



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS UNITED STATES SPACE FORCE
WASHINGTON DC**

13 January 2023

MEMORANDUM FOR ALL MAJCOM/FLDCOM-FOA/CC

FROM: HQ USSF/S1
2020 US Space Force Pentagon
Washington DC, 22030-2000

SUBJECT: United States Space Force Body Composition Program

References: DoDI 1308.03 *DoD Physical Fitness/Body Composition Program*, 10 Mar 22

1. Effective 13 January 2023, in accordance with DoDI 1308.03, *DoD Physical Fitness/Body Composition Program* which mandates military services establish body composition requirements for service members to ensure physical readiness, the U.S. Space Force (USSF) will implement a new body composition program (BCP) replacing the previous abdominal circumference measurement. The USSF BCP requires uniformed military members to have an annual body composition assessment (BCA) within their birth month and uses the waist-to-height ratio (WHtR) to calculate body composition by dividing waist circumference by height.

2. Implementation of, and assessments under, the Space Force BCP starts on 1 April 2023 with a one-year adaptation period. The initial recorded BCA will be considered a “baseline assessment.” Administrative actions are not authorized based solely on the results of BCAs assessed in the adaptation period. The assessment provides a military standard for body composition and an associated health risk supporting Space Force service requirements:

- a. Meeting Standard (Low-Moderate Risk): (WHtR < 0.55)
- b. Not Meeting Standard (High Risk/Sub-Optimal): (WHtR ≥ 0.55)

3. The BCP will be a commander-driven program and will adhere to this policy when administering the BCP. Commanders or equivalents will:

- a. Execute, enforce, and ensure equitable administration of BCA across the unit by providing safe facilities and equipment, necessary resources, and funding to support the BCP.
- b. Identify male and female body composition managers (BCM) within units to administer BCAs and manage the IT system platform (myBodyComp) site for their unit/PAS code. Units must have at least one BCM of each gender; there is no grade requirement.
- c. Purchase required equipment (e.g., non-stretch tape measure in inches).
- d. Enroll Guardians initially identified during the adaptation period with a WHtR of ≥ 0.55 into a required 12-month *informal* self-directed Body Composition Improvement Program (BCIP) using the DAF Form 108, *Department of the Air Force Fitness Education and Intervention Processing* until publication of the new DAF Form 113, *Department of the Air Force Body Composition Assessment Scorecard and Intervention Worksheet*.

- i. Enrollment in the informal self-directed BCIP is not considered a failure to meet the BCP standard. Commanders will not take administrative actions during the informal self-directed BCIP.
 - e. Ensure compliance with the BCIP developed by Guardians and reassess WHtR after completing the informal self-directed BCIP.
 - f. Enroll Guardians in a *formal* self-directed BCIP after subsequent failures to achieve BCP standards using the DAF Form 108 until publication of the new DAF Form 113.
 - i. Enrollment in the formal self-directed BCIP is considered the first failure to meet the BCP standard. Reassessments will be conducted during the next birth month or no later than the last day of the 12th month from the last BCA.
 - g. After the formal self-directed BCIP period has passed without compliance and when no medical condition exists that would preclude Guardians from meeting the BCP standard, commanders may consider administrative actions to include separation for repeated failures.
4. BCMs will:
- a. Attend mandatory training before executing duties as required by the BCP. Training dates are forthcoming via MyPers messaging.
 - b. Administer BCAs within the unit and only assess members of the same gender. BCMs will use member's gender reflected in Military Personnel Data System for BCAs.
 - c. Input WHtR results into myBodyComp to include exemptions.
 - d. Communicate program requirements (e.g., body composition improvement plan) for Guardians enrolled in informal and formal self-directed BCIP and assist members using DAF Form 108 until publication of the new DAF Form 113.
 - e. Provide unit BCP metrics and reports available in the myBodyComp platform to the unit commander upon request.
 - f. Inform unit commander of Guardians who do not meet program requirements (e.g. overdue BCA, not meeting BCP standards, non-compliance with program requirements).
5. Guardians will:
- a. Assess annually within their birth month or no later than the last day of the 12th month from the last BCA, regardless of risk category.
 - i. To ensure decoupling of the DAF Physical Fitness Assessment (PFA) and to allow for mission and personal flexibility, members may opt to accomplish their BCA up to one calendar month before their birth month or reassessment date. Guardians may opt to take the BCA and the PFA at the same time, but may not be directed to do so.
 - ii. BCAs will not be taken when a member is provided a medical, deployment, commander, and/or non-participating exemption. Members will be required to accomplish a BCA within two months after the exemption expiration. Note: all members will have a BCA taken when on a medical

restriction unless a profile, using AF Form 469 *Duty Limiting Condition Report*, indicates a BCA exemption.

b. Complete the following if identified as not meeting standards (WHtR \geq 0.55):

i. Enroll in the 12-month informal self-directed BCIP and reassess WHtR upon completion.

ii. Schedule a medical evaluation and assessment for risk factors with their Medical Treatment Facility.

iii. Review the *Health and Readiness Optimization (HeRO) Body Composition Guide*, which provides information and resources on achieving a healthy body composition.

iv. Develop a body composition improvement action plan that outlines the strategy, resources, and counseling options the member will use and submit it to the BCM and unit commander.

c. Complete the following if identified as not meeting standards (WHtR \geq 0.55) after completion of the informal self-directed program:

i. Enroll in the formal self-directed BCIP.

ii. Review, continue, and/or adjust body composition improvement plan utilizing resources to achieve the BCP standard (e.g., Medical, HeRO Guide, local helping agencies).

iii. Reassess WHtR during the next birth month or no later than the last day of the 12th month from last BCA, whichever comes first.

iv. Re-enroll in formal self-directed BCIP if identified as failing to meet standard after subsequently meeting standard.

6. This policy applies to uniformed Space Force personnel only and becomes void upon release of superseding policy. Address questions pertaining to this memorandum to HQSF.S1P.Workflow@spaceforce.mil.

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