

UNITED STATES ARMY RECRUITING COMMAND

HEIGHT AND WEIGHT VERIFICATION

I certify the Soldier listed below meets the Army Height and Weight standards IAW AR 600-9, and should proceed on his/ her assignment to the United States Army Recruiting Command. Furthermore, the Soldier understands that the school house will conduct a weigh-in upon arrival and if found to be outside of the Army Height and Weight standards all students will be reassigned based on the needs of the Army.

Rank: _____ Name: _____

Unit: _____

Gender: _____ Height: _____ Weight: _____ Max allowable weight: _____

Body Fat percentage: _____ Max allowable body fat percentage: _____

Command information:

Battalion Commander Name: _____

Battalion Command Sergeant Major Name: _____

Company Commander Name: _____

Email: _____

Phone number (DSN): _____

Company First Sergeant Name: _____

Email: _____

Phone number (DSN): _____

DATE: _____

Commander's Signature: _____

*****If the SOLDIER is required to be taped, attach a signed copy of the DA 5500/ 5501*****