

FUTURE SOLDIER PRE-EXECUTION CHECKLIST

(For use of this form see USAREC Reg 601-95)

| | |
|---------------------|---------------|
| 1. NAME: | 2. SSN: |
| 3. MOS AND OPTION: | 4. SHIP DATE: |
| 5. RECRUITER OR SC: | 6. RSID: |

SECTION I - MANDATORY SHIP ITEMS AND/OR TASKS

| SC INITIALS | DATE COMPLETED | ITEM OR TASK |
|-------------|----------------------------------|--|
| | | SF 1199A (Direct Deposit Sign-Up Form) <i>(must have ATM card or checkbook to access account)</i> |
| | | Establish AKO account <i>(Future Soldier (FS) will maintain password)</i> |
| | | USAREC Form 1134 (United States Army Future Soldier Identification Card (Regular Army)) or USAREC Form 1134-1 (United States Army Future Soldier Identification Card (Army Reserve)) |
| | | Pass physical fitness assessment Push-ups Repetitions: <input type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go Sit-ups Repetitions: <input type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go Run Time: <input type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go |
| | | Register for ARS-SMART <i>(www.futuresoldiers.com/html/referrals.jsp)</i> |
| | | FS has all items on packing list <i>(no more, no less)</i> |
| | | Current and valid driver's license: _____ Expiration date: _____ |
| | | DA Form 5500 (Body Fat Content Worksheet (Male)) or DA Form 5501 (Body Fat Content Worksheet (Female)) <i>(if applicable)</i> |
| | | Active Army and Reserve Components Referral (see sec IX) <i>(if applicable)</i> |
| | | Transportation to MEPS verified |
| | | Marriage license <i>(if applicable)</i> |
| | | Dependent birth certificate(s) <i>(if applicable)</i> |
| | | Diploma <i>(if applicable)</i> |
| | <input type="checkbox"/> Accept | Naturalization packet (N400 and N426) <i>(if applicable)</i> |
| | <input type="checkbox"/> Decline | FS's Signature and Date: _____ |
| | | Other documents, including MOS specific <i>(if applicable)</i> _____ |

NOTES:

SECTION II - MANDATORY TRAINING

* Place the date that initial training occurs and the sustainment training requirements in accordance with AR 350-1.

| | DAYS | | | | | | | | | | | | | | | |
|--------------------------------------|---------|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| | INITIAL | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 | |
| Antiterrorism (A) | | | | | | | | | | | | | | | | |
| Army Suicide Prevention-ACE (A) | | | | | | | | | | | | | | | | |
| CTIP (A) | | | | | | | | | | | | | | | | |
| Sexual Assault Prev and Response (A) | | | | | | | | | | | | | | | | |
| Equal Opportunity (SA) | | | | | | | | | | | | | | | | |
| Prevention of Sexual Harassment (SA) | | | | | | | | | | | | | | | | |
| Resiliency Training (O) | | | | | | | | | | | | | | | | |
| Global Assessment Test (GAT) (Q) | | | | | | | | | | | | | | | | |
| Army Values and History (Q) | | | | | | | | | | | | | | | | |

Note: A = Annual; SA = Semiannual; O = Ongoing; Q = Quarterly.

SECTION III - TRAINING CYCLE TRAINING

| | DAYS | | | | | | | | | | | | | | |
|-----------------------------|---------|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | INITIAL | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 |
| Military Time | | | | | | | | | | | | | | | |
| Phonetic Alphabet | | | | | | | | | | | | | | | |
| Rank Structure | | | | | | | | | | | | | | | |
| Land Navigation | | | | | | | | | | | | | | | |
| Drill and Ceremonies | | | | | | | | | | | | | | | |
| General Orders | | | | | | | | | | | | | | | |
| Risk Assessment | | | | | | | | | | | | | | | |
| First Aid | | | | | | | | | | | | | | | |
| Customs and Courtesies | | | | | | | | | | | | | | | |
| Perform Voice Communication | | | | | | | | | | | | | | | |
| Personal Recovery | | | | | | | | | | | | | | | |
| AFTB Tier 1 | | | | | | | | | | | | | | | |
| Financial Readiness | | | | | | | | | | | | | | | |

SECTION IV - DIAGNOSTIC APFT

| *Diagnostic APFT will be administered monthly to each FS | | DAYS | | | | | | | | | | | | | | |
|--|--|------|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | PFA | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 |
| DATE | | | | | | | | | | | | | | | | |
| Push-Up: Repetitions/Score | | | | | | | | | | | | | | | | |
| Sit-Up: Repetitions/Score | | | | | | | | | | | | | | | | |
| 2-Mile Run: Time | | | | | | | | | | | | | | | | |
| APFT SCORE | | | | | | | | | | | | | | | | |

SECTION V - HT/WT

| | | Physical | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 |
|------------------------------------|----------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| HT/WT (within standards) (Monthly) | | | | | | | | | | | | | | | | |
| HT/WT (BFM Weekly) | Physical | WK 1 | WK 2 | WK 3 | WK 4 | WK 5 | WK 6 | WK 7 | WK 8 | WK 9 | WK 10 | WK 11 | WK 12 | WK 13 | WK 14 | |
| Male Neck Measurement | | | | | | | | | | | | | | | | |
| Male Waist Measurement | | | | | | | | | | | | | | | | |
| Male BFM | | | | | | | | | | | | | | | | |
| Female Neck Measurement | | | | | | | | | | | | | | | | |
| Female Waist Measurement | | | | | | | | | | | | | | | | |
| Female Hip Measurement | | | | | | | | | | | | | | | | |
| Female BFM | | | | | | | | | | | | | | | | |
| HT/WT (BFM Weekly) | Physical | WK 15 | WK 16 | WK 17 | WK 18 | WK 19 | WK 20 | WK 21 | WK 22 | WK 23 | WK 24 | WK 25 | WK 26 | WK 27 | WK 28 | |
| Male Neck Measurement | | | | | | | | | | | | | | | | |
| Male Waist Measurement | | | | | | | | | | | | | | | | |
| Male BFM | | | | | | | | | | | | | | | | |
| Female Neck Measurement | | | | | | | | | | | | | | | | |
| Female Waist Measurement | | | | | | | | | | | | | | | | |
| Female Hip Measurement | | | | | | | | | | | | | | | | |
| Female BFM | | | | | | | | | | | | | | | | |

SECTION VI - LIFESTYLE INVENTORY

| LIFESTYLE INVENTORY DATE | | INITIAL | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 | | | | | | | | | |
|---|------------------------------|---------------|----|---------------|---------|---------------|-------------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------------------|----------------|---------|----------------|---------|-------------------|---------|-------|-------|---|---|-------|
| TIME IN DEP <i>(Mark the block that dictates the FS's time in DEP)</i> | | 30 | 60 | 90 | 120 | 150 | 180 | 210 | 240 | 270 | 300 | 330 | 360 | 390 | 420 | SCORE | | | | | | | | | |
| FS FOLLOWUP <i>(List followup type for each week within the month: T-Telephone; FT-Face-to-Face Tutorial; DF-DEP Function)</i> | FS Orient | MONTH 1 | | MONTH 2 | | | MONTH 3 | | | MONTH 4 | | | MONTH 5 | | | MONTH 6 | | MONTH 7 | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | MONTH 8 | | | MONTH 9 | | | MONTH 10 | | | MONTH 11 | | | MONTH 12 | | | MONTH 13 | | MONTH 14 | SCORE | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| EDUCATION YEARS <i>(Mark the appropriate education and completion level)</i> | | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | DIPLOMA | | | ASSOCIATES | | | BACHELORS | | | MASTERS | | SCORE | | | |
| MARITAL STATUS <i>(Mark the marital status that applies)</i> | | SINGLE | | | MARRIED | | | WIDOWED | | | SEPARATED | | | SCORE | | | DEPENDENTS | | | 0 | 1 | 2 | 3 | 4 | SCORE |
| RENEGOTIATION | YES <input type="checkbox"/> | REASON | | | DATE | | | SCORE | | | IN-DEP MEDICAL | | | YES <input type="checkbox"/> | TYPE | | | DATE | | | SCORE | | | | |
| | NO <input type="checkbox"/> | | | | | | | | | | | | | | | | | | | | | | | | |
| TACTICAL/HOUSEHOLD SEGMENT | TACTICAL SEGMENT | | | SCORE | | | HOUSEHOLD SEGMENT | | | SCORE | | | CHANGE/HOUSEHOLD | | | SCORE | | | CHANGE/EMPLOYMENT | | | SCORE | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |
| CREDITS/GRADES/ABSENTEES | Credits Req for Grad | 1-Sem Credits | | 2-Sem Credits | | Grades D or F | Subject 1st Sem | Subject 1st Sem | Subject 1st Sem | Subject 2nd Sem | Subject 2nd Sem | Subject 2nd Sem | Days Absent | ABSENT 1st Sem | ABSENT 2nd Sem | SCORE | TOTAL LS SCORE | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | |

SECTION VII - FS ASSESSMENT SUMMARY

Recruiter will conduct a holistic assessment summary of the FS within 30 days of shipping to initial military training. Address the FS's current status using, but not limited to the following focus areas:

1. Army Values 2. Training Competence 3. Bearing (physical and emotional capabilities) 4. Leadership 5. Responsibility/Accountability (family-employer)

SECTION VIII - PROGRAM AND PROMOTION CERTIFICATION

I have reviewed the above FS's qualifications and hereby confirm and verify the readiness of the FS for initial military training and all mandatory documents are present. This is to certify that the FS has successfully completed all required mandatory and training cycle tasks and passed the Army Physical Fitness Test with a score of 180 or above and/or provided qualified referral(s) and is is not eligible for promotion in accordance with AR 601-210, paragraph 2-18. (Place "X" in the appropriate box).

STATION COMMANDER'S TYPED NAME AND SIGNATURE:

DATE:

NOTES:

COMMANDING OFFICER'S TYPED NAME AND SIGNATURE:

DATE:

SECTION IX - ACTIVE ARMY AND RESERVE COMPONENTS REFERRAL

PRIVACY ACT STATEMENT

AUTHORITY: Collection of the information requested and recorded on USAREC Form 1137, section IX, is authorized by Title 10, USC, Section 513, 3013(g)(3).

PRINCIPAL PURPOSE: To provide such data as is requested by a U.S. Army recruiter and/or guidance counselor to contact, process, and enlist prospects for Army service.

ROUTINE USES:

- a. Used by the recruiter to make contact with a prospective applicant for enlistment.
- b. Used by the guidance counselor, personnel officer, or administrative supply technician to verify that an applicant has enlisted in the FSTP, RA, ARNG, or USAR.
- c. Used by recruiting personnel to monitor the Regular Army and Reserve Components Referral Program and to formulate market data to determine recruiting trends.

EFFECT OF NOT PROVIDING INFORMATION: The disclosure of the information requested is entirely voluntary. Failure to provide this information, however, may result in denial of referral credit to applicant or enlistee making the referral.

SPECIAL INSTRUCTIONS: Before collecting the information requested in Part I below from prospective applicants for enlistment, you must inform the prospective applicants of the uses for the information and the effect of not providing information as discussed in the Privacy Act Statement above.

PART I: REFERRAL INFORMATION

| NAME | SSN | TELEPHONE | ENLIST DATE AND BRANCH: <i>(completed by guidance counselor)</i> | |
|------|-----|-----------|---|--|
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PART II: REFERRAL ENLISTMENT CERTIFICATION Upon referral enlistment, guidance counselor will validate referral qualifications and update Part I above with enlistment date and branch of service in which the referral enlisted. A ship date certification will be made by the ship counselor and signed in the block below.

CERTIFICATION OF GUIDANCE COUNSELOR: I certify that the persons identified in Part I above are bona fide referrals of the person identified on the first page of this form.

NAME, RANK/GRADE, SSN:

SIGNATURE AND DATE: