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# EXPANDED POSTPARTUM EXEMPTION PERIOD FOR FITNESS AND BODY COMPOSITION STANDARDS

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SUBJ/EXPANDED POSTPARTUM EXEMPTION PERIOD FOR FITNESS AND BODY COMPOSITION STANDARDS//

REF/A/DOC/DON/16APR19//

REF/B/DOC/DON/30DEC19//

REF/C/DOC/DON/13APR2020//

NARR/REF A IS MARINE CORPS ORDER 6110.3A WITH CHANGE 1 AND ADMIN CHANGE MARINE CORPS BODY COMPOSITION AND MILITARY APPEARANCE PROGRAM. REF B IS MARINE CORPS ORDER 6100.13A WITH CHANGE 2 MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS. REF C IS MARINE CORPS ORDER 5000.12F MARINE CORPS POLICY CONCERNING PARENTHOOD AND PREGNANCY//

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GENTEXT/REMARKS/1. This MARADMIN announces the expansion of the pregnancy/postpartum exemption period for physical fitness testing and body composition standards.

2. Effective immediately, the pregnancy/postpartum exemption period in references (a), (b), and (c) is expanded from nine months to 12 months. This policy change will be incorporated into the next revision of references (a) and (b).

3. Body Composition Program (BCP) and Military Appearance Program (MAP).

3.a. Marines who are confirmed pregnant by a privileged health care provider (PHCP) are exempt from participating in the BCP or MAP for at least 12 months

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expected to meet body composition standards at the next weigh-in. If already assigned to BCP or MAP, Marines will be placed in an inactive status during pregnancy and for twelve months after the birth event. After the 12 month period, the Marine will continue with the remainder of the BCP or MAP assignment in accordance with reference (a).

3.b. A birthmother whose birth event occurred between nine and 12 months prior to the publication of this MARADMIN and is on BCP (this would be those birthmothers put on the program in the last three months) shall be removed and reevaluated in accordance with this MARADMIN and reference (a). Any Marine who completed their postpartum recovery period within the last three months leading up to the publication of this MARADMIN and received an adverse fitness report due to being assigned to the BCP may seek relief by petitioning the Performance Evaluation Review Board.

4. Physical Fitness Test (PFT) and Combat Fitness Test (CFT).

4.a. Marines who are confirmed pregnant by a PHCP are exempt from taking the PFT/CFT. After delivery, Marines will participate in a progressive and appropriate exercise program, as soon as medically authorized, to return to pre-birth fitness levels and to prepare for the PFT/CFT. No earlier than 12 months after the birth event, the Marine is required to take the PFT/CFT at the next regularly scheduled physical fitness evaluation in that semi-annual period.

4.b. Marines who are postpartum and under the age of 46 may conduct the rowing event in lieu of the three-mile run on the PFT if recommended by a PHCP and approved by the Commanding Officer or Officer in Charge in accordance with reference (b) guidelines.

5. All guidelines in reference (c) remain in effect.

6. In order to provide accurate reporting and monitoring, automation of these changes in the Marine Corps Total Force System will be developed with an anticipated software release of April 2022. Until then, commands will have to manually report and monitor. Manpower and Reserve Affairs (M&RA) will provide additional guidance on this aspect.

7. For questions contact the Human Performance Branch at [tecom.forcefitness@usmc.mil](mailto:tecom.forcefitness@usmc.mil) or the listed POCs. Additional resources to include "Pregnancy and Postpartum Physical Training Guidebook" and "Pregnancy and Postpartum Physical Training Handbook" can be found at <https://www.fitness.marines.mil>.

8. This MARADMIN was coordinated with Deputy Commandant M&RA and the Medical Officer of the Marine Corps and is applicable to the Marine Corps Total Force.

9. Release authorized by Lieutenant General Lewis A. Craparotta, Commanding General, Training and Education Command.//

