

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 style="width: 40px; height: 20px;" type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go Sit-ups Repetitions: <input style="width: 40px; height: 20px;" type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go Run Time: <input style="width: 40px; height: 20px;" type="text"/> <input type="checkbox"/> Go <input type="checkbox"/> No-Go
		Register for ARS-SMART (www.futuresoldiers.com/html/referrals.jsp)
		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

HT/WT (within standards) (Monthly)	Physical	30	60	90	120	150	180	210	240	270	300	330	360	390	420
	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 follow up 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"/>													NO <input type="checkbox"/>														
TACTICAL/HOUSEHOLD SEGMENT	TACTICAL SEGMENT			SCORE			HOUSEHOLD SEGMENT			SCORE			CHANGE/HOUSEHOLD			SCORE			CHANGE/EMPLOYMENT			SCORE						
													YES <input type="checkbox"/> NO <input type="checkbox"/>						YES <input type="checkbox"/> NO <input type="checkbox"/>									
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	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>	

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: