



**DEPARTMENT OF THE ARMY**  
**INDIANA JOINT FORCES HEADQUARTERS NATIONAL GUARD**  
**2002 SOUTH HOLT ROAD**  
**INDIANAPOLIS, INDIANA 46241-4839**

MEMORANDUM FOR NGIN-PEH-A

SUBJECT: Height and Weight Statement for

1. This memorandum is to confirm that \_\_\_\_\_ exceed screening weight or body fat percentage for \_\_\_\_age group. current height is and weight is \_\_\_\_\_ pounds as of \_\_\_\_\_.

2. DA Form 5500-R (Body Fat Content Worksheet Male) is enclosed, if applicable or DA Form 5501-R (Body Fat Content Worksheet Female) is enclosed, if applicable.

3. \_\_\_\_\_ the the standards set forth in AR 600-9, dated 01 August 2006.

4. Point of Contact for this memorandum is \_\_\_\_\_ at \_\_\_\_\_ or via e-mail at \_\_\_\_\_.