



Commonly asked questions for recent Body Composition updates.

1. What is the new waist-to-height ratio (WHtR) standard, and is it different for males and females?

The new standard is a WHtR of less than 0.52. This standard is the same for all Marines, regardless of sex.

2. What happens if my waist measurement exceeds the new WHtR standard for my height?

If you exceed the WHtR standard, you will then be required to undergo a body fat assessment using either the multi-site tape test or a Bioelectrical Impedance Analysis (BIA) device. **If a Marine chooses BIA and is outside of their body fat %, they can OPT to complete the multi-site test and choose the lowest of the results.**

3. How do my PFT and CFT scores affect my maximum allowable body fat percentage under the new policy?

High performance on the PFT and CFT provides an allowance for a higher body fat percentage.

- A score of 250 or higher on both tests allows for an additional 1% body fat.
- A score of 285 or higher on both tests allows up to 26% body fat for males and 36% for females.

4. I was already assigned to the Body Composition Program (BCP) on or after January 1, 2026. How do these new rules affect my status?



You will be reevaluated at your unit's earliest convenience using the new WHtR standard. If you are found to be within the WHtR standard, your BCP assignment will be deleted as erroneous. If you are still outside the standard, your assignment continues.

5. How exactly will the waist measurement be taken, and who is authorized to conduct it?

The waist measurement will be taken at the navel using a self-tensioning tape. The measurement must be conducted by an evaluator of the same sex as the Marine being evaluated. It will be measured twice, with the lower of the two measurements being recorded and rounded down to the nearest half inch. The evaluator must also be a Force Fitness Instructor (FFI), or Command Physical Training Representative (CPTR).

6. I have a fitness report due soon. How will my body composition results be documented on the report with these new changes?

Your height and weight will be entered as "000" and specific directed comments will be added to Section I of the report. If you are within standards (either by WHtR or by passing the subsequent body fat assessment), the comment will state you are "within standards." If you fail both the WHtR and body fat standards, the report will be rendered adverse.

7. The MARADMIN states my weight will still be recorded in 2026. If it's not being used for the height/weight assessment, why is it being collected?

Your weight will be recorded during the calendar year 2026 for data collection purposes. The Marine Corps will use this information to analyze and assess the impacts of the new policy changes. Your weight will not be used for body composition determination.

8. Are we submitting or certifying scoresheets in MCTIMs?

No, units will utilize the updated body composition worksheet located on the Human Performance Branch website. Once the training section has completed this document, they will then upload it to a calendar event on MCTIMs.

9. If a Marine has completed their final weigh in for BCP in reference to final determination for removal, will they have to conduct a Waist/Height ratio evaluation?



No. If a Marine has already conducted their last weigh in, they do not have to weigh in again.

10. With recent changes to the Body Composition Program, what training must my CPTR or FFI complete?

Until updated courses are created and provided on Marinenet, ensure all CPTR's and Force Fitness Instructors continue to complete the Marinenet courses provided and have reviewed MARADMIN XXX to include the Waist to Height Procedural Guidance document.

BLUF: These commonly asked questions will be in a constant state of review and update as we receive additional questions from the fleet Marine force and support establishments abroad.