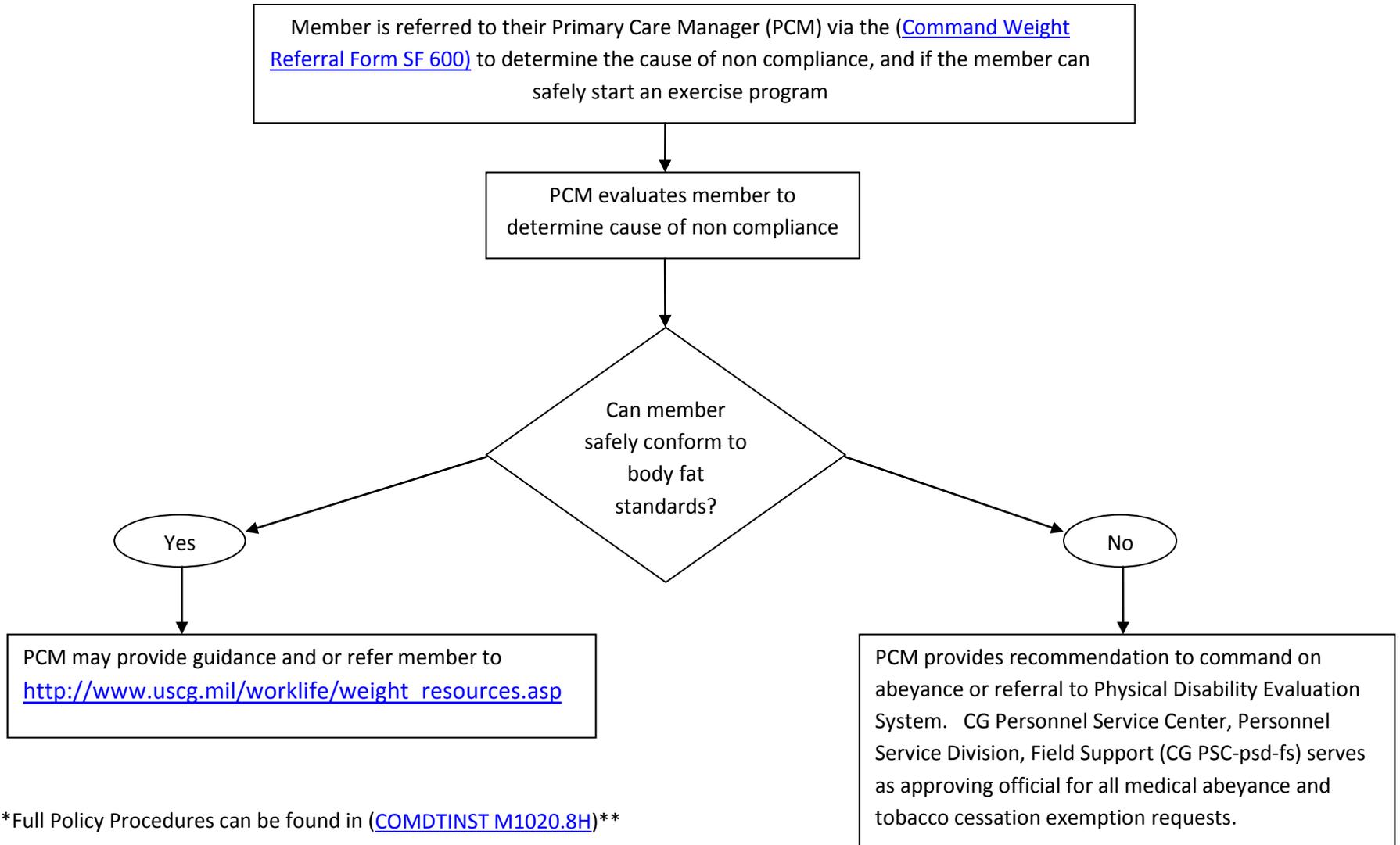


Members requesting an **abeyance** for the Body Fat Standards should get approval **prior** to being weighed-in. Members who do not meet body fat standards should immediately go to the following site for a listing of **available resources** http://www.uscg.mil/worklife/weight_resources.asp

Weight probation starts immediately following non compliance,

DO NOT HESITATE TO GET HELP!



Full Policy Procedures can be found in ([COMDTINST M1020.8H](#))