



**Army Body Composition Program (ABCP)
Fit For Performance (FFP) Program**
Outpatient Nutrition Services
Womack Army Medical Center
(910) 907-3438



Required Initial Nutrition Counseling Session: IAW AR 600-9, Soldiers **must** complete an initial nutrition counseling session within 30 days of enrollment in the ABCP. Soldiers who attend Session 1 (see below) **will** receive a nutrition counseling memorandum verifying the Soldier attended an initial nutrition counseling session.

Session 1 - Steps to Weight Loss Success: This class includes an overview of the AR 600-9 program standards and strategies to lose weight and optimize health through sleep, activity, and nutrition. **No appointment is necessary** to attend this class. It is offered on a walk-in basis every Tuesday at 1000 and lasts approximately 90 minutes (see below for location). Soldiers need to arrive at 0930 to ensure seating. Soldiers will receive the initial nutrition counseling memorandum at the end of this session and a Soldier Action Plan if they choose to participate in the Fit for Performance class series (see below).

Fit for Performance (FFP) Weight Control Program: Taught by a Registered Dietitian, FFP classes focus on optimizing sleep, activity, and nutrition to improve health and create sustainable weight loss. Soldiers who opt into the FFP program must inform the Outpatient Nutrition Clinic staff by the end of Session 1. Soldiers will attend at least three of five available FFP classes outlined below. These classes can be taken in any order. However, only one session per week can be scheduled.

Session 2 - Maximize Your Sleep & Your Workouts: Understand how sleep aids weight loss, how to maximize your exercise efficiency, and receive guidance on supplements and sport foods.

Session 3 - Creating Supportive Environments; Goal Setting: Set up a home and work environment that makes it easier to lose weight and keep it off.

Session 4 - Fueling your Brain & Body: Learn the basics of nutrition: What are carbs, protein, and fat, how are they used in the body, and how this information be used to build healthy meals.

Session 5 - Psychology of Weight Loss: Break free from overeating and learn how to avoid mindless eating.

Session 6 – Stress Management: Taught by a Sports Psychologist from the R2 Performance Center. Find out how to manage stress more effectively and stop stress-eating for long-term weight loss success.

After attending at least three of the five classes after the initial nutrition counseling, Soldiers are eligible for an individual appointment with a Registered Dietitian. This appointment will provide Soldiers individualized feedback specific to their nutrition needs. Additional follow up appointments may be scheduled as needed.

The Outpatient Nutrition Clinic offers InBody body composition analysis on a walk-in basis every Friday from 1230-1600.

Soldiers are encouraged to schedule an appointment at the Army Wellness Center (AWC) for fitness testing, stress management/biofeedback, BodPod body composition analysis, and metabolic assessments. A flyer for the AWC is included in the packet.

Administrative Details:

Nutrition classes described above are available to all TRICARE beneficiaries even if they are not enrolled in the ABCP. Soldiers not flagged for ABCP may directly schedule an individual appointment and/or attend the FFP program classes

Location of Sessions: All ABCP nutrition counseling and FFP sessions are held in the Nutrition Classroom located near the Reilly Road Entrance on the ground floor of Womack Army Medical Center. The classroom entrance is directly across from the Red Cross office (near the Dining Facility and Weaver Auditorium).

If you would like to schedule a nutrition appointment or have any questions, call the Outpatient Nutrition Clinic at (910) 907-3438 (DIET). Soldiers are strongly encouraged to seek regular follow-up with the dietitian at 30, 90, and 180 days after completing the program.

**Table 3–1
Summary of Army Body Composition Program-related actions, counseling, and evaluations**

Action, counseling, and/or evaluation	Who	Requirement	Timing	
			RA and RC on active duty	RC not on active duty
Flagging action (DA Form 268)	Commander	Mandatory	3 working days (after Soldier determined to exceed body fat standard)	Before end of MUTA in which Soldier is determined to exceed body fat
Notification counseling	Commander	Mandatory	2 working days from when DA Form 268 is initiated	No later than the next MUTA after Soldier is determined to exceed body fat
Soldier acknowledgment in ABCP	Soldier	Mandatory	2 working days (after Soldier receives notification counseling)	No later than the next MUTA after the notification counseling
Read USAPHC TG 358	Soldier	Mandatory	14 days (after Soldier receives notification counseling)	14 days (after Soldier receives notification counseling)
Soldier weight and body fat assessment	Commander/designee	Mandatory	Monthly	Monthly
Soldier Action Plan	Soldier	Mandatory	14 days (after Soldier receives notification counseling)	No later than the next MUTA after the notification counseling
Counseling memorandum	Dietitian	Mandatory (RA and RC on active duty only)	Within first 30 days (after Soldier receives notification counseling)	Not applicable
Medical evaluation memorandum	Medical professional	Optional	Upon enrollment in ABCP (Soldier or commander may request it)	Upon enrollment in ABCP (Soldier may request it) at Soldier's own expense
Medical evaluation memorandum	Medical professional	Mandatory (RA and RC on active duty only)	Soldier is pregnant prior to bar to continued service or separation actions (commander must request it)	Soldier is pregnant (provides documentation from health care provider)
Body composition analysis, metabolic testing and weight management	Army Wellness Center	Optional	Anytime (if resource is available at location)	Anytime (if resource is available at location)