located at http://www.uscg.mil/hq/cg1/cg122/PolicyStandards/default.asp

- d. Follow the steps outlined below for members found non-compliant with weight and body fat standards immediately prior to graduation.

Step	Action
1	The commanding officer (or designee) shall allow the member to complete the training but should withhold the certification, advancement, and/or qualification until the member has reached compliance.
2	The member will be placed on probation and will: <ul style="list-style-type: none"> • be assigned a designator if an “A” school student • not be entitled to his/her enlistment bonus until he/she is compliant, and • be transferred to fill the appropriate petty officer position for which the training was provided, or as needs of the service dictate.

B. Documentation of Non-Compliance:

Documentation of non-compliance is imperative to track a member’s history within the Coast Guard Weight and Body Fat Standards Program. Completion of mandatory Administrative Remarks, form CG-3307, must not be delayed. Sample entries are available with downloadable entries on the CG Pay and Personnel Center (CG PPC) website: <http://www.uscg.mil/ppc/3307s.asp>.

COMDTINST M1020.8H

1. Requirement for Documentation. All members found non-compliant with Weight and Body Fat Standards during any weigh-in must sign the form CG-3307 documenting their non-compliance unless covered by an abeyance or exemption as listed in chapter 5 of this Manual.
2. Exceptions to Required Documentation. An authorized abeyance or exemption spanning the entire month of April or October equates to compliance and will not be counted as a “strike” per chapter 4 of this Manual or documented as non-compliance.

C. Post Weigh-in Period (30-days).

1. Member Required Actions.
 - a. Individuals found non-compliant with Weight and Body Fat Standards must meet with their UHPC, contact the regional HPM, and follow the prescribed guidance in reference (b).
 - b. Non-compliant members must schedule an appointment with a CG medical officer or civilian medical provider and complete a form CG-6050 within 30 days of a non-compliant weight screening. Failure to complete this requirement in a timely fashion may result in administrative and/or disciplinary action.
2. Member Failure to Complete Required Documents. Commands may consider failure to complete any of these requirements within 30 days a failure to demonstrate reasonable progress under paragraph 3.D.5.b.(1) of this Manual, and such failure may result in disciplinary and/or administrative action. Contact the responsible Reserve Force Readiness Staff (RFRS) for guidance regarding reserve members.
3. Members Who Achieve Compliance Prior to the 30-day Deadline. If members come into compliance during the 30-day window following a non-compliant weight screening, they must still comply with paragraph 3.B.1. of this Manual. All documentation of the member’s non-compliance shall remain in the member’s PDR. If the non-compliance was the result of a semiannual weight screening, it shall count as a strike for the purposes of the “three-strike rule.”
4. Additional Information to Assist Members Found Non-Compliant. Contact information for HPMs may be found on the Commandant (CG-111), Office of Work-Life website: http://www.uscg.mil/worklife/personal_wellness.asp, or by calling 1-800-872-4957.

D. Probation.

1. Commencing Probation. Probationary periods begin immediately upon a non-compliant weigh-in.
2. Eligibility for Probation. Members who are found non-compliant and exceed maximum allowable body fat by eight percent or less or exceed maximum screening weight by 35 pounds or less are eligible for probation.
3. Ineligible for Probation.
 - a. Members who exceed maximum allowable body fat by more than eight percent and maximum screening weight by over 35 pounds are ineligible for probation and will be processed for

separation.

- b. Members who are non-compliant for a third consecutive time within a 14-month period are ineligible for probation and will be processed for separation.
- c. Members receiving a third strike as explained in paragraph 4.A.5 of this Manual.

4. Probation Duration.

- a. Probationary periods begin immediately upon a non-compliant weigh-in and shall not exceed eight months or 35 weeks.
- b. The probationary period shall equal the amount of time it would take the member to lose all excess body fat at an average of one percent body fat per month or one pound per week, whichever is greater, unless the probationary period would exceed 35 weeks.
- c. A copy of the probation worksheet detailing the computation of the probationary period will be provided to the member upon their request.
- d. If the member’s MABF percentage **and** BMI screening weight would result in a probationary period exceeding a period of eight months, he/she shall be processed for immediate separation. If the member exceeds one measurement but not the other by an amount resulting in a probation period of more than eight months, he/she shall be given a probationary period based on the smaller measurement.

Choosing the Appropriate Probation Period		
Period Based on Pounds	Period Based on Body Fat	Applicable Period
Equal to or less than 35 weeks	Equal to or less than eight months	Choose longer period
Equal to or less than 35 weeks	More than eight months	Choose a period based on pounds
More than 35 weeks	Equal to or less than eight months	Choose a period based on body fat
More than 35 weeks	More than eight months	Separation

5. Requirements during Probation.

- a. Members on probation must:
 - (1) Follow the provisions of reference (b), and

- (2) Weigh-in with unit administrative staff, at a minimum, once per month to monitor weight/body fat loss. The commanding officer may require the monthly weight check randomly and with no notice during the month. “Best practice” examples of unit produced weigh-in monitoring forms are available on the CG-122 website: <http://www.uscg.mil/hq/cg1/cg122/PolicyStandards/default.asp>.

b. Progress during Probation.

- (1) Members must demonstrate reasonable and consistent progress throughout their probationary period. Failure to demonstrate reasonable and consistent progress may provide sufficient grounds for separation before the probationary period expires. (For example, members who gain weight or are not halfway towards compliance at the midpoint of their probationary period may be recommended for separation.)
- (2) Members who come into compliance while on probation will no longer be subject to the requirements of paragraph 3.D.5.a. of this Manual, and the probationary period shall be terminated. This shall be documented in form CG-3307.

6. Semiannual Weigh-Ins (April & October) During Probation.

- a. Members on probation will be required to complete semiannual weigh-ins. A form CG-3307 entry documenting the non-compliant weigh-in is required, along with an update to DA. There will be no change to the member’s current probation period.
- b. Failed semiannual weigh-ins while on probation count as a consecutive strike toward the three-strike rule to prevent a pattern of non-compliance.

7. Illness or Injury While on Probation.

Non-compliant members who have an injury or illness should be referred to their primary care manager. Members are encouraged to seek guidance from their UHPC and primary care manager concerning safe exercises and healthy eating habits to maintain progress towards compliance. In most cases, neither illness nor injury will indicate authorization of an abeyance or exemption and members should continue to make vigilant effort to come into compliance.

8. Conclusion of the Probationary Period.

- a. At the end of the probationary period the command must evaluate the member for compliance. If the case warrants special consideration (e.g., physical injury, illness, or members who have made reasonable progress and are near compliance), the CO or OIC may extend the probationary period by an additional 30 days. Extensions must be documented by using form CG-3307.

b. The table below outlines the actions to be taken by the member's command.

Step	Action
1	Evaluate the member against weight & body fat standards. <ul style="list-style-type: none"> • If the member is compliant, go to step 2. • If the member is not compliant, go to step 3.
	Member Compliant
2	<ul style="list-style-type: none"> • Prepare form CG-3307 documenting compliance.
	Member Not Compliant
3	<ul style="list-style-type: none"> • Conduct command verification of measurements (top portion of CG-6050 only). • Prepare the necessary form CG-3307 documenting non-compliance. • Process the member for separation. See chapter 4 of this Manual for further guidance.
4	Requests for separation will be submitted to PSC (epm-1, opm-1, or rpm-1) as outlined in chapter 4 of this Manual.

CHAPTER 4. SEPARATIONS

- A. Conditions for Separation. Members who meet any one of the following criteria must be recommended for separation:
1. Separation In Lieu of Probation. Members who exceed their BMI screening weight and maximum allowable body fat percentage to such an extent that they would be placed in a probationary period greater than eight months by body fat calculations and more than 35 weeks by weight calculations (Members who exceed these standards are required to complete a form CG-6050, prior to being recommended for separation).
 2. Failure to Progress During Probation. Members who fail to demonstrate reasonable and consistent progress during probation (example: a member who is not halfway towards compliance at the midpoint of their probationary period).
 3. Non-Compliant at End of Probation. Members who fail to comply with their weight or body fat by the end of their probation.
 4. Third Probationary Period in 14 Months. Members who have been placed on weight probation for the third time in a 14-month period (The 14-month period begins on the date the member is placed on probationary status).
 5. Three Consecutive Failed Semiannual Weigh-Ins. Members who fail to maintain compliance with weight and body fat standards three consecutive semiannual weigh-ins (Apr-Oct-Apr or Oct-Apr-Oct), also known as the three-strike rule.
 - a. A failed semiannual weigh-in that occurs while a member is on probation does count as a strike for the purposes of this policy.
 - b. Failed compliance noted during a weigh-in for any other purpose (i.e., to attend a service school requiring demonstrated compliance) does not count as a strike.
 - c. A member who fails a third consecutive semiannual weigh-in while on probation will be processed for separation regardless of the current probationary period.
- B. Approving Authority. CG PSC-epm/opm/rpm are the approving officials for all separation requests.
- C. Separation Requests.
1. Submission Time Line for Separation Packages. All separation packages must be received by Commander (CG PSC-epm-1), (CG PSC-opm-1), or (CG PSC-rpm-1) within 30 calendar days of the date the separation conditions listed in section 4.A. of this Manual are met.
 2. Contents of Separation Package. The following must be included in all requests for separation:
 - a. Memo recommending separation. The memo should include separation weigh-in measurements verified by command cadre.

- b. All form CG-3307 entries concerning non-compliance with weight/body fat standards.
 - c. Copies of applicable health record entries.
 - d. Form CG-6050 from most recent probation, as applicable.
3. Non-Compliant PHS Officers. Non-compliant PHS officers will be transferred to the Department of Health and Human Services.
 4. Reserve Specific. In accordance with paragraph 5.B.5 of reference (e), reservists who meet the conditions for separation listed in section 4.A of this Manual will be transferred to the Standby Reserve, Inactive Status List (ISL) for one year. Submit requests for both Reserve officers and enlisted personnel for approval to CG PSC-rpm via the member's SPO.
 - a. If the reservist comes into compliance during the year assigned to ISL, he/she may request a transfer back to the Ready Reserve. CG PSC will evaluate transfer of the member on a case-by-case basis considering service needs, history of member's compliance and past performance.
 - b. If the reservist does not come into compliance during the year assigned to the ISL, they will be processed for separation. Officers will be screened by the Mobilization Disposition Board to recommend separation or retirement in accordance with reference (e).
 5. Members Recommended for Separation Who Become Compliant Prior to Separation Date. Members who meet the conditions for separation listed in section 4.A. of this Manual who achieve compliance prior to completion of the separation process are still subject to separation. Commands are required to submit the separation package to Commander (CG PSC-epm/opm/rpm). In accordance with article 1.B.24 of reference (f), CG PSC-epm/opm/rpm may conditionally suspend the execution of the discharge based upon service needs, the member's history of compliance, and the member's past performance.
- D. Recoupment of Bonuses. If the member is ultimately discharged because of failure to comply with the Coast Guard Weight and Body Fat Standards Program, all unearned bonus payments will be recouped by the Coast Guard upon separation.
- E. Retirement Eligible Members. Members subject to separation and eligible for retirement may request retirement in lieu of separation. Retirement dates will generally be between 30 and 60 days from the date the request is approved. Once approved, retirements in lieu of separation cannot be cancelled even if the member becomes compliant with Coast Guard Weight and Body Fat Standards prior to retirement.
- F. Members with Approved Retirement. Members with an approved retirement date must continue to comply with the provisions outlined in this Manual. Non-compliant members risk separation in lieu of retirement or adjustment of retirement date due to non-compliance.
- G. Reenlistments, Extensions, and Re-Entry Enlistments.
1. Reenlistments. Reenlistment under this chapter pertains to active duty or reserve component members who wish to reenlist in the Coast Guard or Coast Guard Reserve while non-compliant.

2. Extensions. Extensions under this chapter pertain to contract length extensions (for example, a member is at the end of his four year contract and wants to “extend” for one year).
3. Policy on Reenlistments and Extensions.
 - a. Members who are non-compliant may be authorized by their CO to reenlist or extend if they are otherwise qualified. Any weight loss probationary period remains in effect.
 - b. Members will not be entitled to any portion of an authorized selective reenlistment bonus until he or she becomes compliant.
4. Re-Entry Enlistments. For the purpose of this section, re-entry enlistment pertains only to members who have been discharged for non-compliance and are subsequently seeking to re-enter the service.
 - a. Conditions for Approving Re-Entry Enlistments. Active duty enlisted members discharged for exceeding weight standards who subsequently seek to re-enter the service may request re-entry provided:
 - (1) They comply with weight and body fat standards, and
 - (2) They have been out of the service no more than 24 months.
 - b. Approving Authority for Re-Entry Enlistments (Active Duty). CG PSC (epm-1) is the approving authority for all re-entry enlistments for members discharged from the Coast Guard due to non-compliance. They will evaluate requests individually based on:
 - (1) service needs,
 - (2) the member’s history of compliance, and
 - (3) the member's past performance.Former reserve members should contact CG PSC (rpm-1) for re-entry.
 - c. Processing Authority for Re-Entry Enlistments: All re-entry enlistments for members discharged for non-compliance shall be processed at a Coast Guard recruiting office.

CHAPTER 5. ABEYANCES AND EXEMPTIONS TO PROBATION

A. Medical Abeyances

1. Approving Authority. CG PSC-psd is the approving official for all medical abeyance/exemption requests. Each medically related abeyance request will be treated as unique and evaluated on a case-by-case basis. Commands should not forward requests for medical abeyances to CG PSC-psd until a diagnosis is made. Awaiting a medical diagnosis or abeyance decision does not constitute reason to waive or delay weight screening, documentation, and/or probation procedures.
2. Intent. The intent of authorizing a medical abeyance is to avoid penalizing a member who may be non-compliant due to medical conditions/medications that directly contribute to weight gain. Injuries or illnesses that interfere with a member’s ability to exercise are not grounds for a medical abeyance. Commands do not have to wait until a member is found non-compliant to request a medical abeyance.
3. Abeyance Examples.
 - a. Medical abeyance requests will only be granted for cases involving diagnosed physiological medical conditions or use of prescription medications (which are not disqualifying for continued service) that contribute to the member’s inability to maintain compliance with weight standards.
 - b. Abeyance requests that stem from medical conditions which may restrict a member’s ability to exercise, but otherwise have no physiological impact on the member’s ability to lose weight/body fat through proper diet or exercise, will not be approved.
 - c. The following chart provides some representative examples of qualifying and non-qualifying medical conditions:

Qualifying Medical Examples	Non-qualifying Medical Examples
<ul style="list-style-type: none"> • Hypothyroidism • Polycystic Ovarian Syndrome • Prescribed Corticosteroids 	<ul style="list-style-type: none"> • Depression • Twisted ankles • Pulled muscles • Broken bones • Lower back pain

4. Abeyance Requests.
 - a. The following must be included in all requests for weight abeyance:
 - (1) A memo from the command requesting an abeyance that includes the member’s name, employee identification (EMPLID), current weight and body fat measurements, reason for abeyance, and the command point of contact.
 - (2) Signed copy of the Authorization for Disclosure of Medical or Dental Information, form DD-2870.
 - (3) All form CG-3307s related to the member’s current weight probation (if applicable) and past

weight probations, abeyances, and tobacco cessation programs.

(4) Copy of form CG-6050, signed by the command and reviewing physician.

(5) Any documentation from medical related to the abeyance request including any medication currently being taken.

5. Length of Abeyance. If a medical abeyance is approved CG PSC-psd will grant an adequate period of time to allow the member's specific medical condition to be effectively stabilized. During this period, members who exceed standards will be considered compliant and will therefore not accumulate strikes per the three-strike rule.

6. Requirements During Abeyance.

- a. Members granted a medical abeyance are required to participate in all weight screenings and mandatory physical fitness assessments when it is determined to be medically safe to do so, and have their current weight data entered into DA. However, members who exceed standards during an authorized abeyance will be considered program compliant.
- b. The abeyance period should be utilized by the member to come into compliance as they will be accountable to the standards once their medical condition is stabilized. The abeyance period shall not be considered a probationary period, though the member is still required to abide by the provisions of paragraph 5.A.4 of this Manual.
- c. A member with an approved abeyance will be screened upon the completion of the abeyance period to verify weight compliance per paragraph 2.A.3.a of this Manual.

7. Abeyance Extension. On a case-by-case basis, CG PSC-psd may grant an extension to a medical abeyance if circumstances warrant. Commands requesting an extension must contact CG PSC-psd prior to the end of their medical abeyance period.

B. Maternity Exemptions.

1. Pregnancy Exemption. A service member is exempt from compliance with weight and body fat standards during pregnancy. Units shall complete a form CG-6050 documenting the exemption that will be reflected in DA during semiannual weight screening periods.
2. Post-Birth/Termination Exemption. Members under this exemption are required to participate in all weight screenings and have their current weight data entered into DA. During this period, members who exceed program standards will be considered compliant. This exemption expires six months from the date of delivery. In cases where the end date of a pregnancy is unclear, a note from a medical provider will be required establishing the date the pregnancy ended.
3. Nursing Exemption. Members, as outlined in paragraph 9.A.4.2 of reference (g), will be granted an additional six-month exemption upon conclusion of the post-birth exemption. This exemption expires 12 months from the date of delivery.
4. Expiration of Exemption. Upon expiration of the exemption period, a screening shall be conducted

to determine compliance.

C. Tobacco Cessation Exemption.

1. Tobacco Cessation Policy.

- a. Members who are addicted to tobacco may submit a request through their chain of command to CG PSC-psd for a one-time, six-month exemption. If authorized, the tobacco cessation exemption period will commence on the day the member quit smoking and conclude six months thereafter. During this period, members who exceed program standards will be considered compliant.
- b. Tobacco cessation exemptions will not be granted to members who are non-compliant on the date of the request. Commands must verify member compliance by conducting a weigh-in prior to submitting a tobacco cessation exemption request. Upon verifying compliance the exemption will be documented on form CG-3307.
- c. Members under this exemption are required to participate in all weigh-ins and have their current weight data entered into DA. However, during this period, members who exceed program standards will be considered compliant.

2. Purpose of Tobacco Cessation Exemption. It is possible that members who cease the use of tobacco products may gain weight. The intent of the tobacco cessation exemption is to encourage members who are within Coast Guard weight and body fat standards to quit using tobacco products without fear of being found non-compliant due to subsequent weight gain. This is an incentive for members to quit tobacco use and adopt a healthier lifestyle; therefore, members should not be penalized for trying to quit tobacco.

- a. Members can minimize weight gain through healthy eating combined with exercise.
- b. Members are encouraged to use nutritional counseling to promote a healthy lifestyle change.
- c. The tobacco cessation exemption policy is not intended to be a placeholder for non-compliant members already in a weight probationary period status or used to avoid the three-strike rule.

3. Exemption Period for Tobacco Cessation.

- a. Authorized exemptions for tobacco cessation will be effective for a period of six months from the date the member informs his or her command of their abstinence from tobacco, either with or without the benefit of a formal tobacco cessation program.
- b. If a member does not remain tobacco free for the entire six-month period, the exemption will cease, and the member shall immediately be screened and, if found non-compliant and if appropriate, placed on probation.

D. Eating Disorders. Members who are diagnosed by a qualified medical professional with an eating disorder shall be processed per reference (h).

SCREENING WEIGHTS & MAXIMUM ALLOWABLE BODY FAT PERCENTAGE

- A. Screening Weights. Screening weights listed below are age and gender neutral. Service members who fall below the minimum weight standards shall be referred for a medical evaluation.

Minimum Screening Weight (lbs)	Height (inches)	Maximum Screening Weight (lbs)
91	58	131
94	59	136
97	60	141
100	61	145
104	62	150
107	63	155
110	64	160
114	65	165
117	66	170
121	67	175
125	68	180
128	69	186
132	70	191
136	71	197
140	72	202
144	73	208
148	74	214
152	75	220
156	76	225
160	77	231
164	78	237
168	79	244
173	80	250

- B. Maximum Allowable Body Fat Percentage (MABF). Members who exceed **both** Maximum Screening Weight and MABF are considered non-compliant with this policy and subject to administrative actions outlined in Chapter 3 of this manual.

Age	Percent Body Fat (Men)	Percent Body Fat (Women)
Less than 30	22%	32%
Less than 40	24%	34%
Age 40 or greater	26%	36%

PERCENT FAT ESTIMATION FOR MEN

	Height (in)																					
CV *	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
13.5	10	10	9	9	8	8	7	7	7	6	6	5	5	4	4	3	3	3	2	2	1	1
14.0	12	11	11	10	10	9	9	8	8	7	7	6	6	5	5	4	4	4	3	3	2	2
14.5	13	13	12	12	11	11	10	10	9	9	8	8	7	7	6	6	5	5	5	4	4	4
15.0	14	14	13	13	12	12	11	11	10	10	10	9	9	8	8	7	7	7	6	6	5	5
15.5	16	15	15	14	14	13	13	12	12	11	11	10	10	9	9	9	8	8	7	7	7	6
16.0	17	16	16	15	15	14	14	13	13	12	12	12	11	11	10	10	9	9	9	8	8	7
16.5	18	17	17	16	16	15	15	14	14	13	13	12	12	11	11	10	10	9	9	9	8	7
17.0	19	19	18	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	10	10	10
17.5	20	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12	11	11
18.0	21	21	20	20	19	19	18	18	17	17	16	16	15	15	15	14	14	13	13	13	12	12
18.5	22	22	21	21	20	20	19	19	18	18	17	17	17	16	16	15	15	14	14	14	13	13
19.0	23	23	22	22	21	21	20	20	19	19	18	18	18	17	17	16	16	15	15	15	14	14
19.5	24	24	23	23	22	22	21	21	20	20	19	19	18	18	18	17	17	16	16	16	15	15
20.0	25	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	17	17	17	16	16
20.5	26	26	25	25	24	24	23	23	22	22	21	21	20	20	19	19	19	18	18	17	17	17
21.0	27	26	26	25	25	24	24	24	23	23	22	22	21	21	20	20	20	19	19	18	18	18
21.5	28	27	27	26	26	25	25	24	24	23	23	22	22	21	21	20	20	20	19	19	19	18
22.0	29	28	28	27	27	26	26	25	25	24	24	23	23	23	22	22	21	21	20	20	20	19
22.5	30	29	29	28	28	27	27	26	26	25	25	24	24	23	23	23	22	22	21	21	21	20
23.0	30	30	29	29	28	28	27	27	26	26	26	25	25	24	24	23	23	23	22	22	21	21
23.5	31	31	30	30	29	29	28	28	27	27	26	26	25	25	25	24	24	23	23	23	22	22
24.0	32	31	31	30	30	29	29	28	28	28	27	27	26	26	25	25	24	24	23	23	23	23
24.5	33	32	32	31	31	30	30	29	29	28	28	27	27	26	26	25	25	24	24	23	23	23
25.0	33	33	32	32	31	31	30	30	30	29	29	28	28	27	27	26	26	26	25	25	24	24
25.5	34	34	33	33	32	32	31	31	30	30	29	29	29	28	28	27	27	26	26	26	25	25
26.0	35	34	34	33	33	32	32	31	31	31	30	30	29	29	28	28	28	27	27	26	26	26
26.5	36	35	35	34	34	33	33	32	32	31	31	30	30	29	29	28	28	27	27	27	26	26
27.0	36	36	35	35	34	34	33	33	32	32	32	31	31	30	30	29	29	29	28	28	27	27
27.5	37	37	36	36	35	35	34	34	33	33	32	32	31	31	30	30	30	29	29	28	28	28
28.0	38	37	37	36	36	35	35	34	34	33	33	32	32	32	31	31	30	30	29	29	29	28
28.5	38	38	37	37	36	36	35	35	34	34	34	33	33	32	32	31	31	31	30	30	29	29
29.0	39	39	38	37	37	37	36	36	35	35	34	34	33	33	32	32	32	31	31	30	30	30
29.5	40	39	39	38	38	37	37	36	36	35	35	34	34	34	33	33	32	32	31	31	31	30
30.0	40	40	39	39	38	38	37	37	36	36	35	35	35	34	34	33	33	32	32	32	31	31
30.5	41	40	40	39	39	38	38	37	37	37	36	36	35	35	34	34	34	33	33	32	32	32
31.0	42	41	40	40	39	39	39	38	38	37	37	36	36	35	35	35	34	34	33	33	33	32
31.5	42	42	41	41	40	40	39	39	38	38	37	37	36	36	35	35	34	34	33	33	33	33
32.0	43	42	42	41	41	40	40	39	39	38	38	37	37	37	36	36	35	35	34	34	34	33
32.5	43	43	42	42	41	41	40	40	39	39	38	38	38	37	37	36	36	35	35	35	34	34
33.0	44	43	43	42	42	41	41	40	40	39	39	39	38	38	37	37	36	36	35	35	35	34
33.5	44	44	43	43	42	42	41	41	40	40	40	39	39	38	38	37	37	36	36	35	35	35
34.0	45	44	44	43	43	42	42	41	41	40	40	39	39	38	38	38	37	37	36	36	36	36
34.5	46	45	44	44	43	43	43	42	42	41	41	40	40	39	39	39	38	38	37	37	37	36
35.0	46	46	45	45	44	44	43	43	42	42	41	41	40	40	39	39	39	38	38	37	37	37

* Circumference Value = abdomen circumference – neck circumference (in inches)

PERCENT FAT ESTIMATION FOR WOMEN (1 of 2)

CV *	Height (in)																					
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
45.0	19	18	18	17	16	16	15	14	14	13	12	12	11	11	10	9	9	8	8	7	7	6
45.5	20	19	19	18	17	16	16	15	14	14	13	13	12	11	11	10	10	9	8	8	7	7
46.0	21	20	19	19	18	17	17	16	15	15	14	13	13	12	12	11	10	10	9	9	8	8
46.5	21	21	20	19	19	18	17	17	16	15	15	14	14	13	12	12	11	11	10	9	9	8
47.0	22	22	21	20	19	19	18	17	17	16	16	15	14	14	13	12	12	11	11	10	10	9
47.5	23	22	22	21	20	19	19	18	18	17	16	16	15	14	14	13	13	12	12	11	10	10
48.0	24	23	22	22	21	20	20	19	18	18	17	16	15	15	14	13	13	12	12	11	11	11
48.5	24	24	23	22	22	21	20	20	19	18	18	17	16	16	15	14	14	13	13	12	12	11
49.0	25	24	24	23	22	22	21	20	20	19	18	18	17	17	16	15	15	14	14	13	13	12
49.5	26	25	24	24	23	22	22	21	20	20	19	19	18	17	17	16	16	15	14	14	13	13
50.0	27	26	25	24	24	23	22	22	21	21	20	19	19	18	17	17	16	16	15	15	14	14
50.5	27	27	26	25	25	24	23	23	22	21	21	20	19	19	18	18	17	16	16	15	15	14
51.0	28	27	27	26	25	25	24	23	23	22	21	21	20	19	19	18	18	17	17	16	15	15
51.5	29	28	27	27	26	25	25	24	23	23	22	21	21	20	20	19	18	18	17	17	16	16
52.0	29	29	28	27	27	26	25	25	24	23	23	22	21	21	20	20	19	19	18	17	17	16
52.5	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	20	20	19	19	18	18	17
53.0	31	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	20	20	19	19	18	18
53.5	31	31	30	29	29	28	27	27	26	25	25	24	23	23	22	22	21	21	20	19	19	18
54.0	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20	20	19
54.5	33	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20	20
55.0	33	33	32	31	31	30	29	29	28	27	27	26	25	25	24	24	23	22	22	21	21	20
55.5	34	33	33	32	31	31	30	29	29	28	27	27	26	25	24	24	23	23	22	21	21	21
56.0	35	34	33	33	32	31	30	30	29	29	28	27	27	26	25	24	24	23	23	22	22	22
56.5	35	35	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	24	24	23	23	22
57.0	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	24	24	23	23
57.5	37	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	25	24	23
58.0	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	25	25	24	24
58.5	38	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25	25
59.0	38	38	37	36	36	35	34	34	33	32	32	31	30	30	29	29	28	27	27	26	26	25
59.5	39	38	38	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	27	27	26	26
60.0	40	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28	27	26
60.5	40	39	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28	27
61.0	41	40	39	39	38	37	37	36	35	35	34	33	33	32	32	31	30	30	29	29	28	28
61.5	41	41	40	39	38	38	37	36	36	35	35	34	33	33	32	32	31	30	30	29	29	28
62.0	42	41	40	40	39	38	38	37	36	36	35	35	34	33	33	32	32	31	30	30	29	29
62.5	42	42	41	40	40	39	38	38	37	36	36	35	34	34	33	33	32	32	31	30	30	29
63.0	43	42	42	41	40	40	39	38	38	37	36	36	35	34	34	33	33	32	31	30	30	29
63.5	44	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32	31	30
64.0	44	43	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32	31
64.5	45	44	43	43	42	41	41	40	39	39	38	37	37	36	36	35	34	34	33	33	32	32
65.0	45	45	44	43	42	42	41	40	40	39	38	38	37	37	36	35	35	34	34	33	33	32
65.5	46	45	44	44	43	42	42	41	40	40	39	38	38	37	37	36	35	35	34	34	33	33
66.0	46	46	45	44	43	43	42	41	41	40	40	39	38	38	37	37	36	35	35	34	34	33
66.5	47	46	45	45	44	43	43	42	41	41	40	39	39	38	38	37	37	36	35	35	34	34

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)

PERCENT FAT ESTIMATION FOR WOMEN (2 of 2)

CV *	Height (in)																					
	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
67.0	47	47	46	45	45	44	43	43	42	41	41	40	39	39	38	38	37	36	36	35	35	34
67.5	48	47	46	46	45	44	44	43	42	42	41	41	40	39	39	38	38	37	36	36	35	35
68.0	48	48	47	46	46	45	44	44	43	42	42	41	40	40	39	39	38	38	37	36	36	35
68.5	49	48	48	47	46	45	45	44	43	43	42	42	41	40	40	39	39	38	37	37	36	36
69.0	49	49	48	47	47	46	45	45	44	43	43	42	41	41	40	40	39	39	38	37	37	36
69.5	50	49	49	48	47	46	46	45	44	44	43	43	42	41	41	40	40	39	39	38	37	37
70.0	50	50	49	48	48	47	46	46	45	44	44	43	43	42	41	41	40	40	39	38	38	37
70.5	51	50	50	49	48	47	47	46	46	45	44	44	43	42	42	41	41	40	40	39	38	38
71.0	51	51	50	49	49	48	47	47	46	45	45	44	44	43	42	42	41	41	40	39	39	38
71.5	52	51	51	50	49	48	48	47	47	46	45	45	44	43	43	42	42	41	41	40	39	39
72.0	52	52	51	50	50	49	48	48	47	46	46	45	45	44	43	43	42	42	41	40	40	39
72.5	53	52	52	51	50	49	49	48	47	47	46	46	45	44	44	43	43	42	42	41	40	40
73.0	53	53	52	51	51	50	49	49	48	47	47	46	45	45	44	44	43	43	42	41	41	40
73.5	54	53	53	52	51	50	50	49	48	48	47	47	46	45	45	44	44	43	42	42	41	41
74.0	54	54	53	52	52	51	50	50	49	48	48	47	46	46	45	45	44	44	43	42	42	41
74.5	55	54	53	53	52	51	51	50	49	49	48	48	47	46	46	45	45	44	43	43	42	42
75.0	55	55	54	53	53	52	51	51	50	49	49	48	47	47	46	46	45	44	44	43	43	42
75.5	56	55	54	54	53	52	52	51	50	50	49	48	48	47	47	46	46	45	44	44	43	43
76.0	56	56	55	54	53	53	52	51	51	50	50	49	48	48	47	47	46	45	45	44	44	43
76.5	57	56	55	55	54	53	53	52	51	51	50	49	49	48	48	47	46	46	45	45	44	44
77.0	57	57	56	55	54	54	53	52	52	51	50	50	49	49	48	47	47	46	46	45	45	44
77.5	58	57	56	56	55	54	54	53	52	52	51	50	50	49	49	48	47	47	46	46	45	45
78.0	58	57	57	56	55	55	54	53	52	51	51	50	50	49	48	48	47	47	46	46	45	45
78.5	59	58	57	56	56	55	54	54	53	52	52	51	51	50	49	49	48	48	47	47	46	45
79.0	59	58	58	57	56	56	55	54	54	53	52	52	51	50	50	49	49	48	48	47	46	46
79.5	60	59	58	57	57	56	55	55	54	53	53	52	52	51	50	50	49	49	48	47	47	46

* Circumference Value = waist circumference + hip circumference – neck circumference (in inches)