



# P3T Enrollment Packet

Required Forms For The III Armored Corps P3T Program

## PREGNANCY

### **ORIENTATION BRIEF:**

Thursday @ 0700 (Main Post Chapel)

Main Post Chapel 1881-1889 Tank Destroyer Blvd, Ft Cavazos, TX 76544

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](mailto:usarmy.cavazos.iii-corps.list.p3t-admin@army.mil)**

Program administrators phone numbers:

(254)-289-0539 // (254) 368-9196

HQ III Armored Corps

BLDG 1001, 761<sup>st</sup> Tank Battalion Ave Fort Cavazos, TX

76544 1<sup>st</sup> Floor Room: E133



# Pregnant Soldier Information

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

**MAJOR COMMAND:**

**BRIGADE:**

**Pregnant Soldier information:**

Last Name:

First Name:

Rank:

DODID:

Cell Phone Number:

Work Phone:

Email address (MIL):

Email Address (Civilian):

Unit/Company:

Baby Expected Due 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

Mandatory enrollment into the Army Pregnancy Postpartum Physical Training (P3T) Program

Requirements for participation in P3T

P3T exercise / education session times and locations

P3T participant responsibilities and enrollment information

Unit responsibilities related to P3T

At-Home P3T during maternity leave

Requirements for release from P3T

**P3T Distro - [usarmy.cavazos.iii-corps.list.p3t-admin@army.mil](mailto: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 the Army's Pregnancy Postpartum Physical Training (P3T) Program, here at Fort Cavazos, 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! It is to assist you in maintaining basic physical fitness levels throughout your pregnancy and to improve your fitness during the 6-12 months after delivery, enhance your physical and emotional well-being and provide pregnancy 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 weekdays from 0630-0730. Pool (PT) is also held every Wednesday at Abrams(indoor pool) by trimester (Refer to Instructor Trainers (IT) / Exercise Leaders (EL) for the PT schedule). Pregnancy Education Classes are held at the Spirit of Fort Cavazos Chapel each Thursday at 0700-0800, uniform is OCPs. Classes are broken down by trimester, please refer to your ITs or ELs for the education class schedule.

P3T Enrollment Orientation is held every Thursday at the Spirit of Fort Cavazos Chapel from 0700-0800, uniform is OCPs. P3T times and locations may vary depending upon the time of year. Refer to your P3T training calendar and/or P3T OIC/NCOIC for more details.

Duty uniform is the Army's Physical Fitness Uniform (APFU) until it becomes too small. The APFU shirt may be worn untucked. You are authorized to wear a larger PT uniform size however you are not required to buy a larger PT uniform. You are authorized to wear equivalent civilian fitness attire. For pool PT you may wear a one-piece swim suit (equivalent civilian swim attire) or PT uniform; bring a pool towel and change of clothes. Bring a bottle of water to each PT session.

P3T is mandatory and unless a healthcare provider has documented that you are no longer permitted to participate in the physical fitness sessions - for example due to high-risk pregnancy, otherwise you must participate. Throughout the pregnancy you are required to attend the education sessions. Failure to attend any part of P3T may be subject 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, memorandum from commander; LTT/STT is not an excusable reason to miss P3T PT. **Mission related duties that preclude daily attendance require a memorandum signed by the BDE commander to allow for participation in individual/remote.**

During maternity leave you are to follow the At-Home Postpartum PT Exercise Guide which includes detailed schedules, weekly plans, and videos to direct your exercises during maternity leave. Postpartum PT begins at 18 weeks, or upon return to duty, and continues up to 6-12 months following delivery. P3T completion is: 180 days following the end of your pregnancy; OR you pass diagnostic ACFT AND a healthcare provider has released you AND your Company 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.

Postpartum PT begins at 6 weeks (42 days), or upon return to duty, and continues up to 6 months/180 days following delivery. P3T completion is: 180 days following the end of your pregnancy; OR your healthcare provider has released you AND your Company Commander approves your return to unit PRT instead of P3T. Extensions in the program are handled on a case-by-case basis by the P3T NCOIC/OIC.

**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:**

1. Provide the following documentation: DA 4856 unit enrollment counseling form signed ONLY by the units Commander. (Initial)
2. Report at least 10 minutes prior to every session **with CAC**, be accounted for by IT or EL, and participate in the P3T physical training and education sessions. (Initial)
3. Inform the P3T OIC/NCOIC or Group IT in writing of pending appointments, leaves, TDY's, duty obligations, CH 8, ETS, PCS, extended leave, change in pregnancy status, and delivery date prior to the day it occurs. (Initial)
4. Notify the P3T NCOIC or Group IT by close of business that day, if absent for PT without prior notification. (Initial)
5. Confirm that once enrolled in P3T, that P3T is the place of duty during PT hours and classroom hours, excluding alerts, and commands inspections. Attendance will be reported to the unit's Brigades weekly. (Initial)
6. Immediately inform the P3T Program OIC/NCOIC of any pregnancy related health concerns or changes in pregnancy profile. (Initial)
7. Immediately inform P3T NCOIC, IT or EL if at any time the participant feels unwell, begins cramping or having unusual discharge during the exercise session. (Initial)

# Weeks Pregnant or Postpartum: \_\_\_\_\_ Due Date / Delivered On: \_\_\_\_\_ (MM/DD/YYYY)

Local Emergency Contact Name: \_\_\_\_\_

Local Emergency Contact Phone: \_\_\_\_\_

Participant Unit: \_\_\_\_\_

Participation status: \_\_\_\_\_ Mandatory Daily Attendance

Exempt Due to: \_\_\_\_\_ Complicated Pregnancy \_\_\_\_\_ Injury/profile \_\_\_\_\_ Commander Exempt Due to Mission – related Duties

On a profile for something other than pregnancy: \_\_\_\_\_ YES \_\_\_\_\_ NO IF YES, is it Permanent or Temporary? \_\_\_\_\_ Permanent  
\_\_\_\_\_ Temporary

IF YES, what does profile prevents participant from doing? \_\_\_\_\_

**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: \_\_\_\_\_

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 pregnancy counseling IAW AR 635-200.

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 pregnancy and 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.)

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