

THE UNITED STATES ARMY RECRUITING COMMAND FUTURE SOLDIER PRE-EXECUTION CHECKLIST

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

1. Name:	2. PRID:
3. MOS and Options:	4. Ship Date:
5. FSL or Center Commander:	6. RSID:

SECTION I - ORIENTATION TASKS

Future Soldier Leader	Date Completed	Task
		Establish Future Soldier Training System (FSTS) account (Future Soldier (FS) will maintain user name and password)
		Establish Future Soldier Army Knowledge Online (AKO) account (FS will maintain user name and password)
		USAREC Form 1134 / 1134-1-R (United States Army Future Soldier Training Program ID Card)
		Pass physical fitness assessment Push-ups Repetitions: <input type="text"/> Go <input type="text"/> No -Go <input type="text"/> PFA Training Schedule <input type="text"/> Sit-ups Repetitions: <input type="text"/> Go <input type="text"/> No -Go <input type="text"/> Run Time: <input type="text"/> Go <input type="text"/> No -Go <input type="text"/>
		Register for ARS-SMART (www.futuresoldiers.com/html/referrals.jsp)
		FS has all items on packing list (no more, no less)

SECTION II - REQUIRED SHIP DOCUMENTS

Future Soldier Leader	Date Completed	Document
		SF 1199A, Direct Deposit Sign-Up Form (Must have ATM card or checkbook to access account)
		Current and valid Driver's License or State Identification Card Expiration Date: <input type="text"/>
		DA Form 5500-R, Body Fat Content Worksheet (Male) or DA Form 5501-R, Body Fat Content Worksheet (Female) (if applicable)
		Marriage Certificate, Dependant Birth Certificates (if applicable)
		Diploma / Transcripts (if applicable)
		Naturalization packet (N400 and N426) (if applicable)
		Other supporting documents (FSTS Dashboard, UF 1136 - Certificate of Training, UF 1196 - SHARP Training, etc)

SECTION III - FUTURE SOLDIER ASSESSMENT SUMMARY

Future Soldier Leader will conduct a holistic assessment summary of the FS within 30 days of shipping to Initial Military Training (IMT). 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 IV - PROGRAM AND PROMOTION CERTIFICATION

I have reviewed the above FS's qualifications and hereby confirm and verify the readiness of this FS for Initial Military Training and all mandatory documents are present.

CENTER COMMANDER'S TYPED NAME, RANK AND DATE:	Signature: <input style="width:50%;" type="text"/>
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This is to certify that the FS has successfully completed all Required Training Tasks (BTTL), passed the Army Physical Fitness Test (APFT) with a score of 180 or above and provided a qualified referral that enlisted into the DEP, AR, RA or ARNG prior to FS ship date. FS is eligible for promotion in accordance with AR 601-210, Chapter 2, Para 2-18.

COMMANDING OFFICER'S TYPED NAME, RANK AND DATE:	Signature: <input style="width:50%;" type="text"/>
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SECTION V - ACTIVE ARMY AND RESERVE COMPONENTS REFERRAL SHEET

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 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: _____	PRID: _____	TELEPHONE: _____	ENLIST DATE AND BRANCH: _____
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PART II: REFERRAL ENLISTMENT CERTIFICATION. Upon referral enlistment, guidance counselor will validate referral qualifications and update Part I of this form 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 in Block I at the top of this page.

Printed Name, Rank / Grade	Signature and Date
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SECTION VI - LEADER BASED TRAINING

* Place the date that initial training occurs

	DAYS														
	INITIAL *	30	60	90	120	150	180	210	240	270	300	330	360	390	420
SHARP / Unauthorized Relationships															
Army Suicide Prevention-ACE															
Resiliency Training Phase I															
Resiliency Training Phase II															
Resiliency Training Phase III															

SECTION VII - REQUIRED TRAINING (BTTL)

* Place the date that initial training occurs

	DAYS														
	INITIAL *	30	60	90	120	150	180	210	240	270	300	330	360	390	420
Army Values and History															
First Aid															
General Orders															
Land Navigation															
Customs, Courtesies, Traditions															
Military Time															
Phonetic Alphabet															
Rank Structure															
Voice Communication															

SECTION VIII - ADDITIONAL TRAINING

* Place the date that initial training occurs

	DAYS														
	INITIAL *	30	60	90	120	150	180	210	240	270	300	330	360	390	420
Anti-Terrorism															
Combat Trafficking in Persons (CTIP)															
Drill and Ceremonies															
Equal Opportunity															
Equipment of the US Army															
Personal Recovery															
Risk Assessment															

SECTION IX - HEIGHT / WEIGHT

HT / WT (Monthly)	Physical	30	60	90	120	150	180	210	240	270	300	330	360	390	420
	HT / WT (BFM Weekly)	Physical	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8	WK9	WK10	WK11	WK12	WK13
Male Neck Measurement															
Male Waist Measurement															
Male BFM															
Female Neck Measurement															
Female Waist Measurement															
Female Hip Measurement															
Female BFM															
HT / WT (BFM Weekly)	Physical	WK15	WK16	WK17	WK18	WK19	WK20	WK21	WK22	WK23	WK24	WK25	WK26	WK27	WK28
Male Neck Measurement															
Male Waist Measurement															
Male BFM															
Female Neck Measurement															
Female Waist Measurement															
Female Hip Measurement															
Female BFM															

SECTION X - DIAGNOSTIC APFT

(Diagnostic APFT will be administered Monthly to each Future Soldier)

	DAYS														
	INITIAL	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: Repetitions / Score															
APFT SCORE															

SECTION XI - LIFESTYLE INVENTORY

TIME IN DEP	FS Orient	30	60	90	120	150	180	210	240	270	300	330	360	390	420
(Mark the block that dictates the FS Time in DEP)															
RENEGOTIATION	YES/NO	REASON					DATE	IN-DEP MEDICAL			YES/NO	TYPE			DATE
SCHOOL INFORMATION	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		