



UNITED STATES MARINE CORPS
MARINE AVIATION TRAINING SUPPORT GROUP-23
700 AVENGER AVENUE
LEMOORE, CA 93245-5016

GruO 6100.1F
TRNG
6 Sep 00

GROUP ORDER 6100.1F

From: Commanding Officer,
To: Distribution List

Subj: WEIGHT CONTROL/MILITARY APPEARANCE

Ref: (a) MCO 6100.10B
(b) MCO P1610.7E
(c) MCO P1070.12J
(d) MCO P1080.35H
(e) MCO P1900.16E
(f) GruO 6100.2

Encl: (1) Weight Standards for Marines (Male/Female)
(2) Format for Requesting a Preliminary Medical Evaluation
and Assignment to Weight Control Program

1. Purpose. To promulgate policy, procedures, and guidelines of the Commandant of Marine Corps and the Commanding Officer, Marine Aviation Training support Group-23 (MATSG-23), concerning weight control and military appearance of all Marines aboard NAS Lemoore in accordance with references (a) through (f).

2. Cancellation. GruO 6100.1E.

3. General. The Marine Corps has traditionally been associated with a military image that is neat and trim in appearance. It is essential to the day-to-day effectiveness and combat readiness of the Marine Corps that every Marine maintains the established standards of health, fitness, and appearance. The habits of self-discipline required to gain and maintain a healthy body, inherent in the Marine Corps' way of life, must be part of the character of every Marine.

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4. Responsibility. The evaluation of a Marines' military appearance is the responsibility of the Marine's Commanding Officer/Officer in Charge. Medical Officers, nurse practitioners, and physician assistants are Appropriately Credentialed Health Care Providers (ACHCP). Their responsibility is to certify a Marine's ability to participate in physical training and recommend a diet, if required, to return the Marine to acceptable weight/body fat standards or military appearance.

5. Policy

a. Weight Control. Commanders will measure and weigh all assigned Marines semiannually. Marines exceeding height/weight standards per reference (a) will undergo a body fat assessment.

(1) Measurement for body fat percent will be taken on the same day as the height/weight measurement. Marines will be considered within standards if they meet the body fat standards (18% male/26% female) and present an acceptable military appearance.

(2) Marines exceeding both maximum allowable weight and body fat standards will be assigned to the weight control program.

(3) Assigned Marines must be within percent body fat standards or allowable weight standards to be removed from the weight control program.

(4) A Marine who presents an unacceptable military appearance due to improper weight distribution will be assigned to a military appearance program.

(5) A Marine who exceeds weight and body fat standards will be referred by the Commanding Officer, MATSG-23 to an ACHCP for a preliminary medical evaluation (Enclosure (1)). Enclosure (2) will be completed by the ACHCP and will be retained by the MATSG-23 Training Officer/Chief to properly document diagnosis and recommended action.

(a) If the ACHCP diagnoses the individual's condition to be a result of an underlying or associated disease, one of the following actions will be taken:

1 Treatment to alleviate the condition and return the Marine to the Command.

2 Hospitalization for necessary treatment.

(b) If the ACHCP discovers no underlying or associated disease process as the cause of the individual's condition, this fact will be certified and a diet and/or exercise program will be recommended. In cases where the need for a weight or body fat loss is indicated, a realistic goal per reference (a) will be established via enclosure (2) to include the number of pounds or inches to be lost. Weigh-ins or measurements will be administered by the MATSG-23 Training Officer/Chief to monitor the individual's progress.

(6) MATSG-23 S-1 will make entries in MCTFS for Marines assigned to the weight control program per reference (d).

(7) After a prescribed period of dieting and/or exercise, not to exceed 6 months, Marines who are still overweight will again be referred to an ACHCP for reevaluation.

(a) Action described in paragraph 5a will be taken if the ACHCP determines the individual's condition is caused by an underlying or associated disease process.

(b) If the ACHCP finds there is no underlying or associated disease process causing the individual's overweight condition, two courses of action are open:

1 If satisfactory progress has been made, even though the weight goals have not been met, one extension of up to 6 months may be granted by the Commanding Officer, MATSG-23.

2 If progress during the initial assignment or an extension is unsatisfactory, it can be concluded that the condition is due to apathy or lack of self-discipline. MATSG-23 Training will prompt MATSG-23 Administration to place a page 11 counseling entry per paragraph 6105 of reference (e) in the

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individuals Service Record Book. If at the end of the extension the individual has not met the weight goal, the individual will be recommended for discharge per the provisions of paragraph 6215 of reference (e).

(8) The Commanding Officer, MATSG-23, will administratively remove an individual from the weight control program once prescribed goals are met. MATSG-23 S-1 will make appropriate entries in MCTFS to indicate the removal from weight control.

(a) If a Marine's adverse weight condition reappears after having been removed from an initial weight control program, he will be accorded one 90-day period to conform to Marine Corps weight standards. At the end of the 90-day period, if goals are not met, discharge processing per paragraph 6215 of reference (e) is required.

(b) If the Marine successfully meets prescribed goals within the 90-day period, yet later, at anytime, fails to meet weight standards, administrative discharge processing will immediately be initiated.

b. Military Appearance. Marines who are within weight or body fat standards, but do not present a satisfactory military appearance, will be assigned to the military appearance program per reference (a).

(1) A Marine who presents an unacceptable military appearance will be referred by the Commanding Officer, MATSG-23 to an ACHCP for a preliminary medical evaluation (Enclosure (1)). Enclosure (2) will be completed by the ACHCP and retained by MATSG-23 Training Officer/Chief to properly document diagnosis and recommended action.

(a) If the ACHCP diagnoses the individual's condition to be a result of an underlying or associated disease process, one of the following actions will be taken:

1 Treatment to alleviate the condition and return the Marine to the Command.

2 Hospitalization for necessary treatment.

(b) If the ACHCP discovers no underlying or associated disease process as the cause of the individual's condition, this fact will be certified and a diet and/or exercise program will be recommended. In cases where the need for a weight or body fat loss is indicated, a realistic goal per reference (a) will be established via enclosure (2) to include the number of pounds or inches to be lost. Weigh-ins or measurements will be administered weekly by the MATSG-23 Training Officer/Chief to monitor the individual's progress.

(2) MATSG-23 S-1 will make entries in MCTFS indicating a Marine's assignment to the military appearance program per reference (d).

(3) The Commanding Officer, MATSG-23, will administratively remove the individual from the military appearance program once the prescribed goals are met. MATSG-23 S-1 will make appropriate entries in MCTFS to indicate the Marine's removal from the military appearance program.

(4) Although a Marine may not be discharged for failure to maintain an appropriate military appearance, unacceptable military appearance must be addressed in Section I of the fitness report as a direct comment per paragraph 4012.4b(16) of reference (b) for sergeant and above, or incorporated in the conduct marks of corporals and below per paragraph 4008.6 of reference (c).

6. Action

a. Training Officer/Chief, MATSG-23

(1) As part of the check-in process, measure and document the height, weight, and body fat (when required) of all Marines reporting aboard NAS Lemoore.

(2) Initiate and monitor an exercise program in accordance with reference (a) for those Marines who are identified as exceeding maximum weight and body fat standards or present a poor military appearance.

(3) Maintain all documentation pertaining to those individuals referred to and/or placed on the weight control or

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military appearance program. Marines placed on the weight control program will comply with paragraphs 5d through 5i. Marines with poor military appearance will be administratively entered into the military appearance program.

(4) Conduct semi-annual weigh-ins for all Marines assigned to NAS Lemoore. Weigh-ins will be conducted in conjunction with the semi-annual PFT, and/or when directed by the Commanding Officer, MATSG-23.

(5) Notify S-1 when a counseling entry per paragraph 6105 of reference (e) must be made on individuals referred to and/or placed on the weight control, or military appearance program.

(6) Monitor and administer the weight control and military appearance programs in accordance with references (a) through (e) and the provisions of this Order.

b. Adjutant, MATSG-23. Ensure that appropriate entries are made in MCTFS for those Marines assigned to weight control or who have been identified as not meeting the Marine Corps' standard of military appearance. The Adjutant will also ensure that the counseling entry per paragraph 6105 of reference (e) has been made and signed.

c. Executive Officer, VFA-125 and AOIC, NAMTRAGRUDET Lemoore. Ensure that those Marines identified as overweight or failing to maintain an appropriate military appearance are referred to the Commanding Officer, MATSG-23 for disposition.

d. Marines Assigned to Weight Control/Military Appearance Program

(1) Return all weight control/military appearance documentation to MATSG-23 Training.

(2) Execute a diet and/or exercise program appropriate to correct the deficient condition as prescribed by the ACHCP.

(3) Attend the Remedial Physical Conditioning Program conducted by MATSG-23 Training Officer/Chief in accordance with reference (f).

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(4) Report to MATSG-23 Training Officer/Chief every week, or as directed for weigh-in or military appearance evaluation.


C. L. WALLACE

WEIGHT STANDARDS FOR MARINES

Male Marines (regardless of age)

Height (inches)	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
Weight (pounds)																	
minimum	105	106	107	111	115	119	123	127	131	135	139	143	147	151	153	155	157
maximum	160	165	170	175	181	186	192	197	203	209	216	219	225	230	235	241	247

Women Marines (regardless of age)

Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
Weight (pounds)																		
minimum	90	92	94	96	98	100	102	104	106	109	112	115	118	122	125	128	131	134
maximum	121	123	125	127	130	134	138	142	147	151	156	160	165	170	175	180	185	190

* Weight will be measured in PT gear with or without running shoes. PT gear will consist of shorts, socks and T-shirt. When running shoes are worn, 3 pounds will be given for PT gear. When running shoes are not worn, 1 pound will be given. Height will be measured without shoes. Fractions will be rounded to the nearest whole inch (i.e., 70 1/2 inches will round to 71 inches, 70 1/4 inches will round to 70 inches).

ENCLOSURE (1)



UNITED STATES MARINE CORPS

MARINE AVIATION TRAINING SUPPORT GROUP-23
700 AVENGER AVENUE
LEMOORE, CA 93245-5016

IN REPLY REFER TO

6100

TRNG

(Date)

From: Commanding Officer
To: Commanding Officer, Naval Hospital, NAS Lemoore, CA

Subj: WEIGHT CONTROL PROGRAM

Ref: (a) MCO 6100.10B

1. It has been determined that (Rank FName MI LName SSN/MOS USMC) physical appearance does not meet acceptable Marine Corps Standards. It is therefore requested that this Marine be given a medical evaluation per the reference.

2. This Marine's present weight is _____ pounds with a body fat of _____ percent.

3. This Marine has been advised that the loss of _____ pounds per month and a total of _____ pounds within a 6-month period is a realistic goal.

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ENCLOSURE (2)



UNITED STATES MARINE CORPS

**MARINE AVIATION TRAINING SUPPORT GROUP-23
700 AVENGER AVENUE
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IN REPLY REFER TO

6100
TRNG

(Date)

FIRST ENDORSEMENT on CO, MATSG-23 ltr 6100 TRNG of _____

From: Commanding Officer, Naval Hospital, NAS Lemoore, CA
To: Commanding Officer, Marine Aviation Training Support
Group-23, Naval Air Station, Lemoore, CA

Subj: WEIGHT CONTROL PROGRAM

1. Returned.

2. Per the reference, (Rank FName MI LName SSN/MOS USMC)
physical appearance is (initial either para 1a, or 1b):

a. Due to a pathological disorder. Attached is the
prescribed treatment to alleviate the condition.

b. Not due to a pathological disorder. This Marine is
fit for participation in a physical exercise program. If
applicable, attached is a prescribed weight reducing diet to
assist in alleviating the condition.

3. Recommended loss of _____ pounds and _____ percent body fat
per month and a total of _____ pounds and _____ percent body fat
with 6 months is: (initial either para 2a, or 2b):

a. A realistic goal.

b. Not a realistic goal because (state, or attach
reason why goal is not realistic and recommend new goals).

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ENCLOSURE (2)



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IN REPLY REFER TO
6100
TRNG

(Date)

SECOND ENDORSEMENT on CO, MATSG-23 ltr 6100 TRNG of _____

From: Commanding Officer
To: (Rank FName MI LName SSN/MOS USMC)

Subj: WEIGHT CONTROL PROGRAM

Ref: (b) MCO P1900.16E
(c) MCO P1080.35H

1. Readdressed and forwarded.
2. You have been determined to be overweight and in excess of the allowable body fat standard. You are directed to meet the following reduction goals of _____ pounds per month. Your weight goal is _____ pounds or _____ percent body fat to be attained no later than 6 months from this date.
3. You are advised that assistance in meeting your weight standards is available through your chain of command, fitness center, and the Weight Management Specialist/Dietician of the NAS Hospital.
4. Assignment to weight control and/or military appearance program was reported on Unit Diary Number _____ on _____ per reference (c).

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ENCLOSURE (2)



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IN REPLY REFER TO

6100
TRNG

(Date)

THIRD ENDORSEMENT on CO, MATSG-23 ltr 6100 TRNG of _____

From: (Rank FName MI LName SSN/MOS USMC)
To: Commanding Officer, Marine Aviation Training Support
Group-23, Naval Air Station, Lemoore, CA

Subj: WEIGHT CONTROL PROGRAM

1. Returned.
2. I understand that my physical condition does not appear to be due to a pathological disorder.
3. I understand my weight and body fat will be recorded weekly, or as directed by the Training Chief/NCO, or by the Commanding Officer.

Signature of Marine

(To be utilized when weight goal is not attained after 6 months)

FOURTH ENDORSEMENT

From: Commanding Officer
To: Commanding Officer, Naval Hospital, NAS Lemoore, CA

1. Readdressed and forwarded.
2. (Rank FName MI LName SSN/MOS USMC) failed to meet the Marine Corps' standards for weight and/or body fat within the timeframe allowed since his/her assignment to the Weight Control Program. As such, a medical reevaluation is requested.

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ENCLOSURE (2)



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IN REPLY REFER TO

6100
TRNG

(Date)

From: Commanding Officer
To: Commanding Officer, Naval Hospital, NAS Lemoore, CA

Subj: WEIGHT CONTROL PROGRAM

1. Returned.
2. (Rank FName MI LName SSN/MOS USMC) has been reexamined and found to be overweight (initial either paragraph 2a, or 2b):
 - a. () Due to a pathological disorder.
 - b. () Not due to a pathological disorder.
3. Supporting medical documentation is attached (if necessary).

SIGNATURE BLOCK

ENCLOSURE (2)