# JOAG Cyber-Gram

## Common New Weight Standards, November 2017, Volume 2, Issue 1

### New Retention Weight Standards

* Mistake
  + Improper reporting of weight
* Correct
  + Report your height, weight, and BMI information on Form PHS 7044
  + Expect online BMI calculator and weight report on the new eCORPS
  + Use the Navy’s (2016) Body Composition Assessment to determine percent body fat
  + Use the Commissioned Corps’ BMI and Threshold Percent Body Fat tables (2017), not the Navy’s tables
* [Commissioned Corps Weight Standards (2017)](https://dcp.psc.gov/ccmis/pdf_docs/Commissioned%20Corps%20Retention%20Weight%20Standards.pdf)
* [Navy’s Body Composition Assessment (2016)](file:///C:\Users\Christine.Corser\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\ZP4CP9XX\o%09https:\dcp.psc.gov\ccmis\pdf_docs\Body%20Composition%20Assessment%20(BCA)%202016.pdf)

## Policy Review New Weight Standards, November 2017, Volume 2, Issue 1

### Weight Standards IQ Test

Test your knowledge of the Corps’ new weight retention policy.

1. The new retention Weight Standards will go into effect \_\_\_\_\_\_\_\_\_\_\_
   1. Immediately.
   2. 1 October 2018, but will not impact Promotion year 2018.
   3. 1 January 2018.
2. What is the maximum allowable BMI Retention Weight Standard?
   1. 20 for males; 25 for females.
   2. 25 for males; 27.5 for females.
   3. 27.5 for males and females.
3. What should you do if you exceed the maximum allowable BMI?
   1. Resign your commission.
   2. Calculate Percent Body Fat. If your body fat is equal to or below the approved maximum determination, you have met the standards.
   3. Calculate maximum weight for height. If your weight is equal to or below the approved maximum determination, you have met the standards.

Answers: 1-B, 2-C, 3-B

[Corps Retention Weight Standards Overview](https://dcp.psc.gov/ccmis/WeightStandards_m.aspx)

[Corps retention Weight Standards FAQ](https://dcp.psc.gov/ccmis/WeightStandardsFAQ_m.aspx)

Keep your finger on the pulse, check for policy updates in [Commissioned Corps Bulletins](https://dcp.psc.gov/ccmis/bulletin/BULLETIN_archives_m.aspx)

### Policy Awareness and Notification (PAN)

Co-Leads: LCDR Dakota McMurray & LT Danny Benbassat

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PAN Mission: Provide policy guidance and support to the JOAG Policy and Procedures Committee Chair and updates to all junior officers.

The PDT Subcommittee is under the direction of JOAG’s Policy and Procedures Committee (Chair: LCDR Chris Sheehan).