



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY JAPAN  
UNIT 45005  
APO AP 96343-5005

APAJ-CM

SEP 07 2021

COMMAND POLICY MEMORANDUM 21-06

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SUBJECT: Physical Readiness Training (PRT)

1. References:

- a. AD 2020-06, Army Combat Fitness Test, 12 June 2020
- b. AR 350-1, Army Training and Leader Development, 10 December 2017
- c. AR 600-9, The Army Body Composition Program, 16 July 2019
- d. DA PAM 670-1, Wear and Appearance of Army Uniforms, 26 January 2021
- e. FM 7-22, Army Physical Readiness Training, 10 October 2020
- f. U.S. Army ACFT Field Testing Manual V1.4 – 20180827, 6 September 2018

2. Commanding General's Intent: Physical fitness is the top individual training priority for U.S. Army Japan. It is one of the most important things we do every day to maintain our "Fight Tonight" readiness. As such, Soldiers, regardless of rank, age or gender will participate in their unit physical fitness program.

a. A strong fitness program centers on building strength, endurance, and agility. It should include both combat-focused and functional fitness training. In essence, the program should prepare our Soldiers for the rigors of combat and the execution of combat related tasks under warfighting conditions.

b. Since Soldiers fight as part of a formation, physical training (PT) will be executed at the unit level. The optimum sized element would be the squad level, however, not all organizations are structured the same and conducting PT at a lower level is authorized if necessary. This also allows our formation to build collective readiness, while cultivating mutual trust and individual/unit resilience. Because physical fitness training is largely both collective and individual training, I expect the training to be planned, scheduled, briefed, and executed IAW with the 8-step training model. I also expect leaders to be present and leading from the front.

APAJ-CM

SUBJECT: Physical Readiness Training (PRT)

3. Applicability: This policy applies to all U.S. personnel attached, assigned, or under the operational control of U.S. Army Japan (USARJ). Tenant units will meet all Army Physical Readiness Standards outlined in FM 7-22, AR 600-9, and are encouraged to comply with USARJ standards outlined within.

4. Execution:

a. Units will plan, resource, and execute Combatives, combat-focused and functional fitness PRT daily from 0600-0730. When a unit is unable to conduct PRT due to mission requirements, commanders will allow the unit time for make-up PRT when feasible.

b. Organized sports during PRT will be approved by a battalion commander or the first O-5 director or above in the chain of command/local Uniform Code of Military Justice (UCMJ) chain. Organized sports during PRT will be conducted no more than once each month.

c. Units will integrate the components of the Army Combat Fitness Test (ACFT) into their training plan. Commanders will ensure safe integration of ACFT events into unit physical fitness by using Master Fitness Trainers (MFTs) and Army Health and Wellness Center Trainers to minimize injuries.

d. Foot Marching PRT: The uniform for physical conditioning is the Army Physical Fitness Uniform (APFU), authorized Army boots, Modular Lightweight Load-carrying Equipment (MOLLE) Gear, Rucksack or assault pack, and reflective belt, which will be worn around the rucksack. During limited visibility conditions, foot marches must be conducted off-roads on authorized PT routes only. Road guards will be equipped with white lights during periods of darkness or limited visibility.

e. The gym is authorized for use during PRT hours. PRT conducted in the gym will be rigorous, demanding, and under leader supervision.

f. Off-post training and conditioning in civilian clothes is authorized. Personnel will not conduct PRT off-post alone or depart post in groups larger than a squad sized element. The exception to groups larger than seven are events held off-post at a destination PRT site. Training will not hinder or impede the activities of local residents and traffic.

g. The school track will only be utilized during times which do not conflict with posted signage restricting use between the hours of 0700 to 1700 on school days, or during school events which utilize the area.

APAJ-CM

SUBJECT: Physical Readiness Training (PRT)

5. Uniforms: The APFU will be worn during designated PT hours IAW DA Pam 670-1. Reflective belts will be worn during periods of darkness and low visibility. Company level and higher unit PT shirts are authorized for wear. Unit PT shirts must reflect the Army values and be approved by the first O-5/LTC in the chain of command prior to being authorized for wear.

6. Reconditioning PRT will be formally executed at unit level. The Army Health & Wellness Center can advise unit master fitness trainers and leaders on the effective execution of this program. Units are encouraged to coordinate programs to maintain maximum readiness and efficiency.

7. PRT is the most important training event of each duty day. PRT allows us to build our physical, emotional, and mental fitness while improving our stamina, strength, and physical readiness. Conducting unit PRT brings the entire team, squad, platoon, and company level units together and promotes teamwork, trust, and esprit de corps. Every Soldier assigned to USARJ must be and will be fit to "Fight Tonight."

8. The point of contact for this action is the Command Sergeant Major of U.S. Army Japan at 262-3133.



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