
REFERENCES

SOURCES USED

These are the sources quoted or paraphrased in this publication.

ARMY REGULATIONS (ARs)

15-6	Procedures for Investigating Officers and Boards of Officers. May 1988.
30-1	The Army Food Service Program. January 1985.
350-15	Army Physical Fitness Program. November 1989.
385-55	Prevention of Motor Vehicle Accidents. March 1987.

OTHER ARMY PUBLICATIONS

DOD Directive 1308.1	Physical Fitness and Weight Control Program. April 1981.
FM 21-18	Foot Marches. June 1990.

DOCUMENTS NEEDED

These documents must be available to the intended users of this publication.

ARMY REGULATIONS (ARs)

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600-8-2	Suspension of Favorable Personnel Actions (Flags). October 1987.
600-9	The Army Weight Control Program. September 1986.
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OTHER ARMY PUBLICATIONS

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READINGS RECOMMENDED

These readings contain relevant supplemental information.

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28-9	Unit Level Recreational Sports. June 1973.
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350-22	You and the Army Physical Fitness Test (APFT). September 1987.
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FIELD MANUALS (FMs)

21-150 Combative. December 1971.
22-5 Drill and Ceremonies. December 1986.
31-70 Basic Cold Weather Manual. April 1968.

OTHER ARMY PUBLICATIONS AND MATERIALS

AR 215-1 Administration of Army Morale, Welfare, and Recreation. February 1984.
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Folio No. 1 "Training Facilities," Corps of Engineers Drawing No. 28-13-95. Directorate of
 Facilities Engineering.
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8-103 Standards for Determining Body Fat. 1986.
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21-191 Administration of the APFT. 1988.
21-192 Partner-Resisted Exercises (PRE). 1987.
21-218 Flexibility: The Truth About Stretching. 1989.
21-203 Push-up/Sit-up Improvement. 1988.