



DEPARTMENT OF THE NAVY  
HEADQUARTERS UNITED STATES MARINE CORPS  
3000 MARINE CORPS PENTAGON  
WASHINGTON, DC 20350-3000

MCO 6110.3  
C461TPS  
8 Aug 08

MARINE CORPS ORDER 6110.3 W/CH 1

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM

Ref: (a) MARCORMAN  
(b) MCO 6100.13  
(c) DODINST 1308.3, "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002  
(d) MCO 3500.27B  
(e) MCO 5210.11E  
(f) MCO P1900.16F  
(g) SECNAVINST 1920.6C  
(h) NavMed P-117  
(i) MCO 5000.12E  
(j) BUMEDINST 6320.66E  
(k) MCTFSPRIUM  
(l) MCO P1400.32D  
(m) MCO P1400.31C  
(n) MCO P1040.31J  
(o) MCO P1326.6D  
(p) MCO P1070.12K  
(q) MCO P1610.7F

Encl: (1) MCBCMAP Procedural Guidance  
(2) MCBCMAP Sequence Chart  
(3) DoD Height/Weight Standards Table  
(4) DoD Body Composition Standards Table  
(5) Body Composition Evaluation Form  
(6) Military Appearance Evaluation Form

1. Situation. To provide policy and procedural guidance for implementation of the Marine Corps Body Composition and Military Appearance Program (MCBCMAP), per the references.

2. Mission. This Order establishes procedures for the effective management of the MCBCMAP. Commanders will ensure all Marines comply with the requirements and standards contained in this Order. Policy and procedural guidance is contained in the enclosures.

3. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. Every Marine must comply with established body composition standards and present a suitable military appearance, regardless of age, grade, gender or duty assignment, as per reference (a).

(2) End State. Combined with the Marine Corps Physical Fitness Program (MCPFP) contained in reference (b) and in recognition that Marines

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are warrior athletes, it is essential the Marine Corps develop a comprehensive program that will enhance Marine wellness, body composition and military appearance while diminishing other risk factors in order to improve Marine combat readiness and personal appearance.

(3) Concept of Operations

(a) The MCBCMAP is comprised of two distinct programs that monitor and evaluate the appearance of Marines while providing assistance through focused supervision in order to ensure compliance with established body composition and military appearance standards. Failure to comply with the policies and standards contained in this Order may result in administrative action that limits promotion, retention and assignment.

(b) The effectiveness and long-term viability of the MCBCMAP are dependent upon uniform application and enforcement by commanders and compliance by all Marines. Commanders and Officers-In-Charge will ensure Marines comply with the standards established in reference (c) and in accordance with the contents of this Order. Failure to do so may jeopardize operational readiness and erode American confidence in the United States Marine Corps.

b. Subordinate Element Missions

(1) Deputy Commandant for Manpower & Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment and reporting policies are consistent with the policies established in this Order.

(b) Provide a system capable to report and record individual height, weight and body composition data in order to facilitate analysis and policy modification, as required.

(c) Serve as waiver authority for the Body Composition Program (BCP).

(2) Commanding General, Training & Education Command (TECOM)

(a) Serve as program sponsor and provide subject matter experts in order to ensure the currency and relevance of the MCBCMAP.

(b) Manage and monitor MCBCMAP through development, implementation and interpretation of standards, policies and procedures consistent with the requirements contained in reference (c).

(3) Inspector General (IG), Headquarters, Marine Corps

(a) Review implementation and management of the MCBCMAP during command inspections and report findings to the Commandant of the Marine Corps following conclusion of periodic IG inspections.


(b) Provide an annual assessment of MCBCMAP IG inspection results to the Commandant of the Marine Corps no later 31 January for the period 1 January through 31 December.

4. Administration and Logistics. Recommendations concerning the contents of this Order may be forwarded to CMC (C461TPS) via the appropriate chain-of-command.

5. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.

  
James T. Conway

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CHANGE 1 TO MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM

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MARADMIN Active Number: 0190/09

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SUBJ/CHANGE 1 TO MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM//

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NARR/REF A CLARIFIED MCBCPMAP POLICIES//

GENTEXT/REMARKS/1. REF A PROVIDED CLARIFICATION TO MCBCPMAP. THE PURPOSE OF THIS MARADMIN IS TO PUBLISH CHANGE 1 TO REF B.

2. THE FOLLOWING CHANGES APPLY TO ENCL (1) OF REF B.

2.A. DELETE CURRENT PARA 4.A. AND REPLACE WITH: ENFORCEMENT OF BCP AND MAP STANDARDS. MAINTENANCE AND MONITORING OF BCP AND MAP STANDARDS IS A SHARED INDIVIDUAL MARINE AND COMMAND RESPONSIBILITY. COMPLIANCE WITH BCP AND APPEARANCE STANDARDS IS CONTINUOUS AND NOT TIED TO A REPORTING PERIOD OR EVENT.

2.B. DELETE SUBPARAGRAPHS 4.A.(1) AND 4.A.(2).

2.C. IN PARA 4.B.(1), DELETE THE FIRST FIVE SENTENCES AND REPLACE WITH THE FOLLOWING: IF MARINES DO NOT MEET ESTABLISHED BCP STANDARDS, THEY WILL BE NOTIFIED OF THEIR DEFICIENCIES AND PROCESSED FOR BCP ASSIGNMENT. COMMANDERS ARE RESPONSIBLE FOR ENSURING THE BCP PROCESSING PERIOD IS COMPLETED AS SOON AS POSSIBLE AND NOT LONGER THAN 60 DAYS. DURING THIS PERIOD, AND ANY OTHER TIME A MARINE IS OUT OF STANDARDS, ADMINISTRATIVE ACTIONS (RESTRICTED OR WITHHELD/DELAYED PROMOTIONS, DENIED REENLISTMENT, DENIED SPECIAL SCHOOL/SPECIAL DUTY ASSIGNMENTS, ETC.) OUTLINED IN PARAGRAPH 5 OF THIS ENCLOSURE APPLY WHETHER PROCESSING RESULTS IN BCP ASSIGNMENT OR NOT.

2.D. IN PARA 4.B.(2), ADD (OR HER) FOLLOWING THE WORD (HIS) IN THE FIRST SENTENCE.

2.E. IN PARA 4.B.(2), DELETE (GIVEN THE BENEFITS OF THE INFORMAL PROGRAM) AND REPLACE WITH (GIVEN AN OPPORTUNITY TO CORRECT DEFICIENCIES) IN THE THIRD SENTENCE.

2.F. ADD THE FOLLOWING IN PARA 4.C. AS SUBPARAGRAPH (3): AT ANY TIME IN THE BCP ASSIGNMENT PROCESSING PERIOD, MARINES MAY HAVE ADDITIONAL WEIGH-INS/BCES CONDUCTED. IF THE MARINE RETURNS TO STANDARD WITHIN THE BCP ASSIGNMENT PROCESSING PERIOD, THE MARINE WILL NOT BE ASSIGNED TO BCP. IF THE MARINE IS STILL OUT OF STANDARDS AT THE END OF THIS PERIOD THE MARINE WILL BE ASSIGNED TO BCP. IF A PERFORMANCE EVALUATION IS DUE DURING THE PERIOD OF BCP PROCESSING, THE MARINES HT/WT/BF% DATA WILL BE ACCURATELY REPORTED AND A STATEMENT WILL BE INCLUDED IN THE REPORT THAT THE MARINE IS BEING EVALUATED FOR ASSIGNMENT TO BCP. THE MARINE WILL BE PROVIDED THE OPPORTUNITY TO SUBMIT A STATEMENT REGARDING THIS ADVERSE COMMENT. RENUMBER ALL SUBSEQUENT SUBPARAGRAPHS.

2.G. ADD PARA 4.G.(1): THE MAP PROCESSING PERIOD INCLUDES THE RIGHT OF THE MARINE TO APPEAL THE PENDING MAP ASSIGNMENT TO THE NEXT HIGHER LEVEL COMMANDER IN THE CHAIN OF COMMAND WITHIN FIVE (5) WORKING DAYS. MAP APPEAL AUTHORITY MAY NOT BE DELEGATED. APPEAL AUTHORITY WILL BE PROVIDED ACCESS TO ALL RELEVANT MAP INFORMATION

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AND CAN RESPOND TO THE REQUEST IN WRITING OR MAY REQUIRE A PERSONAL ASSESSMENT CONDUCTED IN THE SERVICE C UNIFORM. MAP APPEAL REQUESTS SHOULD BE ADJUDICATED IN A TIMELY MANNER. IF MAP APPEAL AUTHORITY CONCURS WITH THE INITIAL MAP ASSESSMENT, THE MARINE WILL BE ASSIGNED TO MAP.

2.H. ADD PARA 4.G.(2): IF MAP APPEAL AUTHORITY RULES IN FAVOR OF THE MARINE, THE MARINE WILL BE NOT BE ASSIGNED TO MAP.

2.I. ADD PARA 4.G.(3): ONLY AFTER ASSIGNMENT TO MAP, EITHER FOLLOWING A DENIED APPEAL OR IF THE MARINE ACCEPTS THE INITIAL MAP ASSIGNMENT DECISION, WILL PROVISIONS IN PARAGRAPH 5 OF THIS ENCLOSURE APPLY. WHEN A MARINE IS ASSIGNED TO MAP, THIS WILL BE REFLECTED IN PROFICIENCY/CONDUCT MARKS OR ON FITNESS REPORTS.

2.J. DELETE PARA 4.K.

2.K. TABLE 2-MAP ADMINISTRATIVE SUMMARY: DELETE COLUMN TITLED (NOTIFICATION/CAUTION).

2.L. ADD THE FOLLOWING AS THE LAST SENTENCE IN PARA 5.C.: THIS PROVISION ALSO APPLIES TO SELECTION FOR AND ATTENDANCE AT OFFICER AND ENLISTED RESIDENT PROFESSIONAL MILITARY EDUCATION (PME).

2.M. IN PARA 8.B.(2) ADD (MM) FOLLOWING DC M&RA IN THE FIRST SENTENCE OF THE SECOND PARAGRAPH.

3. THE FOLLOWING CORRECTS ERRATA IN ENCL (1) OF REF B:

3.A. DELETE THE LAST SENTENCE OF PARA 3.F.(4) AND REPLACE WITH: THE TAPE MEASURE WIDTH SHOULD BE 1/4 TO 5/8 INCH.

3.B. DELETE THE LAST THREE SENTENCES OF PARA 3.F.(5) AND REPLACE WITH: FOR USE IN HEIGHT/WEIGHT TABLES AND FITREP REPORTING, HEIGHT MEASUREMENT WILL BE RECORDED TO THE NEAREST INCH. IF HEIGHT FRACTION IS LESS THAN 1/2 INCH, ROUND DOWN TO THE NEAREST INCH. IF HEIGHT FRACTION IS 1/2 INCH OR MORE, ROUND UP. IF MARINE EXCEEDS WEIGHT ON HEIGHT/WEIGHT TABLES, HEIGHT WILL BE REMEASURED AND RECORDED TO THE NEAREST 1/2 INCH FOR USE IN BODY FAT % ESTIMATION.

4. MARADMIN APPROVED FOR RELEASE BY LTGEN GEORGE J. FLYNN, DEPUTY COMMANDANT FOR COMBAT DEVELOPMENT AND INTEGRATION.//

### MCBCMAP Procedural Guidance

1. Objectives. It is not uncommon for Marines to experience weight gain and increased body fat as a result of decreased physical activity. Marines may also experience weight gain as metabolic rates change with age when no corresponding reduction in caloric intake is made. Excess body fat is directly associated with high blood pressure, high blood cholesterol, diabetes, cancer, cardiovascular disease, and similar health risks. Furthermore, increased weight gain and body fat affects fitness levels through reduced stamina, speed and endurance. Marines who exceed weight and body fat standards are a detriment and detract from the combat readiness of their unit. Furthermore, it can generally be considered that a Marine who meets established height, weight, body composition, grooming and uniform standards will present a suitable military appearance. However, there are some Marines that may meet all established standards yet still fail to present a suitable military appearance. The presentation of an unsuitable military appearance is inconsistent with the Marine Corps leadership principle of setting the example. Simply put, Marines who do not present a suitable military appearance fail to possess the qualities necessary to effectively lead Marines. This is especially true for Marines in a leadership or supervisory role that are required to ensure their subordinates comply with established policies and standards. The objective of the MCBCMAP is to establish healthy weight and body composition standards and to ensure all Marines present a suitable military appearance. An effective MCBCMAP achieves the following:

- a. Provide Marines information and assistance in order to modify the attitudes and behavior consistent with a healthy lifestyle.
- b. Contribute to the health and well being of every Marine through continuous monitoring of weight, body composition and military appearance.
- c. Motivate Marines to set the example by maintaining established weight and body composition standards.
- d. Ensure compliance through supervised oversight, remedial conditioning and professional assistance.

### 2. Responsibilities

#### a. Commanders/Officers-In-Charge (OICs)

(1) Commanders/OICs possessing Special Courts-Martial Convening Authority will enforce compliance with weight, body composition and military appearance standards contained in reference (c) and the contents of this Order through development and uniform application of periodic assessments, assignment and supervisory procedures.

(2) Commanders/OICs will ensure Marines receive a fair and impartial evaluation, to include a medical determination in order to establish if excess weight and body composition is due to an underlying medical condition or associated disease. Medical determinations made by an Appropriately Privileged Health Care Provider (APHCP) will include, but not be limited to the following:

- (a) Current duty status.

- (b) Recommended dietary plan.
- (c) Realistic weight and body composition reduction goals.
- (d) Combat conditioning restrictions and limitations.

(3) Commanders/OICs will select and assign in writing a Combat Conditioning Instructor (CCI) and/or Command Physical Training Representative (CPTR). There are no prerequisites for CCI/CPTR assignment.

b. Executive Officers/Senior Enlisted Advisors

(1) Executive Officers will evaluate officers for compliance with the Military Appearance Program (MAP).

(2) Executive Officers will provide oversight and supervise the performance of officers assigned to the MAP.

(3) Senior Enlisted Advisors will evaluate enlisted Marines for compliance with the MAP.

(4) Senior Enlisted Advisors will provide oversight and supervise the performance of enlisted personnel assigned to the MAP.

(5) Executive Officers/Senior Enlisted Advisors will develop weight reduction or weight redistributions plans for Marines assigned to the MAP, as required.

(6) Executive Officers/Senior Enlisted Advisors will provide guidance and assistance regarding the supervision and performance of Marines assigned to the MAP, ensuring they receive all available resources and support at the command's disposal.

c. CCI/CPTR

(1) The CCI or CPTR will thoroughly review reference (c) and the contents of this Order immediately upon assignment.

(2) The CCI or CPTR is responsible to the commander for development, implementation, management and supervision of the organizational MAP, Body Composition Program (BCP) and Remedial Conditioning Program (RCP).

(3) The CCI/CPTR is responsible for applying Operational Risk Management (ORM) fundamentals during the conduct of the RCP in support of MAP or BCP assignment, in accordance with reference (d).

(4) The CCI or CPTR is responsible for coordinating and supervising the execution of weigh-ins and Body Composition Evaluations (BCEs) utilizing the BCP Evaluation Form contained in enclosure (5), if necessary. Responsibilities may include, but not be limited to the following:

(a) Select and train BCE evaluators, as required.

(b) Report BCE findings for those Marines who exceed weight and body composition standards in accordance with reference (c) and the contents of this Order.

(c) Document and record BCE data.

(d) Manage and maintain BCE documentation in accordance with reference (e). BCE documentation will contain, but not be limited to the following:

1. BCP Evaluation Form found in enclosure (5).
2. Medical documentation.
3. Counseling records.
4. Periodic weigh-in and BCE results.
5. RCP training log.
6. Physical Fitness Test (PFT)/Combat Fitness Test (CFT) performance results.

(5) The CCI or CPTR will coordinate diet and nutrition seminars or coordinate appointments with Semper Fit fitness and lifestyle professionals for Marines assigned to the BCP or MAP.

(6) The CCI or CPTR will ensure Marines on their first BCP assignment order and complete MCI 4133 (Semper Fit Basic).

(7) The CCI or CPTR will ensure Marines on their second or subsequent BCP assignment order and complete MCI 4134 (Semper Fit Advanced).

(8) The CCI or CPTR is responsible for providing periodic feedback to the Senior Enlisted Advisor, Executive Officer and Commander/OIC regarding the status and performance of Marines assigned to the MAP.

(9) Upon notification, the CCI or CPTR will initiate MAP evaluation procedures utilizing the MAP Evaluation Form contained in enclosure (6).

(10) The CCI or CPTR will document and record MAP performance data.

(11) The CCI or CPTR will manage and maintain MAP documentation in accordance with reference (e). MAP documentation will contain, but not be limited to the following:

1. MAP Evaluation Form found in enclosure (6).
2. Counseling records.
3. Periodic weigh-in and BCE results.
4. RCP training log.

(12) The CCI or CPTR will ensure Marines order and complete MCI 4133 (Semper Fit Basic) during the first formal MAP assignment.

(13) The CCI or CPTR will ensure Marines order and complete MCI 4134 (Semper Fit Advanced) during their second or subsequent formal MAP assignment.



d. Individual Marines

(1) Every Marine will conform to established Marine Corps weight and body composition standards and present a suitable military appearance, regardless of age, grade, gender or duty assignment.

(2) Marines who exceed established Marine Corps weight and body composition standards will take the necessary action to return to standard within the prescribed timeline. Failure to do so may result in formal assignment to the BCP which decreases competitiveness for selection for promotion, and administrative action that includes limitations on promotion, retention, assignment or administrative separation.

(3) Marines who do not present a suitable military appearance will take all necessary action to improve their appearance within prescribed timelines. Failure to do so may result in formal assignment to the MAP which decreases competitiveness for selection for promotion, and administrative action that includes limitations on promotion, retention and assignment.

3. Requirement

a. Purpose. The MCBCMAP establishes, evaluates and enforces compliance with optimal weight, body composition and military appearance standards that are essential to the preservation of good order and discipline and necessary for the maintenance of combat readiness Marine Corps-wide.

b. Scope. All Marines will be periodically be evaluated for weight and military appearance in accordance with the sequence described in enclosure (2) and the frequency described below. However, Commanders/OICs are authorized to conduct unit/individual weigh-ins, BCP or MAP assessments as often as deemed necessary. Weigh-ins may be conducted on the same day as the PFT/CFT. Inspector General/Commanding Generals may also perform weigh-ins while conducting unannounced inspections.

c. Standards. Marines are considered to exceed standard when their body weight and body fat percentage exceeds the maximum allowable limits for their height, as contained in enclosures (3) and (4). Reference (c) and this Order primarily focus on Marines who exceed their maximum allowable weight, but Commanders/OICs should provide the same level of assistance and supervision for those Marines who are below their minimum allowable limit.

d. Frequency

(1) Active Component. The weigh-in is a calendar year semi-annual requirement for all active duty Marines, regardless of age, grade, gender, or duty assignment.

(2) Reserve Component. The weigh-in is a calendar year annual requirement for all SMCR/IMA Marines, regardless of age, grade, gender or duty assignment.

(3) Activated Reservists. Activated Reserve Marines, to include AR, mobilized or those performing Active Duty Operational Support (ADOS) will comply with the Active Component semi-annual weigh-in requirement.

(4) Permanent Change of Station/Assignment (PCS/PCA) Orders. A Marine can be transferred, receive PCS/PCA orders during an initial assignment or under an extension to an initial BCP assignment. Marines will not be transferred or execute PCS/PCA orders while on a second or subsequent assignment to the BCP. For transferred Marines on their initial BCP assignment, losing commands will ensure the original BCP file in its entirety is forwarded to the gaining command by registered/receipt mail within 7 days of departure. The losing command will retain a copy of the file in accordance with reference (e). Marines assigned to the MAP are eligible for PCS/PCA.

(5) End of Active Service (EAS)/Retirement. Imminent EAS/retirement does not preclude a Marine, who exceeds weight and body composition standards or presents an unsuitable military appearance from being evaluated and assigned to the MAP, BCP and RCP. Commanders/OICs are authorized to evaluate and assign Marines to the MAP, BCP and RCP up to their EAS date. However, Commanders/OICs will exercise discretion and judgment regarding final disposition of Marines who fail to meet weight and body composition standards within seven months of EAS. Regardless of BCP assignment decision, Commanders/OICs are encouraged to enforce RCP compliance.

e. Sequence. Marines will be evaluated in accordance with the sequence contained in enclosure (2). If a Marine is not within weight standards, then the CCI or CPTR will conduct a BCE utilizing the circumference (taping) technique, on the same day as the weight measurement. BCE's are only required for Marines who exceed their maximum weight standard or present an unsuitable military appearance due to improper weight distribution, as determined by the Commander/OIC.

f. Procedures

(1) Safety. In accordance with reference (d), ORM will be applied in order to ensure Marines are not exposed to unnecessary risk.

(2) Supervision. The Commander/OIC is overall responsible for the conduct of the MCBCMAP. Executive Officers/Senior Enlisted Advisors are responsible for organizing and conducting MAP assessments and making appropriate recommendations to the Commander/OIC. The CCI or CPTR or designated evaluator(s) are the only individuals authorized to perform height, weight and body composition measurements in conjunction with MAP assessments. The CCI or CPTR will supervise the performance and progress of Marines assigned to the BCP, MAP and RCP in accordance with the contents of this Order and guidance received from the Commander/OIC, Executive Officer and Senior Enlisted Advisor. The MAP is comprised of all aspects of the MCBCMAP and is meant to be an organizational aid to improve military appearance and prevent Marines from being assigned to the BCP. However, MAP failure incorporates adverse administrative action in order to encourage and/or enforce compliance.

(3) Uniform. The only authorized uniform for the weigh-in and BCE (if necessary) is the Marine Corps approved green-on-green T-shirt, shorts and socks. No other uniform or clothing garment is permitted. Shoes will be removed prior to evaluation.

>CH 1 (4) Equipment. Height will be measured utilizing a standard, non-stretching fiberglass tape measure affixed to a vertical surface. The tape measure will be calibrated using a separate yardstick or metal ruler. Weight will be measured utilizing a calibrated digital or balance beam scale. Circumferences will be measured using a standard, non-stretching fiberglass tape measure. The tape measure will be calibrated using a separate yardstick or metal ruler. Cloth or steel tapes are not authorized. The tape measure width should be 1/4 - 5/8 inch.

(5) Evaluations

>CH 1 (a) Height Measurement. The Marine will stand with their back against the wall, heels flat on the deck, shoulders back, with arms to the side in a relaxed manner, and head straight forward. For use in height/weight tables and FitRep reporting, height measurement will be recorded to the nearest inch. If height fraction is less than 1/2 inch, round down to the nearest inch. If height fraction is 1/2 inch or more, round up. If Marine exceeds weight on height/weight tables, height will be remeasured and recorded to the nearest 1/2 inch for use in body fat % estimation.

(b) Weight Measurement. Weight will be measured on a calibrated digital or balance beam scale in the required PT uniform, without running shoes. A one-pound reduction will be granted for the PT uniform; however, no other weight reductions are authorized. Measurement will be recorded to the nearest pound. If the weight fraction is 1/2 pound or less, round down to the nearest pound. If more than 1/2 pound, round up.

(c) Circumference Measurement. Body composition will be estimated using the circumference-based method. No substitute body composition evaluation methods are permitted in accordance with reference (c). The CCI or CPTR or designated evaluator(s) are the only individuals authorized to perform height, weight and BCE's, if necessary. All measurements will be taken on bare skin, the only exception being the female hip measurement. A confirmation height/weight measurement will be performed prior to conducting a BCE. Without causing indentation, the tape will be applied to the skin with sufficient tension to hold it in place as the measurement is read. Circumference measurements will be taken three times by two separate evaluators in order to ensure accuracy. Each set of measurements will be completed sequentially to discourage assumption of repeated measurements of a specific region. The lowest measurement obtained will be utilized for MAP or BCP assessment purposes.

1. Male Marines. Measurements for male Marines will be taken along the neck and abdominal circumference, at the navel. Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx and perpendicular to the long axis of the neck. The Marine should look straight ahead during the measurement, with shoulders down, not hunched. For neck measurements, round up to the nearest 1/2-inch and record. Measure the abdominal circumference against the skin at the navel, level and parallel to the deck. Arms will be straight and relaxed at the sides. Take measurement at the end of the Marine's normal, relaxed exhalation. For abdominal measurements, round down to the nearest 1/2-inch and record. The circumference value is calculated by subtracting the neck from the abdominal measurement (abdominal - neck = circumference value). Male body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

2. Female Marines. Measurements for female Marines will be taken along the neck, waist at the thinnest portion of the abdomen, and hips. Measurements for female Marines will be performed by female evaluators, only. Measure the neck circumference by placing the edge of the tape measure flush with the bottom of the larynx and perpendicular to the long axis of the neck. The Marine should look straight ahead during the measurement, with shoulders down, not hunched. For neck measurements, round up to the nearest 1/2-inch and record. 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 (breastbone). When this site is not easily observed, take several measurements at probable sites and use the smallest value. Ensure the tape is level and parallel to the deck. Arms will be straight and relaxed at the sides. Take measurements at the end of a normal, relaxed exhalation. For natural waist measurement, round down to the nearest 1/2-inch and record. Measure the hip circumference while facing the Marine's right side by placing the tape around the hips so that it passes over the greatest protrusion of the buttocks as viewed from the side. Ensure the tape is level and parallel to the deck. Apply sufficient tension on the tape to minimize the effect of clothing. For hip measurement, round down to the nearest 1/2-inch and record. The circumference value is calculated by adding the waist and hip measurements and subtracting the neck measurement (waist + hip - neck = circumference value). Female body fat percentages can be derived utilizing enclosure (4) by locating the number at the intersection of height measurement and circumference value.

(d) MAP Assessments. Commanders will conduct military appearance assessments based upon personal appearance indicators (personal hygiene, grooming and uniform wear) and improper distribution/excessive accumulation of body fat. Specific areas to be evaluated are:

1. Subjective Indicators

- a. Uniform inspections (Service 'C' uniform).
- b. Personnel inspections that focus on hygiene and grooming standards.

2. Objective Indicators

- a. Established DoD height/weight standards.
- b. Established Marine Corps body fat percentages, by age group.
- c. Established DoD body composition standards. Specific target areas are: neck and abdomen for male Marines, neck, waistline and hips for female Marines.

#### 4. Assignment Process

>CH 1 a. Enforcement of BCP and MAP Standards. Maintenance and monitoring of BCP and MAP standards is a shared individual Marine and command responsibility. Compliance with BCP and appearance standards is continuous and not tied to a reporting period or event.

##### b. Formal Program

>CH 1 (1) Commander's BCP. If Marines do not meet established BCP standards, they will be notified of their deficiencies and processed for BCP assignment. Commanders are responsible for ensuring the BCP processing period is completed as soon as possible and not longer than 60 days. During this period, and any other time a Marine is out of standards, administrative actions (restricted or withheld/delayed promotions, denied reenlistment, denied special school/special duty assignments, etc.) outlined in paragraph 5 of this enclosure apply whether processing results in BCP assignment or not. The Commander also has the power to determine that although a Marine is outside height and weight and body composition standards that his or her uniformed appearance is commensurate with that of a squared away Marine. Should that be a Commander's determination, the Commander has the opportunity to seek a waiver for the Marine through the chain of command. The final authority for a waiver is the DC M&RA.

>CH 1 (2) Commander's MAP. Because Marines come in all shapes and sizes, there is an imperative to ensure that the Commander has a continuous say in the assignment of his or her Marines to programs dealing with body composition and military appearance. The authority of the Commander is such that should he or she decide that a Marine is within height and weight standards, the body composition percentages, or both, that Marine can still be assigned to the MAP. Such an assignment would normally be oriented towards weight redistribution, vice loss, and a Marine should be given an opportunity to correct deficiencies before being formally assigned to the MAP. Should an assignment to the formal program be necessary, the Commander will provide the appropriate resources, counseling, and unit diary entries. Should a Marine not show progress while on the program, reenlistment and promotion opportunities could be denied. To maintain fairness and impartiality, Marines assigned to the MAP will have the right to appeal their status to the next higher officer in the chain of command.

c. BCP Formal Assignment. Commanders/OICs possessing Special Courts-Martial Convening Authority will assign Marines to the BCP and RCP who fail to comply with established weight and body composition standards, in accordance with reference (c) and the contents of this Order. Commanders/OICs will utilize the BCP Evaluation Form found in enclosure (5) to notify Marines of their formal BCP assignment. Marines on their first BCP assignment will not be removed from the program until their initial six-month assignment has expired. This measure is required in order to ensure healthy weight and body fat loss techniques are employed and appropriate attitude and lifestyle adjustments are made. The following steps are required to formally assign and remove Marines to/from the BCP:

(1) Upon notification that a Marine exceeds established weight standards, the CCI or CPTR will conduct a BCE and record results on the BCP Evaluation Form contained in enclosure (5). Instructions regarding the use of enclosure (5) can be found at <https://navalforms.daps.dla.mil>.

(2) After confirmation that a Marine exceeds established weight and body composition standards, the CCI or CPTR will notify the chain of command that a medical evaluation is required.

>CH 1 (3) At any time in the BCP assignment processing period, Marines may have additional weigh-ins/BCES conducted. If the Marine returns to standard within the BCP assignment processing period, the Marine will not be assigned to BCP. If the Marine is still out of standards at the end of this period the Marine will be assigned to BCP. If a performance evaluation is due during the period of BCP processing, the Marines HT/WT/BF% data will be accurately reported and a statement will be included in the report that the Marine is being evaluated for assignment to BCP. The Marine will be provided the opportunity to submit a statement regarding this adverse comment.

>CH 1 (4) An APHCP will make the following determination and recommendations:

(a) Whether weight gain is due to an underlying medical condition or disease.

(b) Medical clearance to participate in the BCP/RCP.

(c) Physical limitations or restrictions.

(d) Recommended weight and body composition fat reduction goals.

(e) Recommended nutritional and dietary measures.

>Ch 1 (5) After the medical evaluation, the CCI or CPTR will deliver the package to the Commander/OIC. The Commander/OIC will conduct an assessment and make a BCP assignment decision.

>CH 1 (6) If assigned, the Marine will be counseled on his/her deficiencies, corrective action required and information regarding BCP assignment responsibilities. The Marine will acknowledge notification of

deficiencies and BCP assignment by signing the BCP Evaluation Form found in enclosure (5) and a page 11/6105 counseling entry, in accordance with reference (f).

>CH 1 (7) At the conclusion of the six month period, the CCI or CPTR will complete the final BCP assessment and deliver the package to the Commander/OIC for a final determination. For Marines on extended or second assignments, this process can occur as soon as the Marine complies with established weight and body composition standards.

>CH 1 (8) Once the final determination has been made and appropriate unit diary entries entered, the CCI or CPTR will complete documentation of the BCE and retain, in accordance with reference (e).

d. BCP Extension

(1) Only Marines on their first assignment can be granted an extension.

(2) A Marine who has failed to comply with established weight and body composition standards, but has made satisfactory progress will be afforded a one-time six month extension. Additional extensions are not authorized.

(3) Marines who fail to make satisfactory progress will not receive an extension and will be processed for administrative separation in accordance with references (f) and (g).

(4) An extension does not constitute a second assignment.

e. Second/Subsequent BCP Assignment

(1) Marines who have been assigned to and officially removed from the BCP at any time in their career, yet fail to meet established weight and body composition standards, may receive a second one-time six month assignment to the BCP.

(2) Extensions to second or subsequent assignments are not authorized.

(3) All other BCP management policies apply.

f. BCP Removal

(1) Marines on their first BCP assignment who comply with established weight and body composition standards at the conclusion of their 6-month assignment period will be removed by their Commander/OIC possessing Special Courts-Martial Convening Authority utilizing the BCP Evaluation Form found in enclosure (5), with no further action required.

(2) Marines on their second or subsequent assignment who comply with established weight and body composition standards can be removed at any time during their 6-month assignment.

(3) Marines who fail to comply with established weight and body composition standards due to unsatisfactory progress will receive a page 11/6105 counseling entry and be processed for administrative separation (Weight Control Failure), in accordance with reference (f).

(4) Marines who fail to comply with established weight and body composition standards due to indifference or apathy will receive a page 11/6105 counseling entry and be processed for administrative separation (Unsatisfactory Performance) in accordance with reference (f).

(5) Administrative separation procedures for officers who fail to comply with established weight and body composition standards will be performed in accordance with reference (g).

g. MAP Formal Assignment. Commanders/OICs possessing Special Courts-Martial Convening Authority will conduct a MAP assessment and make a formal assignment determination. Assessments will include a review of all relevant MAP documentation and a Commander/OIC Summer Service 'C' uniform inspection. Commanders/OICs will utilize the MAP Evaluation Form found in enclosure (6) to notify Marines of their initial 60-day formal MAP assignment. Because of the intrinsic link between the BCP and MAP, Marines who do not present a suitable military appearance will be evaluated by an APHCP prior to MAP formal assignment in order to rule out the possibility of an underlying medical condition or disease as a primary causal factor behind the improper weight distribution. Instructions regarding the use of enclosure (6) can be found at <https://navalforms.daps.dla.mil>.

>CH 1 (1) The MAP processing period includes the right of the Marine to appeal the pending MAP assignment to the next higher level commander in the chain of command within five (5) working days. MAP appeal authority may not be delegated. Appeal authority will be provided access to all relevant MAP information and can respond to the request in writing or may require a personal assessment conducted in the Service C uniform. MAP appeal requests should be adjudicated in a timely manner. If MAP authority concurs with the initial MAP assessment, the Marine will be assigned to MAP.

>CH 1 (2) If MAP appeal authority rules in favor of the Marine, the Marine will not be assigned to MAP.

>CH 1 (3) Only after assignment to MAP, either following a denied appeal or if the Marine accepts the initial MAP assignment decision, will provisions in paragraph 5 of this enclosure apply. When a Marine is assigned to MAP, this will be reflected in proficiency/conduct marks or on fitness reports.

h. MAP Extension. Once formally assigned to the MAP, Commanders/OICs that possess Special Courts-Martial Convening Authority will extend Marines who fail to comply with established subjective and objective MAP indicators in sequential 60-day increments until they either present a suitable military appearance (and are removed from MAP) or get assigned to the BCP as a result of failing to meet established weight and body composition standards.

i. MAP Removal. Commanders/OICs that possess Special Courts-Martial Convening Authority will immediately remove Marines from the MAP as soon as they present a suitable military appearance utilizing the MAP Evaluation Form found in enclosure (6). No further administrative action is required once a Marine is removed from MAP.

j. MAP Failure. Marines who are formally assigned to the MAP and fail to conform to established body composition standards within the initial 60-day formal MAP assignment period will be subject to adverse administrative action that may affect promotion, assignment and retention

5. Administrative Action. Tables 1 and 2 contain a summary of required administrative actions as a result of BCP or MAP assignment, in accordance with references (f) through (q).

a. Promotion

(1) Enlisted Marines. In accordance with reference (1), enlisted Marines are placed in a promotion restriction status while assigned to the BCP or MAP, regardless of combat zone assignment or BCP status. Enlisted Marines will no longer be in a promotion restriction status once removed from the BCP or MAP.



(2) Officers. Commanders may request promotions be delayed for those officers who are deemed not physically qualified for promotion, regardless of combat zone assignment or BCP status, in accordance with reference (m).

b. Retention. Marines who do not meet established weight and body composition standards or fail to present a suitable military appearance are not eligible for reenlistment or voluntary extension regardless of combat zone assignment or BCP status, in accordance with reference (n).

>CH 1 c. Special Schools/Special Duty Assignment (SDA). Marines who do not meet established weight and body composition standards or fail to present a suitable military appearance may be ineligible for selection to special schools and assignment to specific SDA billets, in accordance with reference (o). This provision also applies to selection for and attendance at officer and enlisted resident Professional Military Education (PME).

d. Repeat Failure(s). For Marines processed, but not separated for BCP Failure/Unsatisfactory Performance or Marines assigned to the BCP on two or more separate occasions, BCP assignment and RCP participation are mandatory until separation, EAS, retirement or until compliance with established standards. Commands will continue formal assignment and supervision, as required, regardless of separation authority to retain.

Administrative Action	BCP Assignment	
	1st	2d
Mandatory RCP	Yes	Yes
Page 11/6105 Counseling Entry	Yes*	Yes*
Adverse Fitness Report	Yes	Yes
Substandard Conduct Marks	Yes	Yes
Promotion Restriction	Yes	Yes
Eligible for PCS/PCA Transfer	Yes	No
Eligible for Reenlistment	No	No
Eligible for Special School Assignment	No	No
Process for AdSep	Yes	Yes

Table 1. -- BCP Administrative Summary

\*Note: A page 11/6105 counseling entry will be made when a Marine is counseled on deficiencies, corrective action to be taken, and assignment to the BCP. Additional Page 11/6105 counseling entries will be made when a Marine has not made satisfactory progress during BCP assignment, in accordance with reference (f) and (p).

	MAP Assignment
Administrative Action	Formal
Mentoring (Command Leadership)	Yes
Lifestyle Coaching (Semper Fit)	Yes
Diet and Nutrition Assistance (MTF)	Yes
Mandatory RCP	Yes
Page 11/6105 Counseling Entry	No
Adverse Fitness Report (MAP Failure)	Yes
Substandard Conduct Marks	Yes
Promotion Restriction	Yes*
Eligible for PCS/PCA Transfer	Yes
Eligible for Reenlistment	No*
Eligible for Special School Assignment	No*
Process for AdSep	No

>CH 1 Table 2. -- MAP Administrative Summary

\*Note: Marines will be placed in a promotion restriction status and cannot be promoted if they fail to comply with MAP standards following the initial 60-day formal assignment period. Marines are also ineligible for reenlistment and special school/SDA assignment when they are in non-compliance of MAP standards after their initial 2-month formal assignment period.

#### 6. Medical Considerations

a. Pregnancy. Pregnant Marines, as verified by an APHCP/Obstetrician (OB) health care provider, will not be evaluated for MAP or BCP assignment. If already formally assigned, Marines will be placed in an inactive status during pregnancy and for 6 months after Return to Full Duty (RTFD) following 42-days (post-partum) convalescent leave, in accordance with references (h) through (j).

b. Light/Limited Duty. Marines who are assigned light or limited duty or pending Medical Evaluation Board (MEB)/Physical Evaluation Board (PEB) screening are required to comply with established body composition and military appearance standards and may be evaluated for assignment to the BCP or MAP.

c. Neuro-Musculoskeletal (NMS) Injuries. NMS injuries may reduce or inhibit an individual's normal activity and without a resultant decrease in caloric intake, weight gain will occur. While the location of the injury will be the determining factor in how activity is limited, NMS injuries are normally of such short duration that they do not serve as a basis for exemption from assignment to the BCP or MAP.

d. Medical Evaluation. Marines who are not in compliance with established weight, body composition or military appearance standards require an APHCP evaluation prior to BCP or MAP formal assignment. An APHCP must make a determination if a Marine's weight gain is the result of an underlying medical condition or associated disease. Due to the number of medications and medical conditions that can contribute to weight gain and/or obesity and because certain diagnoses may differ between physicians, the basis if a medical condition or disease serves as the primary basis for weight gain will be left to the judgment of the treating APHCP.

e. Underlying Medical Condition/Disease. When diagnosed with an underlying medical condition or associated disease, the APHCP will make an appropriate annotation in the Marine's Health Record and make the following recommendation(s)/take the following action(s):

(1) Treat/alleviate the medical condition, return Marine to RTFD, and recommend for assignment to the BCP or MAP.

(2) Hospitalize the Marine for obesity treatment.

(3) Diagnose the condition/disease as untreatable or permanent in nature and forward to a PEB for determination of fitness to continue military service.

(4) Marines will be placed and remain in an inactive status until the condition is resolved.

f. Residential Obesity Program (ROP). Marines that have been evaluated by an APHCP and determined to have an extreme weight and body fat increase due to an underlying or associated disease, will be recommended to participate in the ROP. The ROP is available to all Marines regardless of pay grade. A Marine will be sent to the ROP based on the following criteria:

(1) A Marine has not previously participated in the ROP.

(2) A Marine has no medical history of having an eating disorder.

(3) A Marine must have a strong potential for continued military service as recommended by the Commander/OIC.

(4) A Marine must have at least 12 months time in service remaining after completion of ROP in order to complete aftercare treatment.

g. Post-Residential Obesity Program (Rehabilitation). Upon completion of the ROP, Marines will be assigned to the RCP for a minimum of 6 months. Weight and body fat reduction goals will vary. Results must be monitored by the CCI or CPTR and the APHCP assigned to the case. Entry into the ROP does not affect the BCP assignment process. In cases of rehabilitative failure, a Marine will be processed for administrative separation, in accordance with reference (f). All rehabilitation failures must be reported to CMC (MMSR-4) via Naval message. Rehabilitation failure is based on the following circumstances:

(1) Failure to demonstrate significant and consistent progress towards meeting Marine Corps weight and body composition standards during the 6-month rehabilitation/aftercare period.

(2) Continued increase in weight and/or body fat during the ROP or the aftercare period.

## 7. Reporting

a. Performance. The CCI or CPTR is responsible for completing the BCP and MAP Evaluation Forms found in enclosures (5) and (6). The CCI or CPTR will ensure the form is complete and accurate information is presented to the Senior Enlisted Advisor (for enlisted Marines) or the Executive Officer (for officers) in order to provide a fair and unbiased assessment to the Commander/OIC. Body composition percentages are to be derived utilizing

enclosures (3) and (4). A copy of the BCP or MAP Evaluation Form will be submitted to the appropriate servicing Personnel Administration Center (PAC) for unit diary recording when the Commander/OIC has made an appropriate formal assignment or removal determination. The CCI or CPTR will retain the original forms in accordance with reference (e).

b. UD-MIPS/MCTFS. Unit diary entries are required for the following circumstances:

- (1) When a Marine is assigned to the BCP following a medical evaluation and Commander/OIC assessment.
- (2) When a Marine is granted a BCP extension.
- (3) When a Marine is placed in an inactive status.
- (4) When a Marine returns to an active BCP status.
- (5) When a Marine is removed from the BCP or program assignment has expired.
- (6) When a Marine is formally assigned to the MAP by a Commander/OIC possessing Special Courts Martial Authority.
- (7) When a Marine is formally removed from the MAP by a Commander/OIC possessing Special Courts Martial Authority.

c. Conduct Marks. For Marines, corporals and below, conduct marks will be adjusted commensurate with BCP and MAP assignment, in accordance with reference (p).

d. Performance Evaluation

(1) Fitness Report. The height, weight and body composition percentage, if applicable, conducted during the official unit screening are the only measurements that will be recorded on items 8d through 8f of Section A on the fitness report form, for the respective reporting period, in accordance with paragraph of 4003.8d through 4003.8f of reference (q).

(2) Directed Comments. A Section I directed comment will be made to address the following circumstances:

(a) When a Marine exceeds established body composition standards, as a result of an underlying medical condition or disease. This does not render the report adverse.

(b) When a Marine is assigned to the BCP, at anytime during the respective reporting period, as a result of exceeding established body composition standards, not the result of an underlying medical condition or disease. BCP formal assignment renders the fitness report adverse.

(c) A Section I directed comment will be made when a Marine fails to present a suitable military appearance at the conclusion of the first formal MAP assignment. Failure to present a suitable military appearance at the conclusion of the initial 60-day formal MAP assignment period renders the fitness report adverse. If a Marine presents a suitable military appearance at any time during MAP assignment, the Marine will be removed from the program without any further administrative action.

e. SRB/OQR. In accordance with reference (f) and (p), page 11/6105 counseling entries will be made for the following occasions:

(1) When a Marine is assigned to the BCP.

"Counseled this date concerning your assignment to the Marine Corps BCP. You are advised that failure to take corrective action and meet established weight/body composition standards may result in administrative separation from the USMC for either weight control failure or unsatisfactory performance per paragraphs 6206 and 6215 of MCO P1900.16F. Specific recommendations for corrective action are: Meet your weight/body fat reduction goals by losing the prescribed \_\_\_ lbs and \_\_\_ percent body fat per month for 6 months and actively participate in your diet and exercise program. Assistance is available through your chain of command. I was advised that within 5 working days after acknowledgment of this entry a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(2) When a Marine fails to make satisfactory progress while assigned to the BCP. This entry is to be made during the fourth month of assignment.

"Counseled this date concerning your unsatisfactory performance while assigned to the Marine Corps BCP. Due to insufficient effort, you have not met your weight/body composition reduction goals. You are advised that failure to take corrective action and reach your required body composition will result in administrative separation for unsatisfactory performance per paragraph 6206 of MCO P1900.16F. Specific recommendations for corrective action are: Meet your weight/body composition reduction goal and actively participate in your diet and exercise program. Assistance is available through your chain of command. I am advised that within 5 working days after acknowledgment of this entry, a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(3) When a Marine makes satisfactory progress, but fails to meet established weight and body compositions standards. This entry will be made at the conclusion of the six month BCP assignment period.

"Counseled this date concerning your failure to comply with established weight/body composition standards while assigned to the Marine Corps BCP. You are advised that failure to take corrective action will result in administrative separation from for weight control failure per paragraph 6215 of MCO P1900.16F. Specific recommendations for corrective action are: Meet your weight/body composition reduction goal and actively participate in your diet and exercise program. Assistance is available through your chain of command. I am advised that within 5 working days after acknowledgment of this entry, a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(4) When a Marine is granted an extension to the BCP.

"Counseled this date concerning your extension on the Marine Corps BCP. You have made reasonable progress but have failed to comply with established weight/body composition standards while on your first assignment to the BCP. Therefore, you have been granted a one-time extension of 6 months to meet the body composition standards set forth in MCO 6101.1. You are advised that failure to take corrective action, while on this 6 month extension, will result in administrative separation for either weight control failure or unsatisfactory performance per paragraphs 6206 and 6215 of MCO P1900.16F. Specific recommendations for corrective action are: Meet your weight/body composition reduction goals by losing the prescribed \_\_\_ lbs and \_\_\_ percent body fat per month for 6 months and actively participate in your diet and exercise program. Assistance is available through your chain of command. I was advised that within 5 working days after acknowledgment of this entry a written rebuttal could be submitted and that such a rebuttal will be filed on the document side of my SRB/OQR. I choose (to)(not to) make such a statement."

(5) The following Page 11 entries will be made upon MAP Assignment/Removal.

(a) (Date) Assigned to MAP this date IAW MCO 6110.3 \_\_\_\_\_.

(b) (Date) Removed from MAP this date IAW MCO 6110.3 \_\_\_\_\_.

## 8. Exemptions and Waivers

### a. Exemptions

(1) Marines diagnosed with an underlying medical condition or disease that is the primary causal factor for the weight gain/improper weight distribution will remain in an inactive BCP status and are not eligible for formal MAP assignment until the condition is alleviated or the Marine is separated, retired or medically discharged.

(2) After confirmation from an APHCP/OB healthcare provider, Marines who are pregnant will be placed in an inactive BCP status and are not eligible for formal MAP assignment during pregnancy, the 42-day (post-partum) convalescent period and for 6 months following RTFD. For pregnancies that do not come to full term, Marines will be required to meet weight standard requirements after consultation with an APHCP/OB health care provider and upon RTFD.

### b. Waivers

(1) Residential Obesity Program (Time In Service) waivers will be submitted to CMC (MMSR-4).

>CH 1 (2) Commanders/OICs possessing Special Courts-Martial Convening Authority may submit a BCP assignment waiver for the "rare" Marine who exceeds established weight and body composition standards yet still presents a suitable military appearance. Because of the direct link between body composition, appearance, performance and leadership, Commanders/OICs are required to provide a detailed explanation behind the basis for their request and all relevant evaluation metrics. Marines being considered for a BCP waiver should display exceptional military appearance, possess a superior

level of fitness and perform beyond all reasonable expectations, despite exceeding established height/weight and body composition standards.

For example, a 30-year old male staff sergeant who is 68" tall and weighs 182 pounds with a body composition of 20%, exceeds standards. However, he is PME complete, tactically and technically proficient, possesses expert rifle and pistol qualifications and routinely achieves a 285 PFT, or better. His performance and reputation is renown throughout the command. He is routinely relied upon by seniors, respected by peers and emulated by subordinates. Most importantly, he displays superior military appearance as determined by the Commander/OIC.

>CH 1 BCP waiver requests will be submitted to DC M&RA (MM) and copies of approved waivers will be forwarded to CG, MCCDC (C461TPS) within 30 days of receipt. Evaluation criteria may include, but is not limited to the following:

- (a) Copy of BCP Evaluation Form with Commander's Assessment.
- (b) Current photograph in Summer Service 'C' uniform.
- (c) Current PFT score.
- (d) Current CFT score.
- (e) Most recent Proficiency/Conduct Marks, if applicable.
- (f) Chain of command endorsement(s).

(3) Approved BCP waivers are valid for one year from the date of approval or whatever time period is authorized by the waiver authority.

(4) Commanders may request a BCP and MAP management waiver when it is determined that deployment to a combat zone under austere environmental or operational conditions prevents effective BCP, MAP or RCP participation.

(a) To be eligible for a BCP and MAP management waiver, commands must be serving in a combat zone and be in receipt of hostile fire pay. However, deployment to a combat zone and receipt of hostile fire pay do not, by themselves, constitute a valid basis for a waiver request.

(b) Approval of a BCP and MAP management waiver is dependent upon unit type, area of operation and degree of environmental or operational austerity. The austere nature of environmental or operational conditions must be of such severity that Marines are prevented routine access to adequate messing, billeting and the ability to conduct physical training unhindered by enemy activity.

(c) Upon approval, a BCP assignment waiver will apply to all Marines within the requesting command. Affected Marines will be placed in an inactive status and will not be evaluated by their commands. However, Marines should continue a reasonable attempt to conform to body composition standards and present a suitable military appearance. While assigned to the BCP, Marines are ineligible for promotion or reenlistment, regardless of combat zone assignment or BCP status.

(d) Should operating conditions change enabling effective BCP and MAP management, commands are encouraged to notify waiver authority and resume normal BCP and MAP management and participation.

(e) Affected units will submit BCP and MAP management waiver requests to the component commander responsible for the area of combat operations (e.g., MARSOUTH, MARCENT). To illustrate, a unit from MARFORPAC deploying to Afghanistan would submit the waiver request to the MARCENT Commander for decision. MARSOC units will submit waiver requests to the MARSOC Commander for decision, regardless of zone or area of deployment. This authority is not to be delegated.

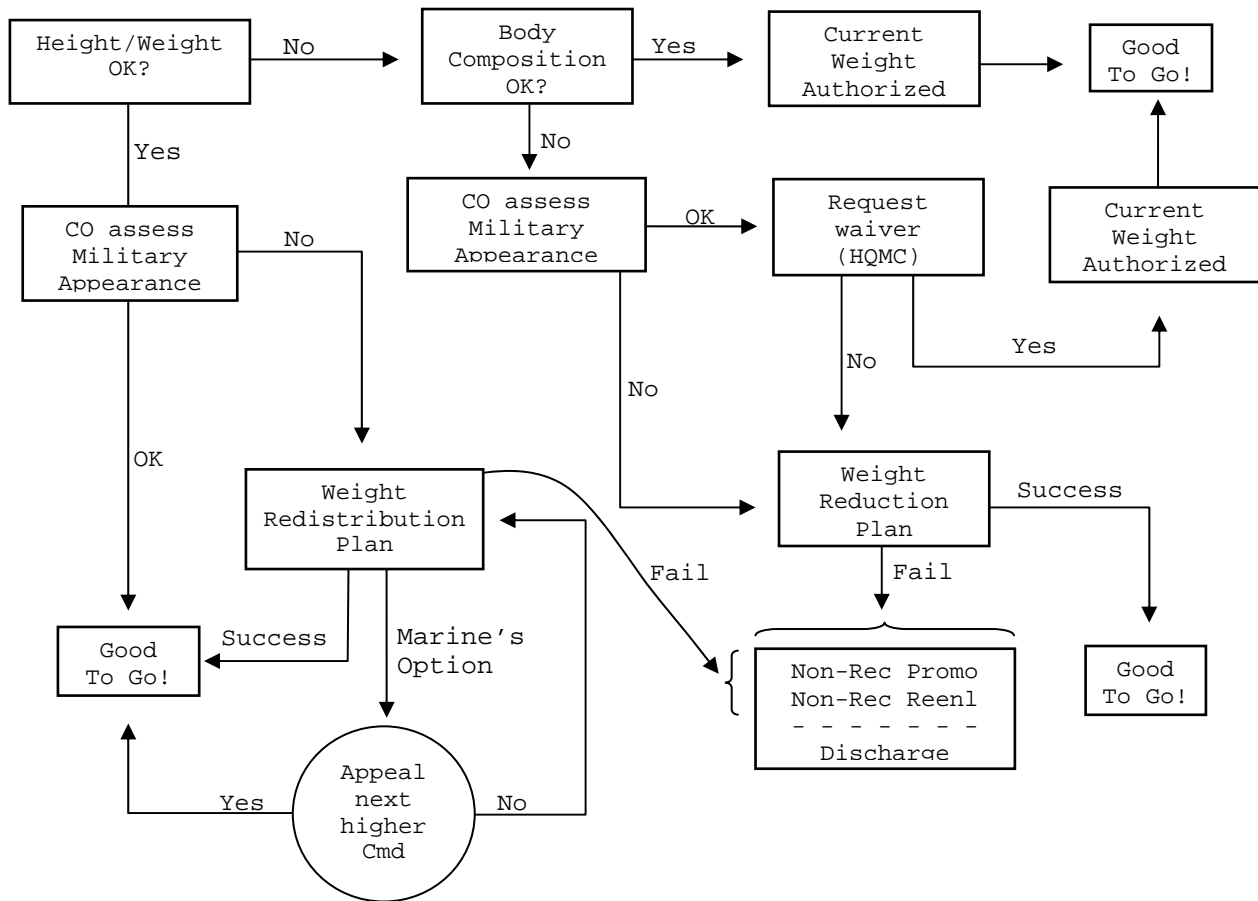
(f) Component commanders are encouraged to designate specific combat zones or areas of operation that merit BCP/MAP management suspension due to known environmental or operational conditions in order to expedite the waiver process for deploying units.

(5) Commands authorized by this Order to grant waivers must send a copy of the waiver response to CG, MCCDC (C461TPS) within 30 days of disposition.



**MCBCMAP Sequence Chart**

Formal Program: Commander's Body Composition/Military Appearance Programs



**DoD Height/Weight Standards**

Males			Females		
HEIGHT	Maximum Standard	Minimum Standard	HEIGHT	Maximum Standard	Minimum Standard
(Inches)	(Pounds)	(Pounds)	(Inches)	(Pounds)	(Pounds)
58"	131	91	58"	119	91
59"	136	94	59"	124	94
60"	141	97	60"	128	97
61"	145	100	61"	132	100
62"	150	104	62"	136	104
63"	155	107	63"	141	107
64"	160	110	64"	145	110
65"	165	114	65"	150	114
66"	170	117	66"	155	117
67"	175	121	67"	159	121
68"	180	125	68"	164	125
69"	186	128	69"	169	128
70"	191	132	70"	174	132
71"	197	136	71"	179	136
72"	202	140	72"	184	140
73"	208	144	73"	189	144
74"	214	148	74"	194	148
75"	220	152	75"	200	152
76"	225	156	76"	205	156
77"	231	160	77"	210	160
78"	237	164	78"	216	164
79"	244	168	79"	221	168
80"	250	173	80"	227	173

**Marine Corps Body Composition Standards**

Age Group	Male	Female
17-26	18% BF	26% BF
27-39	19% BF	27% BF
40-45	20% BF	28% BF
46+	21% BF	29% BF

**DoD Body Composition Standards Table (Males)**

Circumference Value*	Height (in)									
	60.0	60.5	61.0	61.5	62.0	62.5	63.0	63.5	64.0	64.5
13.5	9	9								
14.0	11	11	10	10	10	10	9	9		
14.5	12	12	12	11	11	11	11	10	10	10
15.0	13	13	13	13	12	12	12	12	11	11
15.5	15	14	14	14	14	13	13	13	13	12
16.0	16	16	15	15	15	15	14	14	14	14
16.5	17	17	16	16	16	16	15	15	15	15
17.0	18	18	18	17	17	17	17	16	16	16
17.5	19	19	19	18	18	18	18	17	17	17
18.0	20	20	20	19	19	19	19	18	18	18
18.5	21	21	21	20	20	20	20	19	19	19
19.0	22	22	22	21	21	21	21	20	20	20
19.5	23	23	23	22	22	22	22	21	21	21
20.0	24	24	24	23	23	23	23	22	22	22
20.5	25	25	25	24	24	24	24	23	23	23
21.0	26	26	25	25	25	25	24	24	24	24
21.5	27	27	26	26	26	26	25	25	25	25
22.0	28	27	27	27	27	26	26	26	26	25
22.5	29	28	28	28	28	27	27	27	27	26
23.0	29	29	29	29	28	28	28	28	27	27
23.5	30	30	30	29	29	29	29	28	28	28
24.0	31	31	30	30	30	30	29	29	29	29
24.5	32	31	31	31	31	30	30	30	30	29
25.0	32	32	32	32	31	31	31	31	30	30
25.5	33	33	33	32	32	32	32	31	31	31
26.0	34	34	33	33	33	33	32	32	32	32
26.5	35	34	34	34	34	33	33	33	33	32
27.0	35	35	35	35	34	34	34	34	33	33
27.5	36	36	36	35	35	35	35	34	34	34
28.0	37	36	36	36	36	35	35	35	35	34
28.5			37	37	36	36	36	36	35	35
29.0					37	37	37	36	36	36
29.5								37	37	36
30.0										
30.5										
31.0										
31.5										
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

\* Circumference Value = abdomen circumference - neck circumference (in inches)

**DoD Body Composition Standards Table (Males)**

Circumference Value*	Height (in)									
	65.0	65.5	66.0	66.5	67.0	67.5	68.0	68.5	69.0	69.5
13.5										
14.0										
14.5	10	9	9							
15.0	11	11	10	10	10	10	10	9	9	
15.5	12	12	12	11	11	11	11	11	10	10
16.0	13	13	13	13	12	12	12	12	12	11
16.5	14	14	14	14	14	13	13	13	13	12
17.0	16	15	15	15	15	14	14	14	14	14
17.5	17	16	16	16	16	16	15	15	15	15
18.0	18	18	17	17	17	17	16	16	16	16
18.5	19	19	18	18	18	18	17	17	17	17
19.0	20	20	19	19	19	19	18	18	18	18
19.5	21	21	20	20	20	20	19	19	19	19
20.0	22	21	21	21	21	21	20	20	20	20
20.5	23	22	22	22	22	21	21	21	21	21
21.0	24	23	23	23	23	22	22	22	22	21
21.5	24	24	24	24	23	23	23	23	23	22
22.0	25	25	25	25	24	24	24	24	23	23
22.5	26	26	26	25	25	25	25	24	24	24
23.0	27	27	26	26	26	26	26	25	25	25
23.5	28	27	27	27	27	27	26	26	26	26
24.0	28	28	28	28	28	27	27	27	27	26
24.5	29	29	29	29	28	28	28	28	27	27
25.0	30	30	30	29	29	29	29	28	28	28
25.5	31	31	30	30	30	30	29	29	29	29
26.0	31	31	31	31	31	30	30	30	30	29
26.5	32	32	32	32	31	31	31	31	30	30
27.0	33	33	32	32	32	32	32	31	31	31
27.5	34	33	33	33	33	32	32	32	32	32
28.0	34	34	34	34	33	33	33	33	32	32
28.5	35	35	34	34	34	34	34	33	33	33
29.0	36	35	35	35	35	34	34	34	34	34
29.5	36	36	36	36	35	35	35	35	34	34
30.0	37	37	36	36	36	36	35	35	35	35
30.5			37	37	37	36	36	36	36	35
31.0						37	37	36	36	36
31.5									37	37
32.0										
32.5										
33.0										
33.5										
34.0										
34.5										
35.0										

\* Circumference Value = abdomen circumference - neck circumference (in inches)

**DoD Body Composition Standards Table (Males)**

Circumference Value*	Height (in)									
	70.0	70.5	71.0	71.5	72.0	72.5	73.0	73.5	74.0	74.5
13.5										
14.0										
14.5										
15.0										
15.5	10	10	9	9	9					
16.0	11	11	11	10	10	10	10	10	9	9
16.5	12	12	12	12	11	11	11	11	11	10
17.0	13	13	13	13	13	12	12	12	12	11
17.5	14	14	14	14	14	13	13	13	13	13
18.0	15	15	15	15	15	14	14	14	14	14
18.5	17	16	16	16	16	15	15	15	15	15
19.0	18	17	17	17	17	16	16	16	16	16
19.5	18	18	18	18	18	17	17	17	17	17
20.0	19	19	19	19	19	18	18	18	18	18
20.5	20	20	20	20	19	19	19	19	19	18
21.0	21	21	21	21	20	20	20	20	20	19
21.5	22	22	22	21	21	21	21	21	20	20
22.0	23	23	23	22	22	22	22	22	21	21
22.5	24	24	23	23	23	23	23	22	22	22
23.0	25	24	24	24	24	24	23	23	23	23
23.5	25	25	25	25	25	24	24	24	24	24
24.0	26	26	26	26	25	25	25	25	25	24
24.5	27	27	27	26	26	26	26	26	25	25
25.0	28	28	27	27	27	27	26	26	26	26
25.5	29	28	28	28	28	27	27	27	27	27
26.0	29	29	29	29	28	28	28	28	28	27
26.5	30	30	30	29	29	29	29	28	28	28
27.0	31	30	30	30	30	30	29	29	29	29
27.5	31	31	31	31	30	30	30	30	30	29
28.0	32	32	32	31	31	31	31	31	30	30
28.5	33	32	32	32	32	32	31	31	31	31
29.0	33	33	33	33	32	32	32	32	32	31
29.5	34	34	34	33	33	33	33	32	32	32
30.0	35	34	34	34	34	34	33	33	33	33
30.5	35	35	35	35	34	34	34	34	34	33
31.0	36	36	35	35	35	35	35	34	34	34
31.5	36	36	36	36	36	35	35	35	35	35
32.0	37	37	37	36	36	36	36	36	35	35
32.5				37	37	36	36	36	36	36
33.0							37	37	36	36
33.5										37
34.0										
34.5										

\* Circumference Value = abdomen circumference - neck circumference (in inches)

**DoD Body Composition Standards Table (Males)**

Circumference Value*	Height (in)									
	75.0	75.5	76.0	76.5	77.0	77.5	78.0	78.5	79.0	79.5
13.5										
14.0										
14.5										
15.0										
15.5										
16.0										
16.5	10	10	10	10	9	9				
17.0	11	11	11	11	10	10	10	10	10	9
17.5	12	12	12	12	12	11	11	11	11	11
18.0	13	13	13	13	13	12	12	12	12	12
18.5	14	14	14	14	14	13	13	13	13	13
19.0	15	15	15	15	15	14	14	14	14	14
19.5	16	16	16	16	16	15	15	15	15	15
20.0	17	17	17	17	17	16	16	16	16	16
20.5	18	18	18	18	17	17	17	17	17	16
21.0	19	19	19	19	18	18	18	18	18	17
21.5	20	20	20	19	19	19	19	19	18	18
22.0	21	21	20	20	20	20	20	20	19	19
22.5	22	22	21	21	21	21	21	20	20	20
23.0	23	22	22	22	22	22	21	21	21	21
23.5	23	23	23	23	23	22	22	22	22	22
24.0	24	24	24	24	23	23	23	23	23	22
24.5	25	25	25	24	24	24	24	24	23	23
25.0	26	25	25	25	25	25	24	24	24	24
25.5	26	26	26	26	26	25	25	25	25	25
26.0	27	27	27	27	26	26	26	26	26	25
26.5	28	28	27	27	27	27	27	26	26	26
27.0	29	28	28	28	28	28	27	27	27	27
27.5	29	29	29	29	28	28	28	28	28	27
28.0	30	30	29	29	29	29	29	29	28	28
28.5	31	30	30	30	30	30	29	29	29	29
29.0	31	31	31	31	30	30	30	30	30	29
29.5	32	32	31	31	31	31	31	30	30	30
30.0	32	32	32	32	32	31	31	31	31	31
30.5	33	33	33	32	32	32	32	32	32	31
31.0	34	33	33	33	33	33	33	32	32	32
31.5	34	34	34	34	33	33	33	33	33	33
32.0	35	35	34	34	34	34	34	33	33	33
32.5	35	35	35	35	35	34	34	34	34	34
33.0	36	36	36	35	35	35	35	35	34	34
33.5	37	36	36	36	36	36	35	35	35	35
34.0		37	37	37	36	36	36	36	36	35
34.5					37	37	37	36	36	36
35.0								37	37	36

\* Circumference Value = abdomen circumference - neck circumference (in inches)

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
45.0	19									
45.5	20	20	19							
46.0	21	20	20	20	19					
46.5	21	21	21	20	20	20	19	19		
47.0	22	22	22	21	21	20	20	20	19	19
47.5	23	23	22	22	22	21	21	21	20	20
48.0	24	23	23	23	22	22	22	21	21	21
48.5	24	24	24	23	23	23	22	22	22	21
49.0	25	25	24	24	24	23	23	23	22	22
49.5	26	26	25	25	24	24	24	23	23	23
50.0	27	26	26	26	25	25	24	24	24	23
50.5	27	27	27	26	26	26	25	25	25	24
51.0	28	28	27	27	27	26	26	26	25	25
51.5	29	28	28	28	27	27	27	26	26	26
52.0	29	29	29	28	28	28	27	27	27	26
52.5	30	30	29	29	29	28	28	28	27	27
53.0	31	30	30	30	29	29	29	28	28	28
53.5	31	31	31	30	30	30	29	29	29	28
54.0	32	32	31	31	31	30	30	30	29	29
54.5	33	32	32	32	31	31	31	30	30	30
55.0	33	33	33	32	32	32	31	31	31	30
55.5	34	34	33	33	33	32	32	32	31	31
56.0	35	34	34	34	33	33	33	32	32	31
56.5	35	35	35	34	34	34	33	33	32	32
57.0	36	36	35	35	34	34	34	33	33	33
57.5	37	36	36	35	35	35	34	34	34	33
58.0	37	37	36	36	36	35	35	35	34	34
58.5	38	37	37	37	36	36	36	35	35	35
59.0	38	38	38	37	37	37	36	36	36	35
59.5	39	39	38	38	38	37	37	36	36	36
60.0	40	39	39	38	38	38	37	37	37	36
60.5	40	40	39	39	39	38	38	38	37	37
61.0	41	40	40	40	39	39	39	38	38	38
61.5	41	41	41	40	40	40	39	39	38	38
62.0	42	42	41	41	40	40	40	39	39	39

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	58.0	58.5	59.0	59.5	60.0	60.5	61.0	61.5	62.0	62.5
62.5	42	42	42	41	41	41	40	40	40	39
63.0	43	43	42	42	42	41	41	41	40	40
63.5	44	43	43	42	42	42	41	41	41	40
64.0	44	44	43	43	43	42	42	42	41	41
64.5	45	44	44	44	43	43	43	42	42	42
65.0	45	45	45	44	44	43	43	43	42	42
65.5	46	45	45	45	44	44	44	43	43	43
66.0	46	46	46	45	45	45	44	44	43	43
66.5	47	46	46	46	45	45	45	44	44	44
67.0			47	46	46	46	45	45	45	44
67.5				47	46	46	46	45	45	45
68.0					47	47	46	46	46	45
68.5							47	46	46	46
69.0								47	47	46
69.5										47
70.0										
70.5										
71.0										
71.5										
72.0										
72.5										
73.0										
73.5										
74.0										
74.5										
75.0										
75.5										
76.0										
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

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



**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5	19	19								
48.0	20	20	20	19						
48.5	21	21	20	20	20	19				
49.0	22	21	21	21	20	20	20	19	19	
49.5	22	22	22	21	21	21	20	20	20	19
50.0	23	23	22	22	22	21	21	21	21	20
50.5	24	23	23	23	23	22	22	22	21	21
51.0	25	24	24	24	23	23	23	22	22	22
51.5	25	25	25	24	24	24	23	23	23	22
52.0	26	26	25	25	25	24	24	24	23	23
52.5	27	26	26	26	25	25	25	24	24	24
53.0	27	27	27	26	26	26	25	25	25	24
53.5	28	28	27	27	27	26	26	26	25	25
54.0	29	28	28	28	27	27	27	26	26	26
54.5	29	29	29	28	28	28	27	27	27	26
55.0	30	30	29	29	29	28	28	28	27	27
55.5	31	30	30	30	29	29	29	28	28	28
56.0	31	31	30	30	30	30	29	29	29	28
56.5	32	31	31	31	30	30	30	29	29	29
57.0	32	32	32	31	31	31	30	30	30	29
57.5	33	33	32	32	32	31	31	31	30	30
58.0	34	33	33	33	32	32	32	31	31	31
58.5	34	34	34	33	33	33	32	32	32	31
59.0	35	35	34	34	34	33	33	33	32	32
59.5	35	35	35	34	34	34	33	33	33	33
60.0	36	36	35	35	35	34	34	34	33	33
60.5	37	36	36	36	35	35	35	34	34	34
61.0	37	37	37	36	36	36	35	35	35	34
61.5	38	37	37	37	36	36	36	36	35	35
62.0	38	38	38	37	37	37	36	36	36	35

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	63.0	63.5	64.0	64.5	65.0	65.5	66.0	66.5	67.0	67.5
62.5	39	39	38	38	38	37	37	37	36	36
63.0	40	39	39	39	38	38	38	37	37	37
63.5	40	40	39	39	39	38	38	38	37	37
64.0	41	40	40	40	39	39	39	38	38	38
64.5	41	41	41	40	40	40	39	39	39	38
65.0	42	41	41	41	40	40	40	39	39	39
65.5	42	42	42	41	41	41	40	40	40	39
66.0	43	42	42	42	41	41	41	41	40	40
66.5	43	43	43	42	42	42	41	41	41	40
67.0	44	44	43	43	43	42	42	42	41	41
67.5	44	44	44	43	43	43	42	42	42	41
68.0	45	45	44	44	44	43	43	43	42	42
68.5	45	45	45	44	44	44	43	43	43	43
69.0	46	46	45	45	45	44	44	44	43	43
69.5	46	46	46	45	45	45	44	44	44	44
70.0	47	47	46	46	46	45	45	45	44	44
70.5			47	46	46	46	46	45	45	45
71.0				47	47	46	46	46	45	45
71.5						47	47	46	46	46
72.0							47	47	46	46
72.5									47	47
73.0										
73.5										
74.0										
74.5										
75.0										
75.5										
76.0										
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5										
48.0										
48.5										
49.0										
49.5	19									
50.0	20	20	19							
50.5	21	20	20	20	19	19				
51.0	21	21	21	20	20	20	19	19		
51.5	22	22	21	21	21	20	20	20	20	19
52.0	23	22	22	22	21	21	21	21	20	20
52.5	23	23	23	22	22	22	22	21	21	21
53.0	24	24	23	23	23	22	22	22	22	21
53.5	25	24	24	24	23	23	23	23	22	22
54.0	25	25	25	24	24	24	24	23	23	23
54.5	26	26	25	25	25	24	24	24	24	23
55.0	27	26	26	26	25	25	25	25	24	24
55.5	27	27	27	26	26	26	25	25	25	25
56.0	28	28	27	27	27	26	26	26	25	25
56.5	29	28	28	28	27	27	27	26	26	26
57.0	29	29	29	28	28	28	27	27	27	26
57.5	30	29	29	29	29	28	28	28	27	27
58.0	30	30	30	29	29	29	29	28	28	28
58.5	31	31	30	30	30	29	29	29	29	28
59.0	32	31	31	31	30	30	30	29	29	29
59.5	32	32	32	31	31	31	30	30	30	29
60.0	33	32	32	32	32	31	31	31	30	30
60.5	33	33	33	32	32	32	32	31	31	31
61.0	34	34	33	33	33	32	32	32	32	31
61.5	35	34	34	34	33	33	33	32	32	32
62.0	35	35	35	34	34	34	33	33	33	32

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	68.0	68.5	69.0	69.5	70.0	70.5	71.0	71.5	72.0	72.5
62.5	36	35	35	35	34	34	34	34	33	33
63.0	36	36	36	35	35	35	34	34	34	34
63.5	37	37	36	36	36	35	35	35	34	34
64.0	37	37	37	36	36	36	36	35	35	35
64.5	38	38	37	37	37	36	36	36	36	35
65.0	38	38	38	38	37	37	37	36	36	36
65.5	39	39	38	38	38	37	37	37	37	36
66.0	40	39	39	39	38	38	38	37	37	37
66.5	40	40	39	39	39	39	38	38	38	37
67.0	41	40	40	40	39	39	39	39	38	38
67.5	41	41	41	40	40	40	39	39	39	38
68.0	42	41	41	41	40	40	40	40	39	39
68.5	42	42	42	41	41	41	40	40	40	39
69.0	43	42	42	42	41	41	41	41	40	40
69.5	43	43	43	42	42	42	41	41	41	41
70.0	44	43	43	43	43	42	42	42	41	41
70.5	44	44	44	43	43	43	42	42	42	42
71.0	45	44	44	44	44	43	43	43	42	42
71.5	45	45	45	44	44	44	43	43	43	43
72.0	46	45	45	45	45	44	44	44	43	43
72.5	46	46	46	45	45	45	44	44	44	44
73.0	47	46	46	46	45	45	45	45	44	44
73.5		47	47	46	46	46	45	45	45	44
74.0				47	46	46	46	46	45	45
74.5					47	47	46	46	46	45
75.0							47	46	46	46
75.5								47	47	46
76.0										47
76.5										
77.0										
77.5										
78.0										
78.5										
79.0										
79.5										

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
45.0										
45.5										
46.0										
46.5										
47.0										
47.5										
48.0										
48.5										
49.0										
49.5										
50.0										
50.5										
51.0										
51.5										
52.0	20	19	19							
52.5	20	20	20	19	19					
53.0	21	21	20	20	20	20	19	19		
53.5	22	21	21	21	21	20	20	20	19	19
54.0	22	22	22	21	21	21	21	20	20	20
54.5	23	23	22	22	22	22	21	21	21	20
55.0	24	23	23	23	22	22	22	22	21	21
55.5	24	24	24	23	23	23	23	22	22	22
56.0	25	25	24	24	24	23	23	23	23	22
56.5	26	25	25	25	24	24	24	24	23	23
57.0	26	26	26	25	25	25	24	24	24	24
57.5	27	26	26	26	26	25	25	25	25	24
58.0	27	27	27	27	26	26	26	25	25	25
58.5	28	28	27	27	27	27	26	26	26	25
59.0	29	28	28	28	27	27	27	27	26	26
59.5	29	29	29	28	28	28	27	27	27	27
60.0	30	30	29	29	29	28	28	28	28	27
60.5	30	30	30	30	29	29	29	28	28	28
61.0	31	31	30	30	30	30	29	29	29	28
61.5	32	31	31	31	30	30	30	30	29	29
62.0	32	32	32	31	31	31	30	30	30	30

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

**DoD Body Composition Standards Table (Females)**

Circumference Value*	Height (in)									
	73.0	73.5	74.0	74.5	75.0	75.5	76.0	76.5	77.0	77.5
62.5	33	32	32	32	32	31	31	31	30	30
63.0	33	33	33	32	32	32	32	31	31	31
63.5	34	34	33	33	33	32	32	32	32	31
64.0	34	34	34	34	33	33	33	32	32	32
64.5	35	35	34	34	34	33	33	33	33	32
65.0	35	35	35	35	34	34	34	33	33	33
65.5	36	36	35	35	35	35	34	34	34	33
66.0	37	36	36	36	35	35	35	35	34	34
66.5	37	37	37	36	36	36	35	35	35	35
67.0	38	37	37	37	36	36	36	36	35	35
67.5	38	38	38	37	37	37	36	36	36	36
68.0	39	38	38	38	38	37	37	37	36	36
68.5	39	39	39	38	38	38	37	37	37	37
69.0	40	39	39	39	39	38	38	38	37	37
69.5	40	40	40	39	39	39	39	38	38	38
70.0	41	40	40	40	40	39	39	39	38	38
70.5	41	41	41	40	40	40	40	39	39	39
71.0	42	41	41	41	41	40	40	40	39	39
71.5	42	42	42	41	41	41	41	40	40	40
72.0	43	42	42	42	42	41	41	41	40	40
72.5	43	43	43	42	42	42	42	41	41	41
73.0	44	43	43	43	43	42	42	42	41	41
73.5	44	44	44	43	43	43	42	42	42	42
74.0	45	44	44	44	44	43	43	43	42	42
74.5	45	45	45	44	44	44	43	43	43	43
75.0	46	45	45	45	44	44	44	44	43	43
75.5	46	46	46	45	45	45	44	44	44	44
76.0	47	46	46	46	45	45	45	45	44	44
76.5		47	46	46	46	46	45	45	45	44
77.0			47	47	46	46	46	45	45	45
77.5					47	47	46	46	46	45
78.0						47	47	46	46	46
78.5								47	47	46
79.0										47
79.5										

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

BCP Evaluation Form

FOUO - Privacy Sensitive when filled in											
<b>BCP EVALUATION FORM</b>											
<b>Unit</b>											
<b>Respondent Information</b>											
<b>Rank</b>	<b>First Name</b>	<b>MI</b>	<b>Last Name</b>			<b>SSN</b>	<b>DOB</b>				
<b>Initial BCP Assessment</b>											
<b>Date</b>	<b>Height</b>	<b>Weight</b>	<b>Max Weight</b>	<b>BC%</b>	<b>Max BC%</b>						
<b>Combat Conditioning Instructor/Command PT Representative</b>											
<b>Rank</b>	<b>First Name</b>	<b>MI</b>	<b>Last Name</b>			<b>Signature</b>	<b>Date</b>				
<b>Initial Medical Evaluation</b>											
<b>Findings</b>	Weight gain due to an underlying cause or disease, additional medical testing/evaluation required										
	Weight gain due to an underlying cause or disease, residential obesity program recommended										
	Weight gain not due to an underlying cause or disease, fit for assignment to BCP and RPCP										
Weight gain not due to an underlying cause or disease, fit for assignment to BCP with limitations											
<b>Recommendations</b>											
<b>Limitations</b>											
<b>ACHCP</b>											
<b>Rank</b>	<b>First Name</b>	<b>MI</b>	<b>Last Name</b>			<b>Title</b>	<b>Service</b>				
<b>Signature</b>					<b>Date</b>						
<b>BCP Monthly Objectives</b>											
<b>Month 1</b>		<b>Month 2</b>		<b>Month 3</b>		<b>Month 4</b>		<b>Month 5</b>		<b>Month 6</b>	
<b>Weight</b>	<b>BC%</b>	<b>Weight</b>	<b>BC%</b>	<b>Weight</b>	<b>BC%</b>	<b>Weight</b>	<b>BC%</b>	<b>Weight</b>	<b>BC%</b>	<b>Weight</b>	<b>BC%</b>
<b>BCP Assignment</b>											
<b>Assignment</b>			<b>Start Date</b>		<b>End Date</b>		<b>Target Weight</b>		<b>Target BC%</b>		
<b>Evaluation</b>	<b>First</b>	<b>Extention</b>	<b>Second</b>								
<b>Commanding Officer</b>											
<b>Rank</b>	<b>First Name</b>	<b>MI</b>	<b>Last Name</b>			<b>Unit Diary Number</b>	<b>Date</b>				
<b>Signature</b>					<b>Date</b>						
<b>Respondent Acknowledgement</b>											
<b>Initial</b>											
	I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program.										
	I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation.										
	I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation.										
	I understand I am required to complete MCI Course 3316, "Basic Nutrition." (First assignment to BCP only) and adhere to the nutritional guidance provided by an ACHCP throughout my assignment to the BCP.										
	I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP.										
<b>Respondent Signature</b>					<b>Date</b>						
<b>Final BCP Assessment</b>											
<b>Start Weight</b>		<b>Start BC%</b>		<b>Start Date</b>		<b>Final Weight</b>		<b>Final BC%</b>		<b>End Date</b>	
<b>BCP Determination</b>											
<b>Initial</b>											
	1st/2d Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary.										
	1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
	1st Assignment: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months.										
	Extension: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment.										
	Extension/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
<b>Respondent Signature</b>					<b>Date</b>						
<b>Commanding Officer</b>											
<b>Rank</b>	<b>First Name</b>	<b>MI</b>	<b>Last Name</b>			<b>Unit Diary Number</b>	<b>Date</b>				
<b>Signature</b>					<b>Date</b>						
NAVMC 11621 (06-08) (EF)					FOUO - Privacy Sensitive when filled in						

MAP Evaluation Form

FOUO - Privacy Sensitive when filled in						
<b>MAP Evaluation Form</b>						
Unit						
<b>Respondent Information</b>						
Rank	First Name	MI	Last Name	SSN	DOB	
<b>Initial MAP Assessment</b>						
Date	Height	Weight	Max Weight	BC%	Max BC%	
<b>Combat Conditioning Instructor/Command PT Representative</b>						
Rank	First Name	MI	Last Name	Signature	Date	
<b>Photo</b>			Rank	Name		
			Executive Officer			
			Sergeant Major/Senior Enlisted Advisor	Rank	Name	
	<b>Findings</b>					
	Respondent presents suitable military appearance					
	Respondent does not present suitable military appearance due to subjective personal appearance indicators					
	Respondent does not present suitable military appearance due to improper weight distribution					
	<b>Recommendation</b>					
	MAP assignment not warranted, no further action required					
MAP assignment required in order to ensure compliance with military appearance standards						
<b>MAP Assignment</b>						
<b>Initial</b>		<b>Extension</b>				
Start Date	End Date	Target BC%	Start Date	End Date	Target BC%	
<b>Commanding Officer</b>						
Rank	First Name	MI	Last Name	Unit Diary Number	Date	
Signature					Date	
<b>Respondent Acknowledgement</b>						
Initial						
	I understand I do not present a suitable military appearance and that failure to comply with established height/weight and body composition standards may result in my assignment to the Body Composition Program.					
	I understand I am required to comply with established body composition, personal hygiene, grooming and uniform standards within the prescribed timeline and failure to do so may result in my continued assignment to the Military Appearance Program.					
	I understand I am required to meet established military appearance standards, participate in the unit Remedial Physical Conditioning Program and that failure to do so may result in my continued assignment to the MAP.					
	I understand I am required to complete MCI Course 3316, "Basic Nutrition." (First assignment to MAP only) and adhere to the nutritional guidance provided by an ACHCP throughout my assignment to the MAP.					
	I understand my participation in RPCP is mandatory while assigned to the MAP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the MAP.					
Respondent Signature					Date	
<b>MAP Determination</b>						
Initial						
	You are in compliance with Marine Corps military appearance standards, and are officially removed from the MAP (and RPCP) on the Unit Diary.					
	You are not in compliance with Marine Corps military appearance standards, your assignment to the MAP (and RPCP) remains in effect.					
	You are not in compliance with Marine Corps body composition standards and will be evaluated for assignment to the Body Composition Program (and RPCP).					
Respondent Signature					Date	
<b>Commanding Officer</b>						
Rank	First Name	MI	Last Name	Unit Diary Number	Date	
Signature					Date	
NAVMC 11620 (06-08) (EF)				FOUO - Privacy Sensitive when filled in		