



P3T Enrollment Packet

Required Forms For The III Armored Corps P3T Program

POSTPARTUM



P3T PT Location
Weekdays @ 0630 - 0730(Abrams Physical Fitness
Center)



Scan P3T Online Resources

For any questions contact
P3T Distro - usarmy.cavazos.iii-corps.list.p3t-admin@army.mil

SFC Bannat, Aisha
(254)-289-0539

III Armored Corps Installation Instructor Trainer

HQ III Armored Corps

BLDG 1001, 761st Tank Battalion Ave Fort Cavazos, TX

76544 1st Floor Room: E133



Postpartum Soldier Information

**Fill out by typing the information required in the boxes
highlighted in red.**

MAJOR COMMAND:

BRIGADE:

Postpartum Soldier information:

Last Name:

First Name:

Rank:

DODID:

Cell Phone Number:

Work Phone:

Email address (MIL):

Email Address (Civilian):

Unit/Company:

Delivery Date:



Unit Leadership Information

Fill out by typing the information required in the boxes highlighted in red.

(I) First Line Leader Info:

Rank:

Position:

(i.e, Platoon Sergeant, Squad Leader)

Last Name:

First name:

Phone Number:

Mil Email:

(II) 1SG Information:

Last Name:

First Name:

Phone Number:

Email address:

(III) Company Commander Information:

Last Name:

First Name:

Phone Number:

Email address:



EMERGENCY CONTACT

1st Emergency Contact Information.

Last Name:

First Name:

Phone Number:

Email:

2nd Emergency Contact Information.

Last Name:

First Name:

Phone Number:

Email:

DEVELOPMENTAL COUNSELING FORM

For use of this form, see ATP 6-22.1; the proponent agency is TRADOC.

PRIVACY ACT STATEMENT

AUTHORITY: 5 USC 301, Departmental Regulations, 10 USC 3013, Secretary of the Army.

PRINCIPAL PURPOSE: These records are created and maintained to manage the member's Army and Army National Guard service effectively, to document historically a member's military service, and safeguard the rights of the member and the Army.

NOTE: For additional information, see the System of Records Notice A0600-8-104b AHRC, <https://dpcl.d.defense.gov/Privacy/SORNsIndex/DOD-wide-SORN-Article-View/Article/570051/a0600-8-104b-ahrc/>.

ROUTINE USE(S): There are no specific routine uses anticipated for this form; however, it may be subject to a number of proper and necessary routine uses identified in the system of records notice specified in the purpose statement above.

DISCLOSURE: Disclosure is voluntary.

PART I - ADMINISTRATIVE DATA

Name (Last, First, MI)	Rank/Grade	Date of Counseling
Organization	Name and Title of Counselor	

PART II - BACKGROUND INFORMATION

Purpose of Counseling: (Leader states the reason for the counseling, e.g. Performance/Professional/Event-Oriented counseling, and include the leader's facts and observations prior to the counseling.)

Approach: ☐ Non Directive ☐ Combined ☐ Directive

Type of Counseling: ☒ General Form ☐ Professional Growth ☐ Performance ☐ Event Oriented

Enrollment into Army Pregnancy Postpartum Physical Training (P3T):

Requirements for participation in P3T

P3T times and locations

P3T participant responsibilities and enrollment information

Unit responsibilities related to P3T

P3T POC contact info

P3T Distro - usarmy.cavazos.iii-corps.list.p3t-admin@army.mil

PART III - SUMMARY OF COUNSELING

Complete this section during or immediately subsequent to counseling.

Key Points Discussion:

You are enrolled in Army Pregnancy Postpartum Physical Training (P3T) in accordance with:

AR 350-1 Army Training Programs, Appendix G-9 (10 and 11); AR 40-501 Standards of Medical Fitness Chapter 7-9 Profiling pregnant Soldiers and 7-10 Postpartum profiles; Field Manual 7-22, Army Physical Readiness Training, Chapter 4.21-25.

The purpose of P3T is for you! You are enrolled in the postpartum (PP) the final component of P3T; our goal is to improve the readiness of postpartum soldiers during the 6-12 months after delivery by focusing on regaining pre-pregnancy fitness levels for successful integration back into unit physical readiness training, with the goals of achieving Army Physical Combat Fitness Test (ACFT) and Army body composition standards. Additionally, P3T focuses on physical and emotional well-being and provides postpartum related education. Your spirited participation will help make this program enjoyable and successful!

P3T times and locations may vary depending upon the time of year. Refer to your P3T training calendar and P3T OIC/NCOIC for details. This is your place of duty for physical training until you are released from P3T. In general, Pregnancy Physical Training (PT) is held at Abrams Physical Fitness Center on Monday, Tuesday, Wednesday, and Friday from 0630-0730.

Postpartum PT may be held at other locations; please check with PP instructors to get a copy of the PT schedule and ensure that you are included in the PP signal group chat with your instructors so that you can receive updated information at all times.

Postpartum Education Classes are held at Main Post Chapel on the last Thursday of the month from 0700-0800, unless there is special event or scheduled BODPOD. The PP team will keep you informed of any changes for that month. Please check with your PP instructors for information on the education calendar. The uniform for PP is the Army Physical Fitness Uniform, unless it is too small, at which time you may then request from the P3T NCOIC/OIC to wear equivalent civilian fitness PT attire. The APFU shirt may be worn untucked. You are not required to buy a larger PT uniform. For pool PT you may wear a one piece swim suit or PT uniform; bring a pool towel and change of clothes. On Education Day, uniform is OCPs. Bring a bottle of water to each PT session.

P3T is mandatory, and unless a healthcare provider has documented that you are no longer able to participate in the physical fitness. Attendance at education sessions is required even if you are not physically cleared for exercise. Failure to attend any part of P3T may be subject you to administrative action. Your attendance will be forwarded to your unit. If you are unable to attend, appropriate documentation is required, i.e. sick call or appointment slips, leave form, or memorandum from your commander. Mission related duties that preclude daily attendance require a memorandum signed by the BDE commander to allow for participation in individual/remote P3T. P3T completion is a 180 days following the end of your pregnancy; OR you pass diagnostic ACFT AND a healthcare provider has released you AND your Company leadership approves your return to unit PRT instead of P3T.

OTHER INSTRUCTIONS

This form will be destroyed upon: reassignment (*other than rehabilitative transfers*), separation at ETS, or upon retirement. For separation requirements and notification of loss of benefits/consequences see local directives and AR 635-200.

After 180 days you may request an extension in writing (memo format) to stay in P3T for no more than 365 following the end of your pregnancy in two-month increments. If you miss five PT sessions without submitting excused absence slips or if you are late to PT 10 times while you are on an extension status, the P3T NCOIC/OIC can automatically disenroll you from the program without prior notice and may contact your leadership to notify them of the unexcused absences.

Plan of Action (Outlines actions that the subordinate will do after the counseling session to reach the agreed upon goal(s). The actions must be specific enough to modify or maintain the subordinate's behavior and include a specified time line for implementation and assessment (Part IV below).

P3T participant responsibilities are:

- Provide the following documentation: DA 4856 signed unit enrollment counseling form.
- Report at least 10 minutes prior to every session, be accounted for by IT or EL, and participate in the P3T physical training and education sessions.
- Inform the P3T OIC/NCOIC or IT in writing of pending appointments, leaves, TDYs, duty obligations, CH 8, ETS, PCS, extended leave, change in pregnancy status, and delivery date prior to the day it occurs.
- Notify the P3T NCOIC or IT by close of business that day, if absent for PT without prior notification.
- Confirm that once enrolled in P3T, that P3T is the place of duty during PT hours and classroom hours, excluding alerts, and commands inspections, and that daily attendance will be reported to the unit.
- Immediately inform the P3T Program OIC/NCOIC of any related health concerns or physical limitations.
- Immediately inform P3T NCOIC, IT or EL if at any time feel unwell, begin cramping or having unusual pain during the exercise session.

The Unit Commander and/or 1SG authorize the Soldier to participate in P3T with daily accountability conducted by the P3T IT or EL and reported to the P3T OIC/NCOIC.

CO/1SG acknowledgment signature:

Session Closing: (The leader summarizes the key points of the session and checks if the subordinate understands the plan of action. The subordinate agrees / disagrees and provides remarks if appropriate.)

Individual counseled: ☐ I agree ☐ disagree with the information above.

Individual counseled remarks:

The P3T OIC/NCOIC will ensure safe implementation of the program through trained IT and EL staff who conduct fitness and education classes FM 7-22 and in support of the Soldier throughout her pregnancy and postpartum months. Administer first RECORD ACFT only 365 days after termination of pregnancy.

Signature of Individual Counseled:

DATE (YYYYMMDD):

Leader Responsibilities: (Leader's responsibilities in implementing the plan of action.)

The Unit Commander authorizes the Soldier to participate in P3T with daily accountability conducted by the P3T IT or EL and reported to the P3T OIC/NCOIC. Unit Commander will schedule a date to provide Soldier with postpartum counseling. The P3T OIC/NCOIC will ensure safe implementation of the program through trained IT and EL staff who conduct fitness and education classes IAW USAPHC TG255 series and in support of the Soldier throughout postpartum months. Administer first RECORD ACFT and Height/Weight assessment only 365 days after termination of pregnancy IAW AD 2022-06.

Signature of Counselor:

Date (YYYYMMDD):

PART IV - ASSESSMENT OF THE PLAN OF ACTION

Assessment: (Did the plan of action achieve the desired results? This section is completed by both the leader and the individual counseled and provides useful information for follow-up counseling.)

Pre-pregnancy:

ACFT score:	MDL score:	SPT score:	HRP score:	SDC score:	PLK score:	2MR score:	PASS	FAIL
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Final Diagnostic:

ACFT score:	MDL score:	SPT score:	HRP score:	SDC score:	PLK score:	2MR score:	PASS	FAIL
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Date disenrolled from P3T:

Reason for disenrollment:

Note: Both the counselor and the individual counseled should retain a record of the counseling.