



## NATIONAL GUARD BUREAU

111 SOUTH GEORGE MASON DRIVE  
ARLINGTON VA 22204-1382

ARNG-HRR (601)

23 February 2021

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

SUBJECT: SMOM 21-024, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

1. References:

a. HQDA EXORD 234-19 (Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program), September 2019.

b. Army Regulation (AR) 40-501 (Standards of Medical Fitness).

c. AR 600-9 (The Army Body Composition Program).

d. AR 601-210 (Regular Army and Reserve Components Enlistment Program).

2. This memorandum rescinds SMOM 19-029. Effective 1 October 2019, Non-Prior Service applicants who qualify under the Assessment of Recruit Motivation 2 Program (ARMS 2.0) may enlist into the Army National Guard (ARNG) through 30 September 2022. ARMS 2.0 enlistments will not exceed three percent (3%) of each State, Territory, and the District of Columbia's accessions.

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

4. Qualifications. ARMS 2.0 is available to applicants who meet all of the following requirements:

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

b. Body Fat Composition.

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

ARNG-HRR (601)

SUBJECT: SMOM 21-024, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

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

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

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

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

6. ARMS 2.0 is not available to officer producing programs including Officer Candidate School (OCS), Simultaneous Membership Program (SMP), and Warrant Officer Flight Training program (WOFT) enlistment options.

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

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

9. Applicants qualifying for ARMS 2.0 must meet body fat standards no later than one year after starting IET/IADT for the ARNG. These Soldiers will not be subject to a suspension of favorable personnel actions for exceeding the body fat composition standards prior to meeting the one year timeline.

10. Shipping Guidance.

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

ARNG-HRR (601)

SUBJECT: SMOM 21-024, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

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

#### 11. MEPS Guidance Counselors.

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

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

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

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

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

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

g. Ensure the ARMS 2.0 clause is captured in the remarks section of the DD Form 1966 and populates the Guard Annex. Review each of these with every applicant that enlists. In the ARMS 2.0 clause, the enlistee will acknowledge enlistment under the ARMS 2.0 pilot program and all criteria requirements in paragraphs 4a through 4d above prior to starting IET.

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

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

ARNG-HRR (601)

SUBJECT: SMOM 21-024, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

## 12. Recruit Sustainment Program (RSP).

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

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

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

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

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

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

## 13. ARNG Recruiting and Retention Battalion (RRB).

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

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

ARNG-HRR (601)

SUBJECT: SMOM 21-024, Implementation of Assessment of Recruit Motivation and Strength Pilot Program 2.0 (ARMS 2.0)

14. Gaining Unit Commanders.

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

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

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

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

16. The point of contact for this message is MSG Matthew A. Campbell at (703) 607-0944 or at [matthew.a.campbell22.mil@mail.mil](mailto:matthew.a.campbell22.mil@mail.mil).

3 Encls

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

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Date: 2021.02.23 07:46:07 -05'00'

RONALD D. HOGSTEN  
COL, AG  
Chief, Strength Maintenance Division  
Army National Guard