**REPLY TO**

**ATTENTION OF**

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2 July 2015

MEMORANDUM FOR

SUBJECT: Weight Control Program, SPC Sullivan, Erik SSN 4567

1. SPC Sullivan is now in compliance with the weight requirements specified by AR 600-9 and is removed from the weight control program effective 2 July 2015.

2. SPC Sullivan's current weight is 196 pounds. The weight limit for his age is 200 pounds according to the weight table in AR 600-9. SPC Sullivan's current body fat percentage is 11%, which is within AR 600-9 limits.

3. This memorandum will be retained in SPC Sullivan’s MPRJ for 36 months from this date. The POC for the information contained in this document is SFC Myers who can be contacted during normal duty hours at DSN 233-0149.

SIGNATURE BLOCK

RANK

POSITION