

Headquarters, U.S. Army
Training Center and Fort Jackson
2400 Jackson Boulevard
Fort Jackson, South Carolina 29207

FJ Regulation 40-2

Date:

Medical Services

ASSESSMENT OF RECRUIT MOTIVATION AND STRENGTH (ARMS) COURSE

OFFICIAL

Jason E. Kelly
Brigadier General, U.S. Army
Commanding General

History. This is a new administrative publication specifically for the use of the United States Army Training Center and Fort Jackson (USATC&FJ) organizations and personnel.

Summary. This regulation implements the development standards, procedures, and responsibilities to manage the USATC&FJ Assessment of Recruit Motivation and Strength Course (ARMS). This publication impacts personnel and organizations assigned to either United States Army Training Center or Fort Jackson.

Applicability. Guidance within this regulation applies to the USATC& FJ ARMS. Army and TRADOC level publications and forms, in conflict with this regulation supersede it.

Proponent and exception authority. The USATC Surgeon Cell is the proponent for this regulation. The proponent has the authority to approve exceptions or waivers to this regulation that are consistent with controlling law and regulations. Proponent may delegate authority, in writing, to a division chief in the grade of Major or the civilian equivalent within the proponent agency, its direct reporting unit or field operating activity. The commander or senior leader will endorse waiver requests and forward them through higher headquarters to the policy proponent.

Army record management control process.

Distribution. Publication is available in electronic media only and is published at <https://intranet.tradoc.army.mil/sites/FJSC/SitePages/Home.aspx>

*This regulation does not supersede any previous publications.

Summary of Change(s)

Revises or replaces: New Regulation

o New Fort Jackson medical services publication

Contents

	Page
Chapter 1 Introduction.....	3
1-1 Purpose.....	3
1-2 References.....	3
1-3 Explanation of Terms.....	3
1-4 Roles and Responsibilities.....	3
Chapter 2 Assessment of Recruit Motivation and Strength.....	3
2-1. General.....	3
2-2. Movement to Basic Combat Training.....	4
Chapter 3 Cardiovascular Risk Stratification.....	4
3-1. Cardiovascular Screening.....	4
3-2. Metabolic Screening.....	4
Chapter 4 Acclimatization.....	5
4-1. Structured Climate Adjustment.....	5
4-2. Use of Carbohydrate and Electrolyte Beverages (“Sports Drinks”).....	5
4-3. Use of Oral Rehydration Solutions.....	6
Chapter 5 Body Composition.....	6
5-1. General.....	6
5-2. Weekly Assessment.....	7
Chapter 6 Dietary.....	7
6-1. Education.....	7
6-2. Nutrition Counseling.....	8
6-3. Warrior Restaurant Recommendations.....	8
Chapter 7 Physical Training.....	9
7-1. General.....	9
7-2. Deliberate Risk Assessment.....	9
7-3. Health Assessment.....	10
Chapter 8 Logistics.....	10
8-1. General.....	10
Appendix A. References.....	11
Appendix B. Assessment of Recruit Motivation and Strength (ARMS) Medical Personnel (Roles and Responsibilities).....	12
Appendix C. CV Screening Algorithm.....	18
Appendix D. ARMS Screening Questionnaire.....	19
Appendix E. Excessive Weight Loss Algorithm.....	20
Appendix F. ARMS Food Journal.....	21
Appendix G. Eating Disorder Screening.....	22
Appendix H. Basic Combat Training Week One.....	24
Appendix I. MEDLOG.....	25
Glossary.....	41

Chapter 1

Introduction

1-1. Purpose

To provide guidance for the ARMS medical and nutritional evaluation, screening, counseling, referral, and educational procedures.

1-2. References

See Appendix-A.

1-3. Explanation of Terms

See Glossary

1-4. Roles and Responsibilities

a. Similar to that of the Holistic Health and Fitness (H2F) system (FM 7-22), ARMS has a requirement for a unique team of subject matter experts to ensure safety and efficacy (see Appendix-B, Duty Descriptions). Owned by the Unit, they are Soldiers, government service (GS), or contracted performance experts validated by the Army as experts and know how to synchronize each domain to optimize Soldier readiness.

b. Medical support personnel will execute the ARMS medical functions which will be a mix of medical skills across the medical formation. The identified required personnel provide the interrelated and interdependent, meticulous and continuous health service support to prevent and minimize medical threats to include injury prevention and medical treatment.

Chapter 2

Assessment of Recruit Motivation and Strength

2-1. General

a. Trainees attending ARMS, attend a body composition (BC) improvement course. The recruit will have their BC specific to body fat (BF) reviewed weekly to determine if they meet the current Army accessions standards.

b. ARMS is a 3-week physical fitness and nutrition education course that a recruit can cycle through four times or 90-days to meet BC standards. If the trainee is unable to meet the standard within the 90-day assessment, they will be separated from service.

2-2. Movement to Basic Combat Training

a. While enrolled in ARMS, once a trainee meets the accession required 2% or lower body composition standard, they will move on to BCT.

(1) Any trainee who meets the 2% body composition standard but has lost 2% or greater of their body composition will retain for two consecutive weeks, will require medical clearance before movement in to BCT. If not cleared, recruit will continue for one additional week in ARMS to ensure safe weight loss and reassessed for medical clearance.

(2) Any trainee diagnosed with a musculoskeletal injury, illness, or any condition that warrants further medical evaluation which may prevent or delay participation in BCT will require medical clearance before moving to BCT.

Chapter 3

Cardiovascular Risk Stratification

3-1. Cardiovascular Screening

a. Prior to any physical training, the cardiovascular risk reduction ARMS Screening Questionnaire will be administered to all ARMS trainees for the purpose of further identifying any individuals who are at potentially higher risk of an adverse cardiovascular event (see Appendix C, CV Screening Algorithm). Screening questions (see Appendix D, ARMS CV Screening Questionnaire) included are adapted directly from the Preparticipation Physical Evaluation (PPE) form.

b. Any answer of 'yes', a systolic blood pressure greater than 130, or a diastolic blood pressure greater than 80 is an indicator that the trainee requires additional screening by a Provider prior to beginning physical training. All initial positive screenings and subsequent medical evaluations will be annotated in electronic medical record.

3-2. Metabolic Screening

a. ARMS trainees who are above the body fat percentage standards for Army enlistment, are at higher risk of underlying metabolic disorders such as hypercholesterolemia, hypertriglyceridemia, and hyperglycemia. These disorders are all known risk factors for cardiovascular disease. To further assess for these conditions which would place trainee at greater risk of cardiovascular disease, metabolic screening evaluation will be implemented for the ARMS population under the following criteria:

(1) ARMS trainees upon arrival will be reviewed based upon entrance height, weight, body mass index (BMI), and body fat percentage.

(2) Individuals who exceed the 85th percentile for BMI will be flagged for additional laboratory evaluation.

(3) Roster of individuals identified exceeding BMI threshold will be provided to the ARMS provider.

(4) ARMS provider will then order initial metabolic screening labs for all individuals who meet the aforementioned criteria. These labs will include A1c and Lipid Panel, allowing for assessment of underlying cardiovascular risk factors. If results of either A1c or Lipid Panel are abnormal, then individual will be sent for additional assessment via direct examination and laboratory evaluation as indicated by ARMS provider.

(5) Halting of ARMS movement to BCT will occur with a positive metabolic screening. Depending on degree of lab abnormality, individuals with abnormal metabolic lab findings will likely require Existed Prior to Service (EPTS) assessment and processing based upon ARMS provider determination.

Chapter 4

Acclimatization

4-1. Structured Climate Adjustment

a. Emphasis will be placed on a structured climate adjustment period for individuals arriving for ARMS, which is located at an unusually hot, humid location in Columbia, South Carolina. Structured acclimatization will resultantly be implemented as per guidelines set forth by the Center for Disease Control and Prevention.

(1) Degree of exposure of trainees to outdoor environment will increase in a graded manner. For example, the first day will include a maximum of only 20% of the day with recruit exposure to a hot, outdoor environment. Each subsequent day will allow for increased outdoor exposure by no more than 20% (see Table 4.1).

Table 4.1

	Day 1	Day 2	Day 3	Day 4	Day 5
Outdoor exposure	20%	40%	60%	80%	100%
Hours in training day (assumes 10hr training day)	2hrs	4hrs	6hrs	8hrs	10hrs

(2) This incremental increase in outdoor exposure does not mean that individuals must stay outside for the allotted amount of time described during the training day, only that they cannot exceed the allotted timeframe per day to ensure for proper acclimatization.

4-2. Use of Carbohydrate and Electrolyte Beverages (“Sports Drinks”)

a. IAW FM7-22 Chapter 8, fluids providing carbohydrate, electrolytes, sodium, and potassium can sustain athletic performance. Although sports drinks (i.e., Victory Punch) containing electrolytes enhance endurance performance, many recruits use these drinks as a recreational fluid. Dietitians recommend sports drinks when exercise lasts longer than 60 minutes and then, recruit should only ingest 237 milliliters (eight ounces or one cup) every 15 minutes. For activities less than one hour, water is the best choice

for hydration needs. Fluid requirements increase as work intensity increases and more sweat is produced. The ideal sports drink contains—

- (1) 82–163 milligrams sodium per 237 milliliters (8 ounce) serving.
- (2) 18–46 milligrams potassium per 237 milliliters (8 ounce) serving.
- (3) 12–24 grams carbohydrate per 237 milliliters (8 ounce) serving.

b. Trainee should utilize sports drinks if a training event is strenuous and takes place greater than four (4) hours before or after a meal (such as before breakfast or at night). These recommendations are especially important for personnel not acclimatized to the environment and for activity with heavy sweating. Dietitians encourage Soldiers to consume salty foods at mealtime, choose foods high in water content (such as fruits and vegetables), and not restrict carbohydrate intake. If Soldiers choose to drink juice, they should dilute the juice with water to 50/50 solution, which dilutes the sugar content to prevent diarrhea and other GI distress.

4-3. Use of Oral Rehydration Solutions

a. IAW FM 7-22 Chapter 8, oral rehydration solutions (known as ORS) are classified as medical materiel by the Food and Drug Administration (or FDA) and are available as subsistence supply (Class VIII) items. If used improperly, oral rehydration solutions may lead to various adverse health effects. Leaders do not use ORS for ARMS recruits for routine hydration, to prevent heat illness, or heat injury. However, if training includes purposeful caloric restriction to less than 1,000 calories per day, unit surgeons may recommend supplemental intake with rehydration solutions.

b. Regular consumption of meals and recommended drinking protocols adequately provides a recruit with a good electrolyte-sodium balance for most physical training activities. Leaders can use sports drinks if the training situation dictates the need for such products for the prevention or treatment of heat illness, and most especially hyponatremia incidents.

Chapter 5 Body Composition

5-1. General

a. IAW ASA Memorandum ARMS 2.0 Pilot Program dated 20 June 2019, recruits are required to be within 2% of the prescribed BF standard upon accession. BC is one indicator of physical readiness that is associated with an individual's fitness, endurance, and overall health. Individuals with desirable BF percentages generally exhibit increased muscular strength and endurance, are less likely to sustain injury from weight bearing activity and are more likely to perform at an optimal level. Recruits will

participate in a weekly assessment of their height, weight (HT/WT) and circumference measures to assess their BF.

b. IAW AR 600-9, the only authorized method of estimating BF is the circumference-based tape method.

c. The One Station Unit Training (OSUT) Nutrition Requirements Study (US Army Research Institute of Environmental Medicine (USARIEM), 2020) shows recruits with a higher percentage BF prior to training lost more body and fat mass than recruits with a lower initial percent of BF.

d. According to the same study, recruits lost an average of 8.8 to 13.2 pounds of BF, or 2-4% body fat within a 10-week period. Thus, it is reasonable to expect higher BF percentage loss with the ARMS.

5-2. Weekly Assessment

a. All recruits will be assessed weekly with results documented in the Digital Training Management System (DTMS), the Army's system of record, within one duty day.

(1) IAW AR 600-9, satisfactory progress is defined as weight loss of three (3) to eight (8) pounds per month, or 1% BF. Weight loss greater than two pounds per week could possibly result in loss of lean muscle mass

(2) Any recruit who loses greater than 2% of body composition loss will be evaluated and counseled by a dietitian within 24 hours to determine if the recruit is safe to continue training or requires further medical intervention. Results of the evaluation must be documented in the recruit's electronic healthcare record (see Appendix E, Excessive Weight Loss Algorithm).

(3) At each weekly assessment, if a recruit fails to lose weight or gains weight, they will, at minimum, meet with a dietitian. The focus will be to review caloric intake to ensure the recruit is afforded every opportunity to safely lose weight. Metabolic testing may be warranted and should be conducted by a licensed medical provider.

Chapter 6 Dietary

6-1. Education

a. Trainees will participate in nutrition education classes consisting of three 4-hour interactive learning modules per week. A Registered Dietitian (RD), Dietary Technician (68M), or health educator will conduct the nutrition education (developed from the Human Performance Resources by CHAMP Warfighter Nutrition Guide). ARMS Drill Sergeants will be knowledgeable of the nutrition information ARMS recruits receive.

(1) Nutritional education lessons include, but are not limited to, Balancing Your Energy, Hydration, Foundational Nutrition, Macronutrients, Micronutrients, Performance Nutrition, Sustaining Health, and Optimal Performance Weight and Body Composition.

(2) Trainee nutritional knowledge is assessed through interactive weekly reviews, checks on learning, and practical exercises throughout the ARMS Food Journal (see Appendix F ARMS Food Journal).

6-2. Nutrition Counseling

a. Each ARMS trainee will participate in a weekly counseling session with a RD if they are considered high risk or if they request to meet with a RD. High risk is defined as scoring greater than 20 on the eating disorder screening (see Appendix E, Eating Disorder Screening), having lost greater than 3 lbs. per week, and/or losing greater than 3% BF in one week. The remaining recruits will participate in a weekly “Ask the RD” session to provide an opportunity to ask questions and facilitate group discussion regarding healthy eating patterns and healthy weight loss.

(1) RD will discuss goals, food journals, and weight loss with each ARMS trainee.

(2) Counseling sessions provide additional opportunities for trainees to ask RDs questions.

(3) RD will ensure trainee’s caloric deficit is no greater than 750 calories per day if rapid weight loss is noted.

(4) RD will make Warrior Restaurant (Dining Facility) recommendations to ensure caloric intake is being met.

(5) RD will consult with Brigade Behavioral Health Officer (BHO) to discuss concerns regarding underlying issues affecting dietary habits.

6-3. Warrior Restaurant Recommendations

a. ARMS trainees will be educated on the Go for Green system.

(1) Trainees will be encouraged to choose green options.

(2) Recommended RD-approved meal options containing 500 calories or less will be available to trainees.

b. Trainees will be provided supplemental nutrition to help prevent musculoskeletal injuries and loss of lean muscle mass.

(1) Performance Readiness Bars (PRB) will be distributed in the evening to provide an additional 250 calories, 8-12 grams of protein, 850-1100 mg of calcium and 1400-2000 IU of Vitamin D.

(2) Trainees will be allowed to take two protein bars per day from the Warrior Restaurant to provide an additional 130 calories and 3 grams of protein per bar.

Chapter 7

Physical Training

7-1. General

a. IAW FM 7-22 chapter 14, trainees need to conduct exercise regularly at the proper intensity to bring about desired changes in the body. The ARMS physical training program is a safe and effective way to improve physical fitness and weight loss. The program will consist of the prescribed warm-up and cool-down before and after the training activity, performance of only the prescribed number of sets and repetitions on the training schedule, use of proper form (precision) with fewer repetitions rather than poor execution with more repetitions, and performance of all exercises in the order listed for each drill. Missed sessions due to weather and other operational requirements are expected. They should not be made up. Leaders should move to the next scheduled session after the missed one.

b. In untrained trainees, improvement in physical readiness is much greater and more rapid, relatively speaking, than those with advanced levels of fitness. Because of this, low-load and low-volume strength and endurance programs can produce substantial improvements. Injuries are not uncommon during physical training; most can be avoided through deliberate attention and concentration on the details of the exercise. To reduce the risk of injury, there will be no more than one physical readiness training (PRT) session per day for the first week. Second week will incorporate one daily morning PRT session with second PRT session incorporated every other day (i.e., Monday, Wednesday, Friday, Sunday). To minimize risk of overuse injuries (i.e., musculoskeletal (MSK) overuse injuries/stress fractures), the second daily PRT session will not include any running or load bearing activities. Third week will allow for two PRT sessions per day.

c. During the first week, PRT will first focus on form-based education and light repetitions, ensuring an initial light degree of exertion. Exercise intensity/duration will require a gradual escalation as determined by an overseeing on-site physical therapist, athletic trainer, or strength coach. Physical training activities in the ARMS are designed in accordance with and will not exceed the physical training schedule outlined in week one of FM 7-22 Table 14-6 (see Appendix H, Basic Combat Training Week One).

7-2. Deliberate Risk Assessment

a. A Deliberate Risk Assessment (DRAW) will be conducted IAW AR 350-29 prior to all PRT sessions within ARMS.

b. To mitigate risk and increase safeguards, it is recommended that an athletic trainer, strength/conditioning coach, or 68W be present while PRT is conducted during ARMS to provide early intervention for recruits who are experiencing medical issues.

7-3. Health Assessment

a. ARMS trainees will have access to standard sick call operations through which they can receive care for any medical concerns. Sick call operations will be conducted by ARMS Provider in conjunction with as needed support by TRADOC Organic Medical Structure (TOMS) to address all illness or injury concerns of enrollees who present to sick call. Provider will subsequently make determination as to whether illness or injury may prohibit safely returning to training or trainee is cleared to continue training. If medical concern is beyond scope or logistic capability of ARMS medical operations as determined by the Provider, trainee will be transferred to a higher level of care either at the troop medical clinic, medical treatment facility, or off-post civilian hospital for further evaluation and treatment.

b. Subsequent, as needed, medical administrative processes such as profiling and EPTS will be overseen by the treating medical provider, which will be either the provider or troop medical clinic provider, whomever first initiated the administrative process.

c. All medical assessments of ARMS enrollees and resultant care rendered by on-site BN providers, athletic trainers, and medics will be documented in electronic health record (EHR).

Chapter 8 Logistics

8-1 General.

a. ARMS medical functions will require equipment and supply. To include Class II and Class VIII in support of medical and administrative operations (see Appendix I, MEDLOG).

Appendix A – References

Section I

Required Publications

Department of Defense Instruction 1308.03, DoD Physical Fitness/Body Composition Program
Army Regulation 40-1, Composition, Mission, and Functions of the Army Medical Department
Army Regulation 40-25, Nutrition Standards and Education
Army Regulation 40-66, Medical Record Administration and Health Care Documentation
Army Regulation 40-501, Standards of Medical Fitness
Army Regulation 40-502, Medical Readiness
Army Regulation 350-28, Army Exercises
Army Regulation 350-29, Prevention of Heat and Cold Casualties
Army Regulation 600-9, The Army Body Composition
Army Regulation 600-20, Army Command Policy
Army Regulation 635-40, Disability Evaluation for Retention, Retirement, or Separation
Army Regulation 635-200, Active Duty Enlisted Administrative Separation
Field Manual 7-22, Holistic Health and Fitness
United States Army Training and Doctrine Command Regulation 350-6, Enlisted Initial Entry Training Policies and Administration
United States Army Training and Doctrine Command 350-29, Prevention of Heat and Cold Casualties
United States Army Training and Doctrine Command Circular 350-70-1, Medical Support to Training
United States Army Training Command Operations Order 22-06-003, Task Force Prep
Assistant Secretary of the Army Memorandum, Assessment of Recruit Motivation and Strength (ARMS) 2.0 Pilot Program, dated 20 June 2019

Section II

Referenced Forms

DD Form 2977, Deliberate Risk Assessment Worksheet

Appendix B

Assessment of Recruit Motivation and Strength (ARMS) Medical Personnel (Roles and Responsibilities).

1. Division Surgeon (62B) will shape medical policies pertaining to ARMS to ensure a safe and effective approach to the program, including guidance on acclimatization, graded introduction to physical activity, and cardiovascular/metabolic pathology screening. Will provide medical oversight and consultation as the supervisory physician if Brigade Surgeon is not a 62B.

2. Brigade Surgeon (62B preferred or 65D/66P) will ensure safe and effective acclimatization, graded introduction to physical activity, and cardiovascular/metabolic pathology screening. If position is held by a 62B, will provide medical oversight and consultation as the supervisory physician.

3. Physician Assistants (PA) (AOC 65D, GS, or CTR equivalent) (can be substituted with a 66P) deliver evidence-based healthcare to all categories of eligible beneficiaries (AR 40-1).

a. Ratio will be one (1) PA per 700 ARMS trainees.

b. Current national certification and basic life support required.

c. The basic duties of the PA include:

(1) Plan, organize, perform, and supervise troop medical care in garrison and in all operational contingencies.

(2) Direct services and teach and train enlisted medics.

(3) Serve as special staff officers to commanders, providing professional advice on medically related matters pertinent to unit readiness and unit mission.

(4) Prescribe courses of treatment and medication, consistent with their capabilities and privileges.

(5) Provide Battalion-level embedded medical oversight and care of ARMS recruits. This will include morning sick call operations, which will allow for more prompt identification of medical issues such as early musculoskeletal injuries and symptoms affiliated with disordered eating or weight loss that is too rapid.

4. Registered Dietitians (RD) (AOC 65C, GS or CTR equivalent) are independent direct-healthcare providers and the Army's food and nutrition experts (AR 40-1).

a. Staffing ratio will be one (1) RD per 700 ARMS trainees.

b. Current Registered Dietitian certification and basic life support required. Certified Specialist in Sports Dietetics (CSSD) certification is highly encouraged.

c. Primary duties within ARMS include:

(1) Serve as advisors on nutrition-intervention strategies and food service matters impacting human performance.

(2) Provide comprehensive, evidence-based nutritional assessment, counseling, and treatment.

(3) Design, formulate, and implement nutrition policies and education programs.

(4) Conduct research on the impact of food and nutrition on health and performance.

(5) GS or Military registered dietitians supervise enlisted and civilian personnel who are qualified nutrition assistants.

(6) Responsible for shaping all dietary guidance and monitoring within the ARMS. This will include:

(a) Group and individualized nutrition education for recruits.

(b) Provide further assessment and guidance to recruits who are identified to be at high risk for disordered eating.

(7) Refer and follow-up with ARMS recruits who require additional evaluation through the TMC or MTF.

5. Physical Therapists (PT) (AOC 65B) evaluate, diagnose, and treat patients across the full spectrum of evidence-based practice in neuromusculoskeletal conditions primarily through tertiary care. Their primary function is to optimize Soldier and unit readiness in garrison and across operational contingencies. They serve as neuromusculoskeletal evaluators, manual therapists, exercise scientists, and rehabilitation professionals (AR 40-1).

a. Ratio will be one (1) per 700 ARMS trainee.

b. Current state license as a Physical Therapist and basic life support required. Certification in Sports Clinical Specialists (CSC) or Orthopedic Clinic Specialists (OCS) preferred.

c. Their primary duties within ARMS include:

(1) Comprehensive physical performance and participation evaluations and serve as consultants to commanders in the areas of injury prevention, injury surveillance, and physical fitness and readiness.

(2) GS or Military PTs supervise enlisted personnel and civilians who are qualified physical therapy assistants, or rehabilitation technicians, implementing prescribed plans of care.

6. Athletic Trainers (Certified) (ATC) (GS or CTR) are qualified, multi-skilled professionals who render services or treatment under the direction of or in collaboration with a provider (62B, 65D, or 66P).

a. Ratio will be one (1) per 700 ARMS trainees.

b. Current board certification of Athletic Trainer Certified (ATC) and basic life support required.

c. Primary duties within ARMS include:

(1) Provide Company-level primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

(2) In conjunction with a Strength and Conditioning Coach, one member will be at each PRT session for monitoring of appropriateness of PRT being implemented and to ensure early identification of potential injuries at the point of care.

7. Strength and Conditioning Coaches (SCC) (GS or CTR) are responsible for establishing and maintaining a strength and conditioning program for all sports, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.

a. Ratio will be one (1) per 275 ARMS trainees (Company element).

b. Certification as a Strength and Conditioning Specialist (CSCS) and basic life support required.

c. Primary duties within ARMS include:

(1) Work in cooperation with athletic training staff in the rehabilitation and strengthening of injured recruits.

(2) Design and instruct curricular strength and conditioning classes.

(3) In conjunction with the Athletic Training team, one member will be at each PRT session to monitor appropriateness of PRT being implemented and to ensure early identification of potential injuries at the point of care.

d. Structure all ARMS PRT sessions to ensure proper form, appropriate level of exertion, and maximal benefit is achieved from exercise regimen within the course.

e. Be available as a resource to cadre and recruits for appropriate introduction of physical activity with the aim of limiting musculoskeletal injuries.

8. Combat Medic Specialists (68W, GS, or CTR) are emergency medical technicians (EMT) trained as first responders able to triage illnesses and injuries.

a. Ratio will be two (2) for every PA.

b. Current EMT national certification and basic life support required.

c. Primary duties within ARMS include:

(1) Diagnostic and treatment support through first response and triage of illnesses and injuries and assists the clinician as directed. Utilizes Algorithm Directed Troop Medical Care (ADTMC) to conduct sick call operations.

(2) Instruct the recruits on their role in the proper use of equipment, materials, and supplies for the purpose of understanding and carrying out assigned instructions.

(3) Knowledge of and the skills sufficient to observe the recruit's physical and emotional reactions to care and treatments for the purpose of communicating with members of the medical team and making annotations in the recruit's medical record.

9. Nutrition Care Specialist (68M, GS, or CTR) works with registered dietitians to counsel patients individually and in group settings, plans special diets for patients according to nutritional requirements, creates menus, and prepares small-quantity foods.

a. Ratio will be one (1) per 275 ARMS trainees (Company element).

b. Primary duties with ARMS include:

(1) Perform basic dietetic functions in a hospital, clinic, or field environment.

(2) Provide nutritional treatment and basic-level counseling to patients in nutrition clinics, health promotion and wellness clinics, and classroom settings.

(3) Perform nutrition assessment screenings of individual patients for nutritional requirements and restrictions; provide recommendations on food item selection.

10. Cognitive Performance Specialist (GS or CTR) will provide hands on, individualized coaching of ARMS recruits regarding mindfulness and resiliency within the training environment for optimization of performance.

a. Ratio will be one (1) per 700 ARMS trainees (BN element).

11. Medical data analytics expert (70A/H, GS or CTR) will collect and consolidate data on individual progress of recruits within ARMS including identification of individuals who are not making satisfactory progress or are losing weight too quickly. Individual will also record all data in respective Army systems of record and reporting of data ATC-FJ headquarters and broader dissemination as needed.

a. Ratio will be one (1) per ARMS BN element.

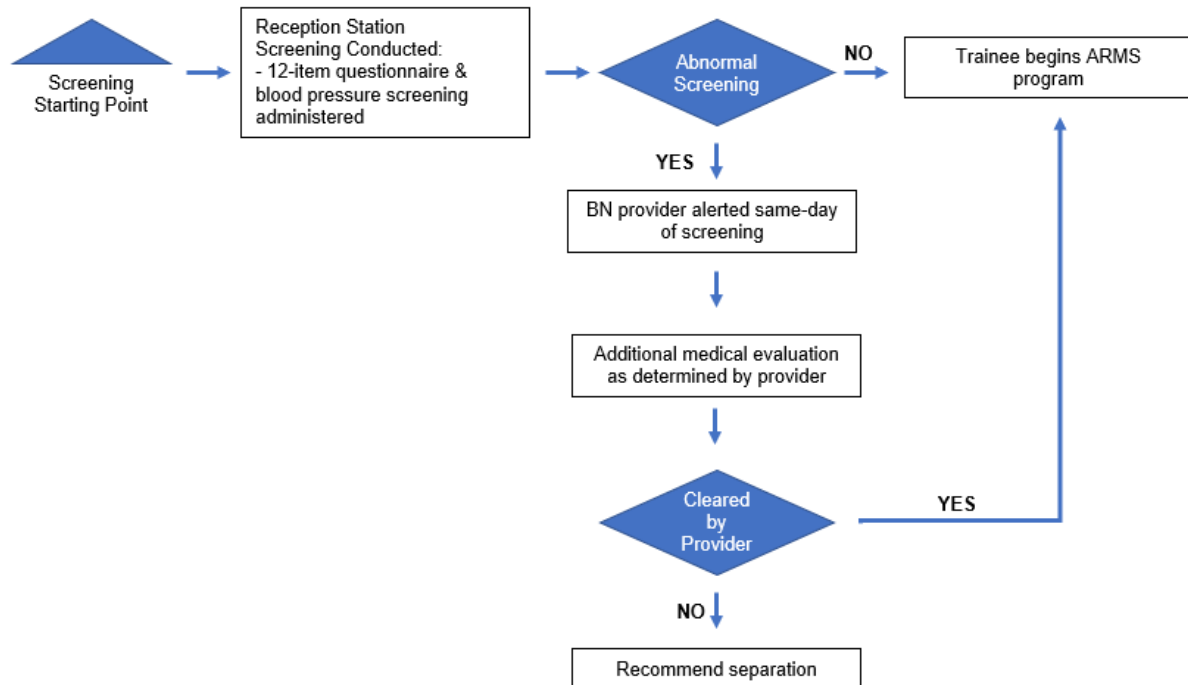
12. Recommended human capital resource package of one per BN of 700 Soldiers (trainees) based on the population and operational/training environment. Increase medical personnel support strength if above 700 trainees.

Table 11.1

Medical Personnel (or Equivalent)	AOC/MOS	Rank/Grade	Number Per 700 trainees (BN)	Number Per 275 trainees (Co)	Number Per 100 trainees
Provider	66P/65D	O-2/1LT and above	1	N/A	N/A
Combat Medic	68W	E-5/SGT and above	2	N/A	N/A
Physical Therapist	65B	O-2/1LT and above	1	N/A	N/A
Dietician	65C	O-2/1LT and above	N/A	N/A	1
Dietician Specialist	68M	E-4/SPC and above	N/A	1	N/A
Strength Coach	Civilian	Immaterial	N/A	1	N/A

Athletic Trainer	Civilian	Immaterial	1	N/A	N/A
Cognitive Performance Specialist	Civilian	Immaterial	1	N/A	N/A

Appendix C – Cardiovascular Screening Algorithm



Appendix D – ARMS Screening Questionnaire

Name: _____

Date: _____

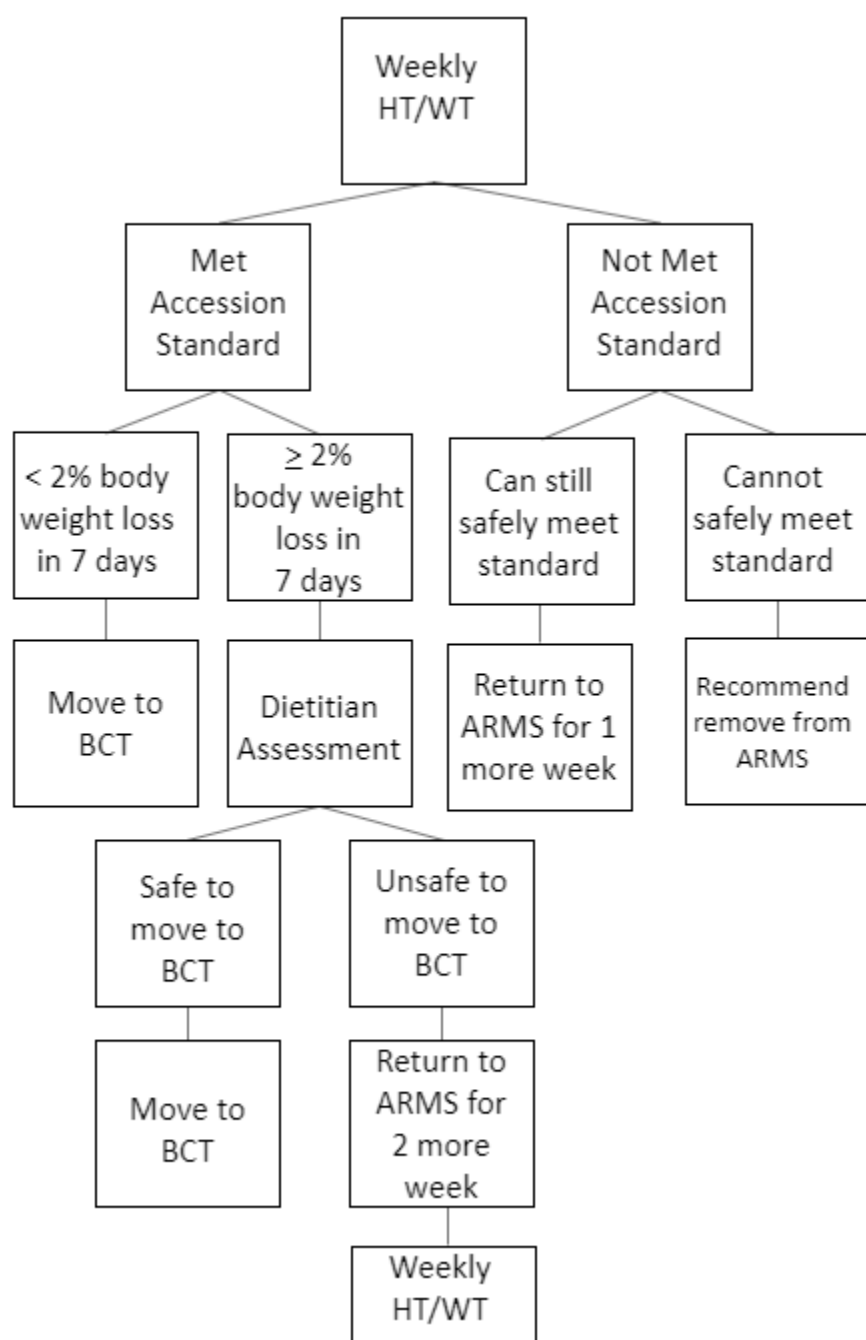
Instructions: Read each question carefully and check the box corresponding to the appropriate answer.

1	Have you ever passed out or nearly passed out during or after exercise?	YES	NO
2	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	YES	NO
3	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	YES	NO
4	Has a doctor ever told you that you have any heart problems?	YES	NO
5	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography?	YES	NO
6	Did you get light-headed or feel shorter of breath than your friends during exercise?	YES	NO
7	Have you ever had a seizure?	YES	NO
8	Has a family member or relative ever died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)?	YES	NO
9	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, Ehler's Danlos Syndrome, Arrhythmogenic right ventricular cardiomyopathy (ARVC), Long QT syndrome (LQTS), Short QT syndrome (SQTS), Brugada syndrome, catecholaminergic polymorphic ventricular tachycardia (CPVT)?	YES	NO
10	Has anyone in your family had a pacemaker or implanted defibrillator before age 35?	YES	NO
11	Have you ever been told that you snore or stop breathing while sleeping?	YES	NO
12	Have you ever been told that you have hypertension or elevated blood pressure?	YES	NO

BP: _____ / _____

68W Initials: _____

Appendix E – Excessive Weight Loss Algorithm



Appendix F – ARMS Food Journal



Appendix G – Eating Disorder Screening Example

Eating Attitudes Test[®] (EAT-26)

Instructions: This is a screening measure to help you determine whether you might have an eating disorder that needs professional attention. This screening measure is not designed to make a diagnosis of an eating disorder or take the place of a professional consultation. Please fill out the below form as accurately, honestly and completely as possible. There are no right or wrong answers. All of your responses are confidential.

Part A: Complete the following questions:

- 1) Birth Date Month: Day: Year: 2) Gender: ☐ Male ☐ Female
 3) Height Feet: Inches:
 4) Current Weight (lbs.): 5) Highest Weight (excluding pregnancy):
 6) Lowest Adult Weight: 7) Ideal Weight:

Part B: Please check a response for each of the following statements:		Always	Usually	Often	Sometimes	Rarely	Never
1.	Am terrified about being overweight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Avoid eating when I am hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Find myself preoccupied with food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Have gone on eating binges where I feel that I may not be able to stop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Cut my food into small pieces.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	Aware of the calorie content of foods that I eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Feel that others would prefer if I ate more.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	Vomit after I have eaten.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	Feel extremely guilty after eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	Am preoccupied with a desire to be thinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	Think about burning up calories when I exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	Other people think that I am too thin.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	Am preoccupied with the thought of having fat on my body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	Take longer than others to eat my meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	Avoid foods with sugar in them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Eat diet foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	Feel that food controls my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	Display self-control around food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	Feel that others pressure me to eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	Give too much time and thought to food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	Feel uncomfortable after eating sweets.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23.	Engage in dieting behavior.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24.	Like my stomach to be empty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25.	Have the impulse to vomit after meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26.	Enjoy trying new rich foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part C: Behavioral Questions. In the past 6 months have you:		Never	Once a month or less	2-3 times a month	Once a week	2-6 times a week	Once a day or more
A.	Gone on eating binges where you feel that you may not be able to stop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B.	Ever made yourself sick (vomited) to control your weight or shape?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C.	Ever used laxatives, diet pills or diuretics (water pills) to control your weight or shape?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D.	Exercised more than 60 minutes a day to lose or to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E.	Lost 20 pounds or more in the past 6 months	<input type="checkbox"/> Yes			<input type="checkbox"/> No		
• Defined as eating much more than most people would under the same circumstances and feeling that eating is out of control.							

EAT-26: Garner et al. 1982, Psychological Medicine, 12, (871-878); adapted/reproduced by D. Garner with permission.

Scoring the Eating Attitudes Test[®] (EAT-26)

The Eating Attitudes Test (EAT-26) has been found to be highly reliable and valid (Garner, Olmsted, Bohr, & Garfinkel, 1982; Lee et al., 2002; Mintz & O'Halloran, 2000). However the EAT-26 alone does not yield a specific diagnosis of an eating disorder.

Scores greater than 20 indicate a need for further investigation by a qualified professional.

Low scores (below 20) can still be consistent with serious eating problems, as denial of symptoms can be a problem with eating disorders.

Results should be interpreted along with weight history, current BMI (body mass index), and percentage of ideal Body Weight. Positive responses to the eating disorder behavior questions (questions A through E) may indicate a need for referral in their own right.

EAT-26 Score

Score the 26 items of the EAT-26 according to the following scoring system. Add the scores for all items.

Scoring for Questions 1-25:

Always	=	3
Usually	=	2
Often	=	1
Sometimes	=	0
Rarely	=	0
Never	=	0

Scoring for Question 26:

Always	=	0
Usually	=	0
Often	=	0
Sometimes	=	1
Rarely	=	2
Never	=	3

Appendix H – Basic Combat Training Week One

Session	Basic Combat Training Week One
1-1	Preparation: Pick up day
1-2	Preparation: PD INSTRUCTION Activities: Ability Group Run ASSIGNMENT Recovery: RD INSTRUCTION
1-3	Preparation: PD 5 reps Activities: HSD INSTRUCTION, 4C INSTRUCTION, SSD INSTRUCTION Recovery: RD 20 secs
1-4	Preparation: PD 5 reps Activities: SSD, 4C, LTK ASSESSMENT for CL and STC Ability Group ASSIGNMENT Recovery: RD 20 secs
1-5	Preparation: PD 5 reps Activities: MMD1 INSTRUCTION, 300SR INSTRUCTION completing up to 3 reps Recovery: RD 20 secs
1-6	Preparation: PD 5 reps Activities: HSD, MMD1, FM 4 miles Recovery: RD 20 secs
1-7	Preparation: PD 5 reps Activity: HSD, MMD1, Running Skill ASSESSMENT followed by RUD1 & RUD2 INSTRUCTION Recovery: RD 20 secs

Appendix – I ARMS MEDLOG

Validated by: CPT Cromer, MD, USATCFJ Division Medical Director					
NSN	Part I-Class II Description (Computer Equipment)	UI	Qty.	Unit price	x1-Unit
N/A	HP 2013 UltraSlim Docking Station	N/A	9	\$224.19	\$2,017.71
N/A	HP ProBook 650 G2-15.6" - Core i5 6200U - 8 GB RAM - 256 GB SSD-US	N/A	9	\$1,034.19	\$9,307.71
N/A	HP 24uh 24" LED-backlit LCD-Black	N/A	9	\$111.14	\$1,000.26
N/A	HP Business Slim keyboard - with Smart Card reader - US	N/A	9	\$63.64	\$572.76
N/A	Microsoft Basic Optical Mouse for Business - PS/2, USB - US	N/A	9	\$15.19	\$136.71
N/A	Multifunctional Printer (for 3 BDE SGN Cells)	N/A	2	\$1,270.00	\$2,540.00
			Part I Total=		\$15,575.15
NSN	Part II-Class II Description (Furniture)	UI	Qty.	Unit price	x1-Unit
N/A	*Supply Cabinet	EA	1	\$320.00	\$320.00
N/A	*5 drawer Vertical File Cabinet	EA	9	\$360.00	\$360.00
N/A	*Waste Receptacles	EA	9	\$94.00	\$94.00
N/A	*Desk chair	EA	9	\$189.00	\$756.00
N/A	*Desk	EA	9	\$599.00	\$2,396.00
			Part II Total =		\$3,926.00
NSN	Part III-Class II Description (Medical Room)	UI	Qty.	Unit price	x1-Unit
N/A	5 Drawer Lateral File Cabinet		1	\$839.00	\$839.00
N/A	3 Panel Privacy Screens		2	\$136.52	\$273.04
N/A	Reception Room Tables		1	\$179.00	\$179.00
N/A	Supply Cabinet		1	\$320.00	\$320.00
N/A	Medication Cabinet		1	\$2,331.00	\$2,331.00
N/A	Office Waste Receptacles		1	\$94.00	\$94.00
N/A	Medical Waste Receptacles		1	\$359.00	\$359.00
N/A	Desk chair		4	\$189.00	\$756.00
N/A	Exam Table		2	\$846.00	\$1,692.00
N/A	Chairs for patients (reception/exam)		5	\$149.00	\$745.00
	Part III Total =				\$7,588.04
	CLII Grand Total Requested =				\$27,089.19
NSN	Class VIII Description (Durable Medical Equipment) SNOMEN	UI	Qty.	Unit price	x1-Unit
6515016259687	TRACTION SPLINT KIT UPPER-LOWER EXTREMITY AND PELVIC PACK CHARLIE	KT	1	\$690.77	\$690.77
20276000001	SUCTION KIT ORAL W/DISPOSABLE CANISTER AND SUCTION CATHETERS	EA	1	\$65.05	\$65.05
4745600009	CARRIER LITTER TALON II TACTICAL GREEN 1S	EA	2	\$75.60	\$151.20
6530016187419	SUPPORT LITTER STAND LIGHTWEIGHT RAPID DEPLOYABLE TRENDELEBURG C	EA	2	\$400.92	\$801.84

0530SK201GR	LITTER SKED STRETCHER BODY ONLY GREEN 1S	EA	1	\$446.32	\$446.32
6545-01-533-8207	CASE MEDICAL INSTRUMENT AND SUPPLY SET NO.3 CHEST WITH INSERTS 8	EA	1	\$3,097.18	\$3,097.18
5340-01-566-8044	CABLE LOCK,NARCOTICS	EA	1	\$30.93	\$30.93
6135-00-826-4798	BATTERY NONRECHARGEAB	PG	2	\$3.04	\$6.08
6135-00-985-7845	BATTERY,NONRECHARGEAB	PG	2	\$5.58	\$11.16
6230-01-599-9391	LIGHT,HEAD,UTILITY	EA	4	\$54.22	\$216.88
6515-00-340-6700	HAMMER REFLEX TESTING	EA	1	\$6.78	\$6.78
6515-00-363-4100	SAW FINGER RING	EA	1	\$80.62	\$80.62
6515-00-369-9100	SPECULUM NASAL 5.75"L	EA	1	\$84.35	\$84.35
6515-01-296-8419	REMOVER SURG STAPLE	PG	1	\$34.63	\$34.63
6515-01-314-6694	STETHOSCOPE 28"LG	EA	4	\$80.22	\$320.88
6515-01-333-3165	OTOSCOPE & OPHTHALMOS	SE	2	\$438.06	\$876.12
6515-01-510-4342	SPHYGMOMANOMETER	EA	6	\$40.32	\$241.92
6515-01-519-3612	RESUSCITATOR KIT HAND	EA	4	\$20.32	\$81.28
6515-01-523-4512	CUFF SET SPHYGMOMANOM	EA	1	\$66.24	\$66.24
6515-01-523-9935	THERMOMETER KIT CLIN	EA	2	\$503.14	\$1,006.28
6515-01-533-8138	MASK RESPIRATOR 20S	PG	1	\$14.60	\$14.60
6515-01-558-6948	*PAD ELECTRODE DEFIB	EA	1	\$131.96	\$131.96
6530-01-168-8096	TRAY COUNTING TABLET	EA	2	\$18.42	\$36.84
6530-01-366-7671	PAD BED LINEN 23X36"	PG	1	\$34.15	\$34.15
7520-00-312-6124	MARKER,TUBE TYPE	DZ	1	\$6.67	\$6.67
8120-00-664-0855	BASE,COMPRESSED GASCY	EA	4	\$21.07	\$84.28
6515-01-283-2732	SENSOR OXYGEN OXIMETER	EA	1	\$335.57	\$335.57
	*PHILLIPS HEARTSTART ONSITE AED (M5066A)	EA	1	\$1,275.00	\$1,275.00
	*PHILLIPS HEARTSTARE AED (O2) CASE	EA	1	\$256.00	\$256.00
(Needs replacement every 4 years)	*PHILLIPS ONSITE/FRX REPLACEMENT BATTERY	EA	1	\$169.00	\$169.00
(Needs replacement every 2 years)	*PHILLIPS HEARTSTART ONSITE REPL PADS CARTRIDGE - ADULT	EA	1	\$67.00	\$67.00
			CLVIII Durable Total=		\$5,475.22
NSN	Class VIII Description (Expendables) SNOMEN	UI	Qty.	Unit price	x1-Unit

6510-00-203-6010	ADHE TAPE SUR 12"X5YD	RO	1	\$36.21	\$36.21
6545-01-597-2145	BAG COMBAT MEDIC M 9 MULTI CAM	EA	3	\$382.86	\$1,148.58
6510-00-786-3736	PAD ISOPROPYL ALCOHOL	PG	2	\$4.25	\$8.50
6510-00-913-7909	BAND ADH .75X3" 300S	BX	1	\$7.13	\$7.13
6510-00-926-8882	ADH TAPE 1"X360" 12S	PG	2	\$17.83	\$35.66
6510-00-926-8884	ADH TAPE 3"X10YD 4S	PG	4	\$17.51	\$70.04
6510-00-935-5822	BANDAGE ELAS 4.5YDX4"	PG	3	\$7.07	\$21.21
6510-00-935-5823	BANDAGE 6"X4.5YD 10S	PG	5	\$105.18	\$525.90
6510-01-492-2275	BANDAGE KIT 6"X4.5M	EA	60	\$8.04	\$482.40
6510-01-503-2117	BANDAGE 4.5"X4.1YD	RO	84	\$2.43	\$204.12
6510-01-532-6656	BANDAGE KIT ELAS ABDO	KT	5	\$14.57	\$72.85
6510-01-562-3325	BANDAGE GAUZE 3"X4YD	EA	40	\$39.92	\$1,596.80
6510-01-562-3346	DRESS WOUND SEAL 6X8"	PG	1	\$291.52	\$291.52
6510-01-571-9729	COMPRESS&BANDAGE BLK	EA	20	\$8.12	\$162.40
6515-00-324-5500	DEPRESSOR TONGUE 100S	PG	1	\$1.68	\$1.68
6515-00-462-7348	SYRINGE,HYPODERMIC	PG	1	\$381.99	\$381.99
6515-00-564-8242	APPLICATOR DISP 200S	PG	1	\$7.33	\$7.33
6515-01-203-1332	COVER ELECTRONIC THER	PG	1	\$69.25	\$69.25
6515-01-282-1194	MASK ORONASAL ADL 50S	PG	1	\$60.27	\$60.27
6515-01-290-8955	CURETTE EAR PEDIATRIC	PG	1	\$78.50	\$78.50
6515-01-312-2966	CURETTE EAR 7" LG 50S	PG	1	\$67.09	\$67.09
6515-01-449-1016	SHIELD EYE SURG 12S	PG	2	\$59.94	\$119.88
6515-01-461-8933	GLOVESPAT MEDIUM 100S	PG	2	\$96.23	\$192.46
6515-01-461-8939	GLOVES PAT SMALL 100S	PG	1	\$12.58	\$12.58
6515-01-461-8950	GLOVESPATIENT XL 100S	PG	2	\$13.12	\$26.24
6515-01-491-5719	GLOVES PAT LARGE 100S	PG	2	\$12.42	\$24.84
6515-01-494-1951	SPLINT UNIVERSAL 12S	EA	40	\$14.46	\$578.40
6515-01-500-5746	BAG RECLOSABLE 1000S	PG	1	\$42.50	\$42.50
6530-01-164-6854	DISPOSAL CONTAIN 40S	PG	1	\$143.31	\$143.31
4725B40600	PAD PREP POVIDONE IODINE MEDIUM 1 3/16 X 2-5/8 100S	BX	2	\$5.18	\$10.36

F08290094110	BD POSIFLUSH SALINE 0.9% SYRN SODIUM CHLORIDE 30X10ML 30S	CS	2	\$28.91	\$57.82
4509003587	DRESSING TEGADERM TRANSPARENT 3 1/2 X 4 1/8 100S	CS	2	\$101.89	\$203.78
3583007159	UNDERPAD NONWOVEN CHUX 30 X 36IN SUPER ABSORB BULK OCCER 60S	CS	2	\$27.13	\$54.26
833551457	PAD MOLESKIN ADHESIVE 1/16X9X4 YARD 1S	EA	4	\$43.77	\$175.08
64150FM684	BANDAIDS BUGS AND TAZ 3/4 X 3 100S	BX	2	\$4.98	\$9.96
CMS09110	TRAUMA SHEARS - 19CM / COYOTE HANDLE / BLACK BLADES 1S	EA	2	\$15.67	\$31.34
6530011600883	PAD COOLING CHEMICAL DISPOSABLE PERINEAL COLD PACK THERAPEUTIC C	PG	5	\$52.62	\$263.10
6530013813848	PAD HEAT TREATMENT INSTANT HEAT PACK KWIK HEAT BECOMES 110 DEGRE	PG	5	\$19.97	\$99.85
COV8035	BANDAGE UNNA BOOT 3X10YD WITH CALAMINE 12S	BX	2	\$69.81	\$139.62
0204WOD1002	APPLICATOR COTTON TIP 6IN 1000S	BX	1	\$5.42	\$5.42
3583002556	SPONGE SURG GAUZE ABS WHITE 4X4IN 8-PLY U/F INJURS OR SURG 200S	PG	1	\$6.51	\$6.51
3583006309	PAD GAUZE STERILE 4X4 1200S	CS	1	\$467.40	\$467.40
3583009022	SPONGE GAUZE 2X2IN NONWOVEN POLY RAYON BLEND 4PLY N S 200S	BG	2	\$4.14	\$8.28
651008T000008	SPONGE ACCOLADE GAUZE 2X2IN 8PLY NON-STERILE 5000S	PG	1	\$51.67	\$51.67
723374081	BRUSH SPONGE SURGICAL PCMX W EMOLLIENTS W NAIL CLEANER 300S	CS	1	\$189.01	\$189.01
6515015250236	SPECULUM OTOSCOPE SIZE 4.25MM DISPOSABLE 850S USE WITH END ITEM	PG	1	\$29.04	\$29.04
45802014370	TRIPLE ANTIBIOTIC PACKETS 0.9GM 144S	BX	2	\$14.10	\$28.20
4366SUT1003	KIT SUTURE REMOVAL LITTAUER SCISSOR 50S	CS	2	\$65.84	\$131.68
4366SSR1001	KIT STAPLE REMOVAL 50S	CS	1	\$102.33	\$102.33
4399131100	TOWELLETES CAVIWIPES 12X160S	CS	2	\$59.83	\$119.66
MICPBVMG	BAG POCKET BVM VALVE MASK FOR EMERGENCY RESUSCITATION 1S	EA	1	\$49.19	\$49.19
735111030	CONTAINER SHARPS 11.0GL LGE VOLUME RED LGE OPENING W/SHARPS PORT	EA	2	\$65.89	\$131.78
3583008301	CONTAINER SHARPS SHUTTLE FOR ANGIO CATHS AND SYRINGES 24S	CS	1	\$31.56	\$31.56
ANL040030	SYRINGE 30ML LUER LOCK STERILE W/O NEEDLE 600S	CS	1	\$163.94	\$163.94
6515010508248	CATHETER AND NEEDLE UNIT D12 INTRAVENOUS 16GA X 2.25" MICRO-VENT	PG	2	\$372.94	\$745.88
723305196	NEEDLE HYPODERMIC PP 18GA X 1-1/2IN REG BEVEL WT DISP STER 100S	BX	1	\$3.65	\$3.65
507372611	SCALPEL DISPOSABLE NO 11 STERILE SAFETY GUARD WITH LOCK 10S	BX	2	\$17.73	\$35.46
SKL063115	SCALPEL DISPOSABLE STERILE NO 15 10S	BX	2	\$6.81	\$13.62
6550-01-093-4010	CONTROL STRIPS VISUAL	BT	4	\$76.97	\$307.88
		CLVIII Expendable Total =			\$10,136.97
NSN	Class VIII Description (Formulary) SNOMEN	UI	Qty.	Army UP	Extended Price

6505-01-538-2871	Albuterol Sulf 90 mcg	EA	12	108.17	1298.04
6505-01-599-0353	Epinephrine Auto-Inj	PG	5	259.43	1297.15
6505-01-454-2526	BACITRACIN ZINC OINTM	TU	12	\$4.14	\$49.68
6505-01-028-9394	ANTIDANDRUFF SHAMPOO	PG	3	\$8.22	\$24.66
6505-01-578-3176	TERBINAFINE CREAM	TU	12	\$9.51	\$114.12
6505-01-153-3272	DIPHENHYDRAMINE HCL	BT	1	\$7.28	\$7.28
6505-00-100-9985	ASPIRIN TABLETS	BT	1	\$1.18	\$1.18
6505-00-687-4534	CALAMINE LOTION	BT	5	\$1.39	\$6.95
6505-01-600-2612	BENZOCAINE MENTHOL CET	PG	36	\$2.86	\$102.96
6505-00-149-0098	DECONGESTANT	PG	10	\$1.19	\$11.90
6505-01-539-3176	GUAIFENESIN EXTENDED	BT	5	\$7.62	\$38.10
6505-00-772-0157	LIDO HCL TOP SOL VISC 4%	BT	3	\$3.17	\$9.51
6505-01-310-0810	HEMORRHOIDAL SUPP	PG	5	\$18.41	\$92.05
6505-00-926-2095	HYDROCORTISONE28.35GM	TU	6	\$5.13	\$30.78
6505-01-376-2828	PEPTO-BISMOL	PG	10	\$2.54	\$25.40
6505-00-163-7656	DOCUSATE SODIUM CAPS	PG	1	\$17.96	\$17.96
6505-00-985-7301	TYLENOL (325 MG TABS)	BT	1	\$5.93	\$5.93
6505-01-100-7152	ACETIC ACID AND HC EAR	BT	3	\$3.10	\$9.03
6505-01-033-9866	ACETYLSALICYLIC ACID 81MG	BT	1	\$0.70	\$0.70
6505-00-598-5830	ANTIPYRINE BENZO 10ML	BT	3	\$15.08	\$45.24
6505-01-015-6456	ARTIFICIAL TEARS	BT	10	\$8.55	\$85.50
6505-00-660-1798	BENZONATATE CAPS100MG	BT	2	\$86.38	\$172.76
6505-00-118-2759	BISACODYL DELAYED-REL	BX	1	\$6.61	\$6.61
6505-01-574-0482	CALCIUM CARBONATE TAB	BT	3	\$1.34	\$4.02
6505-00-944-4130	DICYCLOMINE HCL 20MG	BT	1	\$4.60	\$4.60
6505-01-518-2962	DIPHENHYDRAMINE HCL	PG	6	\$18.05	\$108.30
6505-01-599-0353	EPINEPHRINE AUTO-INJ	PG	5	\$259.43	\$1,297.15
6505-01-530-3334	HYDROXYZINE HYDROCHLO	BT	1	\$40.46	\$40.46
6505-01-377-1461	LORATADINE TABLETS	PG	7	\$2.08	\$14.56
6505-00-111-7829	LUBRICANT SURG 5GM	PG	1	\$44.74	\$44.74

6505-01-466-7535	MICONAZOLE NITRATE 2%	CO	20	\$6.16	\$123.20
6505-01-480-5678	MUPIROCIN OINTMENT	TU	5	\$27.99	\$139.95
6505-01-407-0213	NALOXONE HYDROCHLORID	PG	1	\$447.07	\$447.07
6505-01-533-1574	NAPHAZOLINE HYDROCHLO	BT	5	\$10.24	\$51.20
6505-01-046-0126	NAPROXEN 250MG	BT	2	\$18.67	\$37.34
6505-00-132-5181	OXYGEN	EA	10	\$179.76	\$1,797.60
6505-01-549-9816	PHENYLEPHRINE 10MG18S	PG	20	\$0.97	\$19.40
6505-00-491-7557	POVIDONE-IODINE CLEAN	BT	5	\$11.32	\$56.60
6505-01-160-7702	RANITIDINE 150MG 60S	BT	3	\$79.83	\$239.49
6505-00-299-8671	SELENIUM SULF LOTION	BT	3	\$5.41	\$16.23
6505-01-374-5865	ONDANESTRON HYDROCHLORIDE 4MG TABLET	PG	3	\$34.13	\$102.39
6505-00-604-1567	TRIAMCINOLONE ACETONI	TU	3	\$3.72	\$11.16
			Total Requested =		\$ 8,008.95
JSN	H2F Hybrid Equipment Set-DESCRIPTION	QTY	QTY DESCRIPTION	UNIT COST	EXTENDED COST
A5108	Sharpstar In-Room System W/ Sharpstar Lids - Container - 5 Qt Clear Sharpstar - Counter Balanced Lid - 20/Cs	2	EA	\$ 86.61	\$ 173.22
A5108A	In-Room System Wall Enclosures - Wall Enclosure For 5 Qt Sharps Container - 1/Cs	5	EA	\$ 14.52	\$ 72.60
CON01	550Lb Paracord/Parachute Cord - 100% Nylon Mil-Spec Type III Paracord	2	EA	\$ 17.59	\$ 35.18
CON02	Plastic Adhesive Bandages 7/8", Spot	3	PKG	\$ 36.44	\$ 109.32
CON03	Cloth Surgical Tape, 8" X 10 Yds, 6/Cs	2	CASE	\$ 123.54	\$ 247.08
CON04	Alcohol Prep Wipes, 2 Ply, Medium (200 Per Package/ 20 Packages Per Case)	20	PKGs	\$ 1.52	\$ 30.33
CON05	ASP Semi-Permanent Gold Ear Needles, Box Of 200	5	EA	\$ 119.21	\$ 596.05
CON06A	Mueller Athletic Tape, 1.5" X 15Yds, 6/Pk	4	BOX	\$ 67.84	\$ 271.36
CON07	Staples Binderclips Assorted, Satin Silver, 30/Pk	8	EA	\$ 4.93	\$ 39.44
CON08	Staples Standard 1" 3 Ring, White, Priced Per Each	36	EA	\$ 3.36	\$ 120.84
CON09	Caviwipes Cleaner Disinfectant Wipes, 160/Canister	10	EA	\$ 14.70	\$ 147.00
CON10	Tongue Depressor, Senior, 6", Sterile, 1/Pk, 100 Pk/Bx, 10 Bx/Cs	5	PKG	\$ 3.23	\$ 16.14
CON100	Blood Clotting Spray 3Oz	2	EA	\$ 5.67	\$ 11.34
CON101	Economy Memory Foam Sheet, 1/2In X 20In X 36In, Blue, Adhesive, Package Of 10	1	PKG	\$ 73.46	\$ 73.46

CON102	Chito Gauze Hemostatic Bandage 3In X 48In	7	EA	\$ 47.32	\$ 331.24
CON103	Combat Application Tourniquet	7	EA	\$ 25.79	\$ 180.53
CON104	Sam Splint 36In	7	Set	\$ 17.37	\$ 121.59
CON105	Hyfin Chest Seal	14	Set	\$ 15.00	\$ 210.00
CON106	Everone Berman Airways 6 Piece Kit	7	Set	\$ 5.98	\$ 41.86
CON107	Nasopharyngeal Airway Kit 9 Pack	7	Set	\$ 30.41	\$ 212.87
CON108	Mueller Hero Protege Medical Bag Supplies Not Included	3	EA	\$ 188.15	\$ 564.45
CON109	Nail Drill With 3 Burrs	1	EA	\$ 38.23	\$ 38.23
CON11	Cardinal 968, Special Underpad, X-Large 36" X 36", 48/Cs	10	PKG	\$ 6.63	\$ 66.25
CON110	Cando Intensity Loop 40In Light Red	1	EA	\$ 15.79	\$ 15.79
CON111	Cando Band Exercise Loop 10" Long Red Light	3	EA	\$ 2.47	\$ 7.41
CON111A	Cando Band Exercise Loop 10" Long Green Medium	3	EA	\$ 2.89	\$ 8.67
CON111B	Cando Band Exercise Loop 10" Long Blue Heavy	3	EA	\$ 3.26	\$ 9.78
CON12	Dripdrop Ors - Patented Electrolyte Powder For Dehydration Relief Fast - For Workout, Sweating, Heat, & Travel Recovery - Berry - 32 X 8Oz Servings, 1 Case Of 128	1	CASE	\$ 42.34	\$ 42.34
CON13	Dry Erase Markers Fine Point Assortedw/Eraer, Fine Point, Assorted, Starter Set Kit	2	EA	\$ 11.48	\$ 22.96
CON13A	Crayola Classic Kid'S Markers, Markers, Fine Point, 10/Pack	5	EA	\$ 4.93	\$ 24.65
CON14-WSK	25 Pieces Elastic Stretch Foldover Elastics Hair Ties Headbands, 25 Colors, 38 Inches By 3/5 Inch	3	EA	\$ 5.87	\$ 17.61
CON15	Employee Start Up Kit	36	SET	\$ 37.36	\$ 1,344.96
CON17-WSK	42Pcs Felt Fabric Sheet 4"X4" Assorted Color Diy Craft Squares Nonwoven 1Mm Thick	3	EA	\$ 7.04	\$ 21.12
CON18	Baseline Gulick Measurement Tape, Plastic Case, 60"	2	EA	\$ 10.57	\$ 21.14
CON19	Gojo 3659-12, Instant Hand Sanitizer, 12 Fl Oz Pump Bottle, 12/Cs	2	CASE	\$ 50.92	\$ 101.84
CON20	Hinged Knee Brace, Large	10	EA	\$ 41.90	\$ 419.00
CON20A	Hinged Knee Brace, Medium	10	EA	\$ 41.90	\$ 419.00
CON20B	Hinged Knee Brace, Small	5	EA	\$ 41.90	\$ 209.50
CON20C	Hinged Knee Brace, X-Large	5	EA	\$ 41.90	\$ 209.50
CON21	Swingline® Smarttouch Low Force 3-Hole Punch, 12 Sheet Capacity, Black/Gray	1	EA	\$ 19.53	\$ 19.53
CON22	Velcro Brand One-Wrap Cable Ties, 1/2" X 15", Reusable Hook & Loop Fastener, Gray, 30/Pack	2	EA	\$ 5.51	\$ 11.02
CON23	Iontopatch Stat, 6 Each Patch/Vial, 80Ma-Min	10	BOX	\$ 39.08	\$ 390.80

CON24	Tops Classified Colors 1-Subject Notebook, 5.5" X 8.5", Narrow Ruled, 100 Sheets, Ruby (Top 73505)	20	EA	\$ 6.08	\$ 121.60
CON25	Kinesio Tape, Tex Gold Fp, 2" X 5.5 Yds, Black, 6 Rolls	6	BOX	\$ 63.22	\$ 379.32
CON26	Kitchen Utensil Starter Set	1	EA	\$ 183.11	\$ 183.11
CON27	Rigid Strapping Sports Tape, Latex, 1.5" X 15 Yds, 30 RI/Cs	3	CASE	\$ 221.85	\$ 665.55
CON28	Stretch Tape, 2" X 10 Yds, 12/Cs (150 Cs/Plt)	3	CASE	\$ 221.85	\$ 665.55
CON29	Pro Advantage Flexible Cohesive Bandages, Tan, 1" X 5 Yards, Box 30	2	BOX	\$ 29.38	\$ 58.76
CON30	Deep Prep Tissue Massage Cream 15Oz Jar	5	EA	\$ 20.31	\$ 101.55
CON32	APS, Click Dry Needle With Guide Tube, 0.25 X 30Mm, Brown Tip, Box Of 100	10	EA	\$ 11.63	\$ 16.00
CON32A	Seirin J-Type Acupuncture Needles, Size 5 (0.25Mm) X 60Mm, Box Of 100 Needles	10	EA	\$ 21.05	\$ 210.50
CON32B	APS Drop Dry Needles, 0.30 X 100Mm, Turquoise Tip, Box Of 100	10	EA	\$ 16.57	\$ 165.70
CON32C	APS, Click Dry Needle With Guide Tube, 0.30 X 30Mm, Gold Tip, Box Of 100	10	EA	\$ 11.63	\$ 116.30
CON32D	APS, Click Dry Needle With Guide Tube, 0.30 X 75Mm, Black Tip, Box Of 100	10	EA	\$ 12.79	\$ 127.90
CON32E	APS, Click Dry Needle With Guide Tube, 0.30 X 60Mm, Purple Tip, Box Of 100	10	EA	\$ 11.63	\$ 116.30
CON33	Oval 8 Kit	2	EA	\$ 204.46	\$ 408.92
CON34	Pipet, 5 MI (Graduated To 1 MI), 145Mm Length, Graduated, Non-Sterile, 500/Bx, 10 Bx/Cs	1	BOX	\$ 12.18	\$ 12.18
CON35	Orficast Thermoplastic Tape, 2" X 9', Blue	1	BOX	\$ 35.17	\$ 35.17
CON36	Freeze Sleeve, Large, 13-16 Inch Circumference	4	EA	\$ 79.94	\$ 319.76
CON36A	Freeze Sleeve, Medium, 10-13 Inch Circumference	4	EA	\$ 79.94	\$ 319.76
CON36B	Freeze Sleeve, X-Large, 16-20 Inch Circumference	4	EA	\$ 87.21	\$ 348.84
CON37	8.5" X 11" Copy Paper, 20 Lbs., White, 5000 Sheets/Cartron, 12 Reams	2	CASE	\$ 45.09	\$ 90.18
CON38	Arm Sling Adult: Large	20	EA	\$ 10.18	\$ 203.60
CON39	Skin Protective Underwrap, Case Of 12 Rolls	2	CASE	\$ 27.91	\$ 55.82
CON40	Medivena One-Care Universal Blood Lancets, Box Of 100	5	BOX	\$ 1.25	\$ 6.25
CON41	Specimen Container, Screw-On Lid, 4 Oz, Non-Sterile, 25/Pkg, 20 Pkg/Case	20	PKG	\$ 83.78	\$ 1,675.60
CON42	Spider Elbow Pad (L)	20	EA	\$ 29.31	\$ 586.20
CON42A	Spider Elbow Pad (M)	20	EA	\$ 29.31	\$ 586.20
CON42B	Spider Elbow Pad (XI)	20	EA	\$ 29.31	\$ 586.20
CON42C	Spider Elbow Pad (Xxl) Xxli In The Dmlls	20	EA	\$ 29.31	\$ 586.20
CON43	Heavy Duty Professional Splinting Shears	4	EA	\$ 24.43	\$ 97.72

CON44	Gauze Sponge, 4" X 4", 8-Ply, Non-Sterile, 200/Bg, 20 Bg/Cs	3	CASE	\$ 122.79	\$ 368.37
CON45	Stax-Type Splint	2	EA	\$ 98.82	\$ 197.64
CON46	Cando Cotton Stockinette - 1" X 25 Yard	2	EA	\$ 9.00	\$ 18.00
CON47	Velcro 1" Hook, 25 Yard, Tan	2	EA	\$ 9.14	\$ 18.28
CON48	Cando Gel Hand Exercise Ball, Small, Red, Soft	1	BOX	\$ 3.45	\$ 3.45
CON49	Cando Dynamic Stretch Strap	6	EA	\$ 6.90	\$ 41.40
CON50	Stroop Color And Word Test	8	EA	\$ 141.18	\$ 1,129.44
CON50A	Stroop Color And Word Test: Children'S Version	4	EA	\$ 141.18	\$ 564.72
CON51	Cando Intensity Loop, 40In, Medium, Green	3	EA	\$ 20.93	\$ 62.79
CON51A	Cando Intensity Loop, 40In, Light, Red	3	EA	\$ 15.70	\$ 47.10
CON51B	Cando Intensity Loop, 40In, Heavy, Blue	3	EA	\$ 26.16	\$ 78.48
CON51C	Cando Intensity Loop, 40In, X-Light, Yellow	3	EA	\$ 10.47	\$ 31.41
CON52-WSK	Aleene'S 3 Pack, 8 Oz Tacky Glue, 8 Fl Oz, Original Version 3 Count	9	EA	\$ 12.93	\$ 107.75
CON53	Test Of Everyday Attention (TEA) Measures Three Aspects Of Attention, Selective Attention, Sustained Attention, And Attentional Switching, Using Everyday Materials.	8	SET	\$ 514.12	\$ 4,112.96
CON54	Medivena One-Care Glucose Strips, For Self-Testing, 50 Strips/Bx	10	PKG	\$ 4.89	\$ 48.90
CON55	Cando Exercise Band, Yellow, 25 Yard Dispenser	4	EA	\$ 23.21	\$ 92.84
CON55A	Cando Exercise Band, Black, 25 Yard Dispenser	4	EA	\$ 32.98	\$ 131.92
CON55B	Cando Exercise Band, Blue, 25 Yard Dispenser	4	EA	\$ 30.53	\$ 122.12
CON55C	Cando Exercise Band, Green, 25 Yard Dispenser	4	EA	\$ 28.09	\$ 112.36
CON55D	Cando Exercise Band, Red, 25 Yard Dispenser	4	EA	\$ 25.64	\$ 102.56
CON56	Cando Exercise Band, Black, 50 Yard Dispenser	5	EA	\$ 56.18	\$ 280.90
CON56A	Cando Exercise Band, Blue, 50 Yard Dispenser	5	EA	\$ 52.52	\$ 262.60
CON56B	Cando Exercise Band, Green, 50 Yard Dispenser	5	EA	\$ 48.85	\$ 244.25
CON56C	Cando Exercise Band, Red, 50 Yard Dispenser	5	EA	\$ 45.18	\$ 225.90
CON56D	Cando Exercise Band, Yellow, 50 Yard Dispenser	5	EA	\$ 41.53	\$ 207.65
CON57	Theraputty Exercise Putty, Green, 2 Ounce	4	EA	\$ 2.54	\$ 10.16
CON57A	Theraputty Exercise Putty, Red, 2 Ounce	4	EA	\$ 2.54	\$ 10.16
CON57B	Theraputty Exercise Putty, Yellow, 2 Ounce	4	EA	\$ 2.54	\$ 10.16
CON58	Therm-X Coolant 1Qt	20	EA	\$ 26.00	\$ 520.00

CON60	Orfilight, 18" X 24" X 1/16", Micro Perforated, Case Of 4	4	CASE	\$ 143.62	\$ 574.48
CON61	Freedom Thumb Spica, Beige, Left, Medium/Large	20	EA	\$ 19.25	\$ 385.00
CON61A	Freedom Thumb Spica, Beige, Left, Small/Medium	20	EA	\$ 19.25	\$ 385.00
CON61B	Freedom Thumb Spica, Beige, Left, Small/Medium	20	EA	\$ 19.25	\$ 385.00
CON62	Freedom Thumb Spica, Beige, Right, Medium/Large	20	EA	\$ 19.25	\$ 385.00
CON62A	Freedom Thumb Spica, Beige, Right, Small/Medium	20	EA	\$ 19.25	\$ 385.00
CON62B	Freedom Thumb Spica, Beige, Right, Small/Medium	20	EA	\$ 19.25	\$ 385.00
CON64-WSK	Foam Ear Plugs, 200-Pair, Orange	2	BOX	\$ 27.05	\$ 54.10
CON65	Pneumatic Armband For Tennis Elbow, Beige	30	EA	\$ 14.94	\$ 448.20
CON66	Black Voodoo Floss Strip 28' X 2" X .051	2	EA	\$ 48.00	\$ 96.00
CON67	Freedom Comfort Wrist Support Large, Left	20	EA	\$ 8.05	\$ 161.00
CON67A	Freedom Comfort Wrist Support, Medium, Left	20	EA	\$ 8.05	\$ 161.00
CON67B	Freedom Comfort Wrist Support, Small, Left	20	EA	\$ 8.05	\$ 161.00
CON68	Freedom Comfort Wrist Support, Large, Right	30	EA	\$ 8.05	\$ 241.50
CON68A	Freedom Comfort Wrist Support, Medium, Right	20	EA	\$ 8.05	\$ 161.00
CON68B	Freedom Comfort Wrist Support, Small, Right	20	EA	\$ 8.05	\$ 161.00
CON69	Wristwidget® Black	10	EA	\$ 34.08	\$ 340.80
CON70	Glove (S) Boxes Of 100 Gloves	6	BOX	\$ 25.77	\$ 154.61
CON70A	Gloves (L) Case Of 10 Boxes Of 100 Gloves	6	CASE	\$ 257.69	\$ 1,546.14
CON70B	Gloves (M) Case Of 10 Boxes Of 100 Gloves	6	CASE	\$ 257.69	\$ 1,546.14
CON70C	Gloves (XI) Case Of 10 Boxes Of 100 Gloves	6	CASE	\$ 257.69	\$ 1,546.14
CON71	Valutrode X, White Foam, 2" X 4" Rectangle, 40/Case	20	PG	\$ 40.23	\$ 804.60
CON71A	Valutrode X, White Foam, 2" Round, 40/Case	10	CASE	\$ 27.01	\$ 270.10
CON72	Alcohol Prep Pad, Medium, 2-Ply, 200/Bx	2	BOX	\$ 1.52	\$ 3.03
CON73	Palmer's Cocoa Butter 7.25 Oz Jar	5	EA	\$ 7.59	\$ 37.95
CON74	Baseline Woven Measurement Tape With Push-Button Retractor, 60"	4	EA	\$ 3.06	\$ 12.24
CON74A	Stanley 12 Ft. Tape Measure, Polymer	2	EA	\$ 6.31	\$ 12.62
CON75	Relief Pak Blue-Vinyl Reusable Cold Pack, Standard (11 X 14")	6	EA	\$ 7.76	\$ 46.56
CON76	Core Swede-O Tarsal Lok Ankle Brace, Bk, Large	50	EA	\$ 24.14	\$ 1,207.00
CON76A	Core Swede-O Tarsal Lok Ankle Brace, Bk, XI	25	EA	\$ 24.14	\$ 603.50

CON76B	Core Swede-O Tarsal Lok Ankle Brace, Bk, Medium	50	EA	\$ 24.14	\$ 1,207.00
CON76C	Core Swede-O Tarsal Lok Ankle Brace, Bk, Small	25	EA	\$ 24.14	\$ 603.50
CON77	Strapit Pro Stretchband Light, White, 2 In X 7.5Yds, Box Of 24	5	BOX	\$ 58.95	\$ 294.75
CON78	Flexit High Performance Bandage 2In X 6Yd Roll, Case Of 24 White	2	CASE	\$ 27.63	\$ 55.26
CON78A	Flexit High Performance Bandage 3In X 6Yd Roll, Case Of 16 White	2	CASE	\$ 27.63	\$ 55.26
CON79	First Aid Elastikon Elastic Tape 3In X 2.5 Yds, 3 Rolls Per Package	2	PKG	\$ 68.14	\$ 136.28
CON80	Cramer Quick Dry Spray, 8 Oz.	6	EA	\$ 75.87	\$ 455.22
CON81	Tape And Tuffner Remover 1Gallon	1	EA	\$ 31.05	\$ 31.05
CON82	Disposible Ice Bags 1500 Per Roll 10In X 18In	3	EA	\$ 99.65	\$ 298.95
CON83	Nasal Plugs 300 Per Pack	1	PKG	\$ 13.67	\$ 13.67
CON84	Cramer F1 Flexiwrap 4In With Handle, 6 Per Box	1	BOX	\$ 58.19	\$ 58.19
CON85	Shark Tape Cutter	1	EA	\$ 9.32	\$ 9.32
CON86	Replacement Baldes For Shark Tape Cutter 10 Per Pack	1	BOX	\$ 28.52	\$ 28.52
CON87	Latex Free Self-Closure Elastic Bandage 4In X 10Yd 6Per Box	1	BOX	\$ 12.05	\$ 12.05
CON87A	Latex Free Reinforced Elastic Bandage 4In X 10Yd Double Length 6Per Box	1	BOX	\$ 17.84	\$ 17.84
CON87B	Elastic Bandage Woven Standard Clip 4In X 4 1/2Yds 10 Per Box	1	BOX	\$ 29.30	\$ 29.30
CON87C	Elastic Bandage Woven Standard Clip 6In X 4 1/2Yds 10 Per Box	1	BOX	\$ 44.09	\$ 44.09
CON88	Heel And Lace Pads	1	CASE	\$ 26.38	\$ 26.38
CON89	Bacitracin Zinc Ointment 4Oz	2	EA	\$ 9.47	\$ 18.94
CON89A	Triple Antibiotic Ointment 25 Per Box	5	BOX	\$ 121.54	\$ 607.70
CON90	Cramer Cinder Cuds 5 Oz Spray	2	EA	\$ 6.25	\$ 12.50
CON91	Telfa Ouchless Adhesive Dressing 3In X 4In 100 Per Box	2	BOX	\$ 244.34	\$ 488.68
CON92	Medi Wash First Aid Eye Wash 4Oz	2	EA	\$ 2.31	\$ 4.62
CON93	Foam Rubber 6In X 2Yd X 1/8In	1	EA	\$ 24.20	\$ 24.20
CON93A	Foam Rubber 6In X 2.5Yrd X 1/4In	1	EA	\$ 28.41	\$ 28.41
CON94	Cramer Felt Variety Pack	1	PKG	\$ 44.04	\$ 44.04
CON95	Cotton Tipped Applicator 6In X 1-12In 100 Per Bag	1	BOX	\$ 39.55	\$ 39.55
CON96	Benzene Tinture Ampules	3	BOX	\$ 227.55	\$ 682.65
CON97	Stip-Tik Swabpoules 25/bag	1	CASE	\$ 62.31	\$ 62.31
CON98	Eline Ankle Horseshoes 3/8In Super Foam 12 Per Pack	2	PKG	\$ 30.73	\$ 61.46

CON99	Tensoplast Elastic Adhesive Badages, 24 Per Case	2	CASE	\$ 135.66	\$ 271.32
F0465	Multi Shelf Storage Unit; 4-Shelf Wire Unit, 36"W, Black (Ws143654-4B)Rage Unit 36"W	4	EA	\$ 68.95	\$ 275.80
F3050A	White Board Double Sided Magnetic 72" X 42"	2	EA	\$ 254.71	\$ 509.42
G1006A	Tb-1 Trap Bar 2.0	2	EA	\$ 393.34	\$ 786.68
G1012	Rogue Rml-490 Power Rack	2	EA	\$ 1,343.40	\$ 2,686.80
G1024	Concept 2 Rowereg	2	EA	\$ 1,599.00	\$ 3,198.00
G1032	2 Tier Universal Storage System 2.0 - Kb/Mb	4	EA	\$ 594.59	\$ 2,378.36
G1032A	1.2 Ohio Bar Black Zinc Shaft Bright Zinc Sleeves	2	EA	\$ 365.29	\$ 730.58
G1032B	Combo Mirror/Band/Cuff/Dumbbell	2	EA	\$ 533.77	\$ 1,067.54
G1036	Rogue Usa Olympic Change Plate - 5.0Lb - Pair	3	EA	\$ 489.35	\$ 1,468.05
G1037	10Lb Rogue Rubber Hex Dumbbell - Pair	2	SET	\$ 59.89	\$ 119.78
G1037A	18Lb Rogue Kettlebell	4	EA	\$ 59.89	\$ 239.56
G1037B	26Lb Rogue Kettlebell	4	EA	\$ 71.86	\$ 287.44
G1037C	35Lb Rogue Kettlebell	2	EA	\$ 84.72	\$ 169.44
G1037D	40Lb Rogue Kettlebell	2	EA	\$ 96.83	\$ 193.66
G1037E	2.5Lb Rogue Rubber Hex Dumbbell - Pair	1	PAIR	\$ 24.21	\$ 24.21
G1037F	5Lb Rogue Rubber Hex Dumbbell - Pair	1	PAIR	\$ 35.93	\$ 35.93
G1037G	7.5Lb Rogue Rubber Hex Dumbbell - Pair	1	PAIR	\$ 41.92	\$ 41.92
G1037H	10Lb Rogue Rubber Hex Dumbbell - Pair	1	PAIR	\$ 59.89	\$ 59.89
G1037I	30Lb Rogue Rubber Hex Dumbbell - Pair	1	PAIR	\$ 132.38	\$ 132.38
G1040A	Pro 32	2	PAIR	\$ 338.89	\$ 677.78
G1040B	Power Stand	2	EA	\$ 148.89	\$ 297.78
G1044	360 Slide Board With 2 Booties - 6" L X 22" W	2	EA	\$ 62.07	\$ 124.14
G1050	Adjustable Ball Rebounder - Set With Rectangular Rebounder, Vertical Metal Rack, 5-Balls (1 Each: 2,4,7,11,15 Lb)	1	EA	\$ 583.28	\$ 583.28
K6800	Digital Scale, Black	5	EA	\$ 39.80	\$ 199.00
L0221	Blood Analyzer, Hemocue, 801 Blood Analyzer, Hemocue, Hb801	4	EA	\$ 525.26	\$ 2,101.04
L0221A	Mocute Hb 201+ Microcuvette, 200Smocute Hb 201+ Microcuvette, 200S	4	EA	\$ 275.26	\$ 1,101.04
L1158A	Glucose Monitoring Kit, Includes 1 Meter, 1 Lancing Device, 10 Lancets, And 10 Tests Strips	5	EA	\$ 11.49	\$ 57.45
L1158B	Control Set Glucose End Item Nsn 6630 01 641 7680 Analyzer Blood	5	EA	\$ 86.42	\$ 432.10

L1182	Pen-Urine S.G. Digital, Usg 1.0000-1.0600	2	EA	\$ 611.11	\$ 1,222.22
L1182A	Pen-Urine S.G. Digital, Usg 1.0000-1.0600	2	EA	\$ 607.95	\$ 1,215.90
M1100	Ambu Rescue Mask	7	EA	\$ 5.46	\$ 38.22
M1100A	Ambu Bag Spur	7	EA	\$ 16.79	\$ 117.53
M4040	Apex Digital Clinical Scale, Includes Non-Medical-Grade Ac Adapter, Mechanical Height Rod	3	EA	\$ 582.95	\$ 1,748.85
M4040A	Apex Digital Clinical Scale, Includes Non-Medical-Grade Ac Adapter, Mechanical Height Rod	1	EA	\$ 672.85	\$ 672.85
M4100	E-Sphyg 3 Basic Set, (No Desk Caddy)	3	EA	\$ 248.09	\$ 744.27
M7651	Aed (Automated External Defibrillator) W/ Batteries & Adult Pads, Dimensions: 2.8" (D) X 7.4" (H) X 8.3" (W)	1	EA	\$ 924.93	\$ 924.93
M7905	Baseline Fingertip Pulse Oximeter	7	EA	\$ 14.74	\$ 103.18
M8115	Cold Pack Chilling Units	2	EA	\$ 620.69	\$ 1,241.38
M8125	Exercise Bike, M3I-Blk-Blk-Comp-Ftb Hb	2	EA	\$ 1,773.33	\$ 3,546.66
M8174	Intellect Legend Xt 4-Channel Stim/Ultrasound With Cart	3	EA	\$ 3,448.28	\$ 10,344.84
M8180	Inner Balance Bluetooth Ear Sensor	90	EA	\$ 154.78	\$ 13,930.20
M8180A	Emwave Pro Plus Computer Program Hardware And Software	2	EA	\$ 388.11	\$ 776.22
M8315	Galaxy Ttet400, 4 Section Hi-Lo Traction Table, Foot Bar Lift, 86.6 X 33.5 X 31.5In, Uphosltery Color: Grey	1	EA	\$ 4,195.40	\$ 4,195.40
M8320	Am-Ba 350 Treatment Table, Uphosltery Color: Grey	3	EA	\$ 1,576.67	\$ 4,730.01
M8320A	Alliance Essential Table Package, Alliance 30In With 2.5In Padding, QI Platform, Face Rest Pad, 6In Semi Round Bolster, Essential XI Carry Case, Uphosltery Color: Grey	4	EA	\$ 687.82	\$ 2,751.28
M8830	Treadmill - SI Led Console	2	EA	\$ 4,738.18	\$ 9,476.36
U0001	Trafficmaster Versatile Assorted Commercial Pattern 24 In. X 24 In. Carpet Tile (10 Tiles/Case)	2	EA	\$ 43.22	\$ 86.44
U0003	Fitmate Pro Vo2Max And Exercise Prescription Carrying Case Battery Charger And Usb Cable Oxygen Sensor Roll Of Thermal Paper Measuring Tape Rmr Flowmeter Id18, Vo2 Flowmeter Id28, And Vo2 Mask Medium Size Hr Probe And Belt Head Cap For Vo2 Testing Software And User Manual	1	EA	\$10,523.53	\$ 10,523.53
U0003A	Turbine/Flowmeter Rmr Id18, With Sampling Line Fitmate	2	EA	\$ 552.95	\$ 1,105.90
U0003B	Turbine Flowmeter Vo2Max Id28, With Sampling Line Fitmate Pro/Med	2	EA	\$ 552.95	\$ 1,105.90

U0003C	Mask, V2 With Headgear And Turbine Adapter, Vo2Max Flowmeter, 28Mm Turbine, Adult Small, 2 Each Xs, S, M	6	SET	\$ 667.05	\$ 4,002.30
U0003D	Fitmate Cart	1	EA	\$ 464.71	\$ 464.71
U0003E	Thermal Paper, Pony Fx Fitmate 10 Rolls/Box	1	EA	\$ 34.12	\$ 34.12
U0003F	O2 Sensor Fitmate, User Replacement Kit	1	EA	\$ 582.35	\$ 582.35
U0003G	Sampling Line, Permapure Fitmate L 200 Cm	2	EA	\$ 205.88	\$ 411.76
U0006	Baseline Economy Plastic "Slim-Guide" Skinfold Caliper	3	EA	\$ 18.97	\$ 56.91
U0007	Agility Cone, Yellow, 9In	2	EA	\$ 5.28	\$ 10.56
U0008	GHB Pro Agility Ladder Agility Training Ladder Speed 12 Rung 20ft with Carrying Bag	2	EA	\$ 42.53	\$ 85.06
U0010	Ces Therapy Device Stimtens 1100 Pro. Series	1	EA	\$ 274.71	\$ 274.71
U0014	Armasport Balance Pad, 16 X 20 X 2.5 In, Blue	4	EA	\$ 37.62	\$ 150.48
U0015	Bosu Dome With 1Hr Video And120 Page Instruction Book	2	EA	\$ 166.85	\$ 333.70
U0016	Mvp 3 Board Circular Set With 10 Balls And Rack	1	Set	\$ 206.38	\$ 206.38
U0017	Rogue Hg 2.0 Collars	4	EA	\$ 62.44	\$ 249.76
U0018	High-Density Black Roller, 6 X 36 Inch - Round	12	EA	\$ 15.52	\$ 186.24
U0019	Bodyblade Classic With Wall Chart And Instructional Video Black	2	EA	\$ 90.80	\$ 181.60
U0022	Ctmt2 Complete Kit Includes Ctmt2 Examiner Manual, 10 Record Booklets, And A Storage Box	8	KIT	\$ 190.59	\$ 1,524.72
U0022A	Ctmt2 Record Booklets Pkg10	5	PKG	\$ 88.24	\$ 441.20
U0023	Conners Cpt 3 Unlimited Use Kit Cpt Manual, Cpt 3 Software, Unlimited Cpt 3 Uses	1	KIT	\$ 1,548.28	\$ 1,548.28
U0024	Bvmt-R Introductory Kit Includes Bvmt-R Professional Manual, Hvit-R Bvmt-R Professional Manual Supplement, Recognition Stimulus Booklet, Reusable Recall Stimulus Booklet, And 25 Response Forms	5	KIT	\$ 586.21	\$ 2,931.05
U0030	Dart St System Da002 Dart System With Short-Throw Camera Assembly.	1	SET	\$14,400.02	\$ 14,400.02
U0031	Taylormade Recycled Golf Balls Mix (Pack Of 50)	1	EA	\$ 43.52	\$ 43.52
U0032	Grooved Pegboard Manipulation And Dexterity Test	2	EA	\$ 87.61	\$ 175.22
U0034	Polar Unite Fitness Watch-Black	5	EA	\$ 149.37	\$ 746.85
U0036	Adjustable Speed Training Hurdles (Set of 5)	4	EA	\$ 44.83	\$ 179.32
U0037	Inbody 570 Body Composition Analyzer	3	EA	\$ 8,898.51	\$ 26,695.53
U0037A	Inbody 570 Result Sheets (500 Count)	5	BOX	\$ 66.82	\$ 334.10

U0037B	Inbody Tissue (300 Count)	5	BOX	\$ 40.09	\$ 200.45
U0038	Smart Tools, Professional lastm Tool, 5 Piece Set	3	SET	\$ 574.71	\$ 1,724.13
U0038A	Smart Tools, Stm1 Shark	10	EA	\$ 172.41	\$ 1,724.10
U0040	Baseline 3-Piece Lite Hand Evaluation Kit	1	SET	\$ 256.03	\$ 256.03
U0043	Mobilization Lacrosse Ball - Case Of 120	1	CASE	\$ 180.46	\$ 180.46
U0045	Baseline Circumference Measurement Tape, 60 Inches	10	EA	\$ 3.45	\$ 34.50
U0046	Weighted Bouncy Ball - 7 Lbs	2	EA	\$ 30.78	\$ 61.56
U0046A	Weighted Bouncy Ball - 15 Lbs	2	EA	\$ 51.30	\$ 102.60
U0046B	Weighted Bouncy Ball - 20 Lbs	2	EA	\$ 65.95	\$ 131.90
U0046C	Weighted Bouncy Ball - 11 Lbs	2	EA	\$ 41.03	\$ 82.06
U0047	Positex Mobilization Strap, 8Ft	5	EA	\$ 25.86	\$ 129.30
U0048	Victor M154 Metal Pedal Mouse Trap, Pack Of 12	1	EA	\$ 16.72	\$ 16.72
U0050	Tactical Duty Pack	7	EA	\$ 68.91	\$ 482.37
U0052	Replica Fat 5Lbs/Muscle 5Lbs	1	EA	\$ 265.91	\$ 265.91
U0053	Nasco Complete Myplate Food Replica Kit	1	EA	\$ 722.93	\$ 722.93
U0054	Cooktop Induction Portable 1300Watt	2	EA	\$ 126.20	\$ 252.40
U0056	Adlite Disposable Penlight, 6/Pkg, Pupil Gauge, White	3	PKG	\$ 8.33	\$ 24.99
U0056A	Adlite Disposable Penlight, 6/Pkg, Pupil Gauge, White	5	PKG	\$ 7.37	\$ 36.85
U0057	Theragun Pro	6	EA	\$ 539.08	\$ 3,234.48
U0058	Taylor Percussion Hammer, No-Latex, Yellow Percussion Head	5	EA	\$ 2.30	\$ 11.50
U0059	Baseline Bubble Inclinator	3	EA	\$ 41.62	\$ 124.86
U0060	Physiogymnic Molded Vinyl Inflatable Ball, 55Cm, (22In), Orange	3	EA	\$ 15.41	\$ 46.23
U0060A	Physiogymnic Molded Vinyl Inflatable Ball, 65Cm, (26In), Green	3	EA	\$ 18.10	\$ 54.30
U0060B	Physiogymnic Molded Vinyl Inflatable Ball, 75Cm, (30In), Red	3	EA	\$ 20.98	\$ 62.94
U0061	Baseline Hydraulic Pinch Gauge, 50Lb. Maximum	2	EA	\$ 139.66	\$ 279.32
U0062	Superfos Vapor Lock Hdpe Pint (16Ox) Container & Lid Pack Of 10	2	EA	\$ 22.18	\$ 44.36
U0064-WSK	Living With Mindfulness And Purpose-Gen 6.00	100	EA	\$ 45.97	\$ 4,597.00
U0065	Plyo-Safe G2 Plyo Block Set 1Ea 12In, 18In, 24In	2	EA	\$ 1,695.40	\$ 3,390.80
U0066	Forma-Splint Thermoplastic Splint Bath 29X21X7 Inch	1	EA	\$ 1,229.89	\$ 1,229.89
U0067	Pvc Pipe Jm Eagle 2 In. X 10 Ft. 280-Psi Schedule 40 Pvc Dwv Plain End Pipe	2	EA	\$ 19.90	\$ 39.80

U0068	Cryosphere Cold Massage Rollerball	6	EA	\$ 38.22	\$ 229.32
U0069	Height Adjustable Hand Therapy Table 33Inw X 16In X 23-33Inh, Maple Top, Silver Base, With Rolling Casters, Laminate Finish: Digital Storm	1	EA	\$ 350.57	\$ 350.57
U0070	Baseline Tactile Monofilament Evaluator "Normal Limit" Set, 2 Pieces (2.83 3.61)	3	EA	\$ 18.76	\$ 56.28
U0071	Shuttle Mvp Pro Package, 3200	1	EA	\$ 5,039.90	\$ 5,039.90
U0072	Premium Slam Ball - 10 Lb	2	EA	\$ 40.23	\$ 80.46
U0072A	Premium Slam Ball - 15 Lb	2	EA	\$ 44.83	\$ 89.66
U0072B	Premium Slam Ball - 20 Lb	2	EA	\$ 48.28	\$ 96.56
U0073	Pointer Excel Ii	5	EA	\$ 152.87	\$ 764.35
U0074	Trx Pro Suspension Training Kit	4	EA	\$ 247.13	\$ 988.52
U0075	Impulse 3000T Analog Tens Unit With Timer	10	EA	\$ 28.61	\$ 286.10
U0076	Therm-X Machine At Version	3	EA	\$ 5,649.43	\$ 16,948.29
U0077	Traction Kit, Tx Traction Unit, Quickwrap Belt, Saunders Cervical, Beige Traction Stool	1	SET	\$ 3,735.63	\$ 3,735.63
U0078	Frypan Titan Stainless Steel 12In	1	EA	\$ 71.11	\$ 71.11
U0078A	Saucepan Titan Stainless Steel 2Qt	1	EA	\$ 39.11	\$ 39.11
U0079	Stock Pot Titan Stainless Steel 8Qt	1	EA	\$ 87.20	\$ 87.20
U0080	The Cuff Rehabilitation Ankle And Wrist Weight 7 Piece Set - 1 Ea. 1, 2, 3, 4, 5, 7.5, 10	1	SET	\$ 92.44	\$ 92.44
U0081	217 Piece Emergency Trauma Kit	7	SET	\$ 152.58	\$ 1,068.06
U0082	Hypothermia Prevention And Management Kit	7	EA	\$ 104.74	\$ 733.18
U0083	Aneroid - Adult Aneroid - Latex Free (Lf) -	7	EA	\$ 14.92	\$ 104.44
U0084	American Diagnostic Corp. 608Bk Adscope 608 Convertible Clinician Stethoscope, Latex Free, Black	7	EA	\$ 43.37	\$ 303.59
U0085	Cando Vestibular Disc 14" Dia Blue	2	EA	\$ 12.63	\$ 25.26
U1007	Stalwart Dual Temperature Heat Gun	1	EA	\$ 19.76	\$ 19.76
U4285	Smartcuffs Pro Standard Package	6	EA	\$ 660.92	\$ 3,965.52
U5125	Underarm Adjustable Aluminum Crutch, Adult, 1 Pair	6	EA	\$ 18.39	\$ 110.34
U5125A	Underarm Adjustable Aluminum Crutch, Tall Adult, 1 Pair	6	EA	\$ 19.54	\$ 117.24
U8125	Assault Air Bike - Black	2	EA	\$ 937.29	\$ 1,874.58
U8280	Baseline Hi Res Measuring Set, 8In, 12In 360 Goniometer, 6In Pocket Goniometer, 60In Tape	5	SET	\$ 21.99	\$ 109.95
					\$ 247,185.47
	Medical Support Package	Grand Total ARMS =			\$ 297,895.80

Glossary

ASA – Assistant Secretary of the Army
AG – Adjunct General
ARMS – Assessment of Recruit Motivation and Strength
BC – Body Composition
BCT – Basic Combat Training
BDE – Brigade
BF – Body Fat
BHO – Brigade Behavioral Health Officer
BN – Battalion
DRAW – Deliberate Risk Assessment Worksheet
EHR – Electronic Health Record
EPTS – Existed Prior to Service
FJ – Fort Jackson
H2F - Holistic Health and Fitness
HT - Height
IET – Initial Entry Training
LBS – Pounds
MSTF – Medical Support Training Facility
MTF – medical treatment facility
PA – Physician Assistant
PRB – Performance Readiness Bars
PRT – Physical Readiness Training
RD – Registered Dietitian
TMC – Troop Medical Clinic
TOMS – TRADOC Organic Medical Structure
TRADOC – US Army Training and Doctrine Command
USATC – United States Army Training Center
WT – Weight