

# Memo Writing for Army

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To: All Unit Commanders

From: General John H. Smith, Chief of Staff

Date: February 5, 2025

Subject: Revision of Physical Fitness Standards

We are initiating a comprehensive revision of the physical fitness standards to enhance operational readiness and ensure our forces are prepared to meet modern challenges. The new standards are designed to be more rigorous and reflective of the physical demands encountered in active duty.

## **Implementation Strategy:**

Effective immediately, the Physical Training Division will conduct a review of current fitness protocols and propose a revised regimen that includes updated endurance, strength, and flexibility tests. The aim is to implement these new standards by July 1, 2025.

## **Key Changes to Expect:**

- Increased Frequency of Evaluations:** Physical fitness evaluations will occur biannually instead of annually to better monitor readiness and improve conditioning.
- New Performance Metrics:** Metrics will be adjusted to ensure they are age and role-specific, providing a fair but challenging benchmark for all personnel.
- Enhanced Training Programs:** Training programs will be overhauled to include a mix of aerobic, strength, and combat readiness exercises tailored to the needs of each unit.

**Responsibilities:**

- **Unit Commanders:** Are required to assess the current fitness levels of their personnel and report any significant discrepancies to the Physical Training Division by March 1, 2025.
- **Personnel:** All personnel are expected to participate in scheduled training sessions and evaluations, with a focus on meeting or exceeding the revised standards.

**Support and Resources:**

The Physical Training Division will provide training workshops, dietary guidelines, and fitness coaching to assist in meeting the new standards. Additionally, a feedback mechanism will be established for receiving and integrating direct input from all ranks to refine the fitness protocols continuously.

**Conclusion:**

These updates are essential for maintaining the elite status of our forces and ensuring the safety and effectiveness of our operations. Commanders are encouraged to lead by example and motivate their units to embrace these changes positively and proactively.

Thank you for your immediate attention to this directive and for your ongoing commitment to excellence and readiness.

Attachments: Detailed Fitness Standards Proposal, Workshop Schedule, Feedback Form