



**HEADQUARTERS IOWA NATIONAL GUARD**  
**Office of the Adjutant General**  
*Camp Dodge Joint Maneuver Training Center*  
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Johnston, Iowa 50131-1824


NGIA-HRO-AD

25 January 2011

MEMORANDUM FOR Commanders, All Units, Organizations, and Activities, Iowa National Guard

SUBJECT: Active Duty Operational Support (ADOS) Semiannual Physical Fitness Test

1. Reference INGR 600-5-32, Management of Title 32 USC ADOS Full-time National Guard Personnel dated 10 January 2008, Physical Fitness Program Policy Memorandum, Iowa National Guard dated 1 October 2005, and Wear of Reflective Belt or Vest for Physical Fitness Activities, Iowa Army Guard dated 1 October 2005.
2. The purpose of this memorandum is to outline the Active Duty Operational Support (ADOS) Army Physical Fitness Test (APFT) for the Iowa Army National Guard, and to provide assistance to Soldiers in preparation for taking the physical fitness test.
3. ADOS Soldiers are required to take an APFT and Weigh-in twice each year per AR 350-1 in accordance with TC 3-22.20. The first test will be in the 1<sup>st</sup> quarter with their Drill Status Unit; the second test will be taken the 3<sup>rd</sup> quarter with the unit to which the ADOS Soldier is assigned on ADOS orders. For example, if we have an ADOS Soldier on orders in the Human Resource Office that is militarily assigned to the 1168 Transportation Company, the Soldier will take the APFT with the 1168 Transportation Company in the 1<sup>st</sup> quarter and take the second APFT in the 3<sup>rd</sup> quarter with JFHQ. This process is the same for every ADOS Soldier.
4. Preparation for physical training will be coordinated by each supervisor. Supervisors will ensure normal mission support is not interrupted. This policy allows ample time in which to dress, warm-up, workout, and shower. Supervisors will monitor participation of the program to include all safety measures and concerns (i.e. warm up/reflective gear, etc.). When possible, all physical training activity should be accomplished on National Guard property. ADOS Soldiers are authorized one hour of duty three times per week to prepare for the APFT.
5. This policy memo superseded memo, same subject, dated 30 April 2010.
6. Point of contact is SGT Lindsey Lustgraaf, (800) 294-6607 ext 4514, (515) 252-4514 or [Lindsey.a.lustgraaf@us.army.mil](mailto:Lindsey.a.lustgraaf@us.army.mil).

  
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