

# MASTER DIRECTIVES

## UNITED STATES MARINE CORPS

MARINE AIRCRAFT GROUP 12  
1<sup>ST</sup> MARINE AIRCRAFT WING, MARFORPAC  
UNIT 37150  
FPO AP 96603-7150



GruO 6100.2C  
S3  
12 JUN 2000

### GROUP ORDER 6100.2C

From: Commanding Officer  
To: Distribution List

Subj: WEIGHT CONTROL AND MILITARY APPEARANCE

Ref: (a) MCO 6100.10B w/CH 1-2  
(b) MCO P1900.16D  
(c) MCO 6100.3J  
(d) MCO P1610.7C  
(e) MCO P1070.12H  
(f) MCO P1080.35H

Encl: (1) Example Endorsements of Assignment to Weight Control/Distribution Program  
(2) Example letter for removal from Weight Control/Distribution Program  
(3) Weight Control Program Progress Record

1. Purpose. To publish instructions concerning weight control and military appearance within Marine Aircraft Group 12.

2. Cancellation. GruO 6100.2B.

3. Background. By custom and tradition, Marines have prided themselves on exemplary personal appearance. Excellence is the norm. It is the duty of each Marine to strive to the best of their ability to always present a neat, fit military appearance. The fulfillment of this duty creates in the Marine and in the unit, a sense of pride and comraderie which historically have been an essential part of the combat readiness of the Marine Corps.

4. Objectives. The objectives of the MAG-12 weight control and military appearance program are:

a. To contribute to the health and well-being of all Marines by constantly monitoring weight and personal appearance.

b. To maintain the highest standards of military appearance.

c. To ensure that all Marines who do not meet established weight standards are counseled and given the opportunity to meet the standards.

12 JUN 2000

d. To strongly encourage all Marines to set the example by their appearance and maintenance of acceptable weight standards.

5. Policy

a. The evaluation of a Marine's military appearance is the responsibility of the Marine's Commanding Officer. Certification of a Marine's health and ability to participate in a weight control and military appearance program is the responsibility of a medical officer or an appropriately credentialed health care provider (ACHCP). When a Marine is identified as being overweight and exceeds maximum body fat percentage, a medical officer or the ACHCP shall prescribe a diet to return the Marine to an acceptable military appearance.

b. The Commander's subjective judgement and provisions of reference (a) provide the standards for this program.

c. A Marine is overweight when their weight and body fat percentage exceeds the maximum allowable standards as shown in reference (a).

d. Marines must remain within the maximum allowable weight/height standard or body fat composition standard. No waivers are authorized.

6. Action

a. Squadron Commanders

(1) Establish weight control and military appearance programs in accordance with reference (a) and this order.

(2) Immediately refer all Marines identified as being overweight and exceeding maximum body fat percentage to a medical officer or ACHCP for evaluation using the format contained in reference (a).

(3) Take measurements or weigh-ins, as applicable, for all personnel assigned to the weight control program every two weeks.

(4) Maintain records of progress of Marines assigned to weight control by utilizing the format contained in the enclosure.

12 JUN 2000

(5) In cases where a weight loss is not required, initiate an exercise program per reference (b) to correct the Marine's military appearance.

b. Group Training Officer

(1) Monitor weight control and military appearance programs established by subordinate units.

(2) Provide assistance as required to subordinate units.

7. Summary of Revision. The major modification to this directive is paragraph 5d. Per MCO 6100.10B w/ch 1-2, alternate weight waivers are no longer authorized.

  
J. F. FLOCK

DISTRIBUTION: A



GruO 6100.2C  
12 JUN 2000

Example Endorsements of Assignment to Weight Control/  
Distribution Program

(Letterhead)

6100  
S3

From: Commanding Officer  
To: (Appropriately Credentialed Health Care Provider)  
Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM  
Ref: (a) MCO 6100.10B W/CH 1-2

1. It has been determined that (MARINE'S NAME) 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 \_\_\_\_\_ with a body fat percentage of \_\_\_\_\_%.
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.

U. R. COMMANDER

ENCLOSURE (1)

12 JUN 2000

(LETTERHEAD)

6100  
S-3

FIRST ENDORSEMENT on

From: (Appropriately Credentialed Health Care Provider)  
To: Commanding Officer

Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. Returned.
2. Per the reference, (MARINE'S NAME) physical appearance is:
  - 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 prescribed weight reducing diet to assist in alleviating the condition.
3. The recommended loss of \_\_\_\_ pounds per month and total of \_\_\_\_ pounds within 6 months is:
  - a.  A realistic goal.
  - b.  Not a realistic goal because (attach reason why goal is not realistic and recommend new goals).

U. R. DOCTOR

ENCLOSURE (1)

12 JUN 2008

(Letterhead)

6100

S-3

SECOND ENDORSEMENT on

From: Commanding Officer  
To: (Individual Marine)

Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. Readdressed and forwarded.
2. You have been determined to be overweight and are directed to meet the following weight reduction goal of \_\_\_ pounds per month. Your weight goal is \_\_\_ pounds to be attained no later than 6 months from this date. Failure to comply with reference (b) may result in separation from the naval service by reason of unsatisfactory performance per paragraph 6206.1 of reference (c).
3. You are advised that assistance in meeting your weight standards is available through your chain of command. Assignment to weight control and/or military appearance program reported on unit dairy \_\_\_\_\_ dtd \_\_\_\_\_ per ref (d).

U. R. COMMANDER

ENCLOSURE (1)

GruO 6100.2C

12 JUN 2000

(Letterhead)

6100

S-3

THIRD ENDORSEMENT on

From: (Individual Marine)

To: Commanding Officer

Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. Returned.
2. I understand that my physical condition does not appear to be due to a pathological disorder.
3. If overweight, I understand my responsibility to have my weight recorded in the unit log weekly.

U. R. OVERWEIGHT

ENCLOSURE (1)

GruO 6100.2C  
12 JUN 2000

(TO BE UTILIZED WHEN WEIGHT GOAL NOT ATTAINED AFTER 6 MONTH)

(Letterhead)

6100  
S-3

FOURTH ENDORSEMENT on

From: Commanding Officer

To: (Appropriately Credentialed Health Care Provider)

Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. Readdressed and forwarded.
2. Medical reevaluation is requested.

U. R. COMMANDER

ENCLOSURE (1)

GruO 6100.2C

12 JUN 2000

(TO BE UTILIZED WHEN WEIGHT GOAL NOT ATTAINED AFTER 6 MONTHS)

(Letterhead)

6100

S-3

FIFTH ENDORSEMENT on

From: (Appropriately Credentialed Health Care Provider)  
To: Commanding Officer

Subj: WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. Returned.
2. (MARINE'S NAME) has been reexamined and found to be overweight:
  - a.  Due to a pathological disorder.
  - b.  Not due to a pathological disorder.

U. R. DOCTOR

ENCLOSURE (1)

GruO 6100.2C  
12 JUN 2000

Example letter for removal from Weight Control/  
Distribution Program

6100  
S-3

From: Commanding Officer  
To: (MARINE'S NAME)

Subj: REMOVAL FROM WEIGHT CONTROL/DISTRIBUTION PROGRAM

1. It has been determined that you have meet acceptable weight and body fat percentage standards.
2. You are removed from weight control and/or military appearance. Reported on unit dairy \_\_\_\_\_ dtd \_\_\_\_\_.

U. R. COMMANDER

ENCLOSURE (2)

