

Army Regulation (AR) 600-9 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is the role of family or units in supporting AR 600-9 remediation?**
 - A. Family and unit involvement is mandatory.**
 - B. Family support and unit culture can aid adherence to nutrition and exercise plans; not a formal requirement.**
 - C. Family support replaces professional guidance.**
 - D. There is no role for family or unit.**

- 2. Which measurement site is taken on both males and females?**
 - A. Abdomen**
 - B. Neck**
 - C. Waist**
 - D. Hip**

- 3. After postpartum weight loss, when may a soldier be re-evaluated under AR 600-9?**
 - A. Immediately upon childbirth.**
 - B. Only after one year.**
 - C. After return to duty per guidelines.**
 - D. Never.**

- 4. How does the Army address pregnancy after the postpartum period in ABCP?**
 - A. Pregnancy exemptions end postpartum; the soldier resumes ABCP with appropriate re-evaluation and plan**
 - B. Pregnancy extends exemption indefinitely**
 - C. Pregnancy has no impact on ABCP**
 - D. Pregnancy requires permanent removal from ABCP**

- 5. Are soldiers allowed to wear spandex during a height and weight assessment? Why or why not?**
 - A. Yes, allowed for comfort**
 - B. No, spandex will push up belly fat and squeeze hip fat, thus giving inaccurate measurements**
 - C. Only for female soldiers**
 - D. Only for medical exemptions**

- 6. What is the typical process after a soldier is flagged for not meeting body fat standards?**
- A. They enter remediation with counseling and documented steps from supervisors and medical staff.**
 - B. They are immediately discharged.**
 - C. They are required to withdraw from the service.**
 - D. They receive a general warning with no remediation.**
- 7. Within how many working days must a soldier acknowledge enrollment in ABCP by memorandum to the commander?**
- A. Within 2 working days**
 - B. Within 5 working days**
 - C. Within 1 working day**
 - D. Within 10 working days**
- 8. Which individuals supervise and verify measurement techniques during ABCP?**
- A. The soldier being measured.**
 - B. The unit commander alone.**
 - C. Trained personnel using standardized techniques under the supervision of the unit commander and medical staff.**
 - D. A civilian gym employee.**
- 9. In circumference-based assessment, what neck measurement is used for males?**
- A. Neck and waist.**
 - B. Neck and hip.**
 - C. Chest and shoulders.**
 - D. Wrist and ankle.**
- 10. Which statement best describes body fat mass?**
- A. Body fat mass is the amount of fat tissue.**
 - B. Body fat mass includes muscle.**
 - C. Body fat mass equals lean mass.**
 - D. Body fat mass is non-fat tissue.**

Answers

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1. B
2. B
3. C
4. A
5. B
6. A
7. A
8. C
9. A
10. D

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Explanations

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1. What is the role of family or units in supporting AR 600-9 remediation?

A. Family and unit involvement is mandatory.

B. Family support and unit culture can aid adherence to nutrition and exercise plans; not a formal requirement.

C. Family support replaces professional guidance.

D. There is no role for family or unit.

Support from family and the unit can help a Soldier stick to nutrition and exercise plans by providing encouragement, routine, and accountability. This influence can improve adherence, but it is not required by the regulation. It also does not replace professional guidance from medical or nutrition professionals when needed. In other words, family and unit involvement can aid the process, but there is no formal mandate and it doesn't substitute for expert care.

2. Which measurement site is taken on both males and females?

A. Abdomen

B. Neck

C. Waist

D. Hip

In AR 600-9 body composition assessments, the neck circumference is the measurement taken for both males and females. This site is included in the calculation for everyone because it provides a consistent, repeatable measure that helps estimate overall body fat across genders. To measure it, place the tape around the neck just below the larynx, with the head in a neutral position and the tape snug but not compressing the skin. While other sites like the hip or waist are used in different formulas for different genders, the neck is the common site across both, making it the best answer for a measurement taken on both males and females.

3. After postpartum weight loss, when may a soldier be re-evaluated under AR 600-9?

A. Immediately upon childbirth.

B. Only after one year.

C. After return to duty per guidelines.

D. Never.

Under AR 600-9, pregnancy and the postpartum period are treated as exemptions from ongoing Body Composition Program evaluations. A soldier isn't re-evaluated during pregnancy or in the immediate postpartum period. Re-evaluation is triggered once the soldier has returned to duty, and then it is carried out according to the program's return-to-duty guidelines. This is why the correct choice is that the soldier may be re-evaluated after returning to duty per guidelines. It isn't done immediately at childbirth, it isn't tied to a fixed time like one year, and it isn't categorized as never. When the soldier returns to duty, the standard procedures apply to determine if they meet body fat standards or need further action.

4. How does the Army address pregnancy after the postpartum period in ABCP?

- A. Pregnancy exemptions end postpartum; the soldier resumes ABCP with appropriate re-evaluation and plan**
- B. Pregnancy extends exemption indefinitely**
- C. Pregnancy has no impact on ABCP**
- D. Pregnancy requires permanent removal from ABCP**

In the Army Body Composition Program, pregnancy is treated as a temporary exemption. The exemption covers the pregnancy period and the postpartum recovery defined by medical guidance. Once the postpartum period ends, the soldier does not stay exempt indefinitely; she returns to ABCP enrollment and is re-evaluated to determine her current body composition and to set a renewed plan for meeting the standards. This approach reflects the reality that pregnancy affects body composition and weight, and it ensures a fair, medically guided path back into the program with a clear plan and timeline. It avoids permanently excluding someone from the program and does not treat the exemption as everlasting, while also recognizing that pregnancy does impact body weight and composition enough to justify a pause. Other options don't fit because the exemption isn't extended indefinitely, pregnancy does impact ABCP, and soldiers aren't permanently removed from the program; the correct path is to resume ABCP after the postpartum period with a formal re-evaluation and plan.

5. Are soldiers allowed to wear spandex during a height and weight assessment? Why or why not?

- A. Yes, allowed for comfort**
- B. No, spandex will push up belly fat and squeeze hip fat, thus giving inaccurate measurements**
- C. Only for female soldiers**
- D. Only for medical exemptions**

The key idea is that height and weight assessments must be accurate and consistent for every soldier. Tight, elastic clothing like spandex changes how the body sits and how measurements are taken, because it compresses tissue around the belly and hips. That compression can alter circumference readings and the way weight is perceived, leading to results that don't reflect the true body size or body fat estimate. To maintain fairness and accuracy, the procedure requires clothing that won't distort measurements, so wearing spandex would not be allowed. The policy isn't about comfort or gender-specific allowances, but about ensuring measurements are reliable and comparable across the force.

6. What is the typical process after a soldier is flagged for not meeting body fat standards?

A. They enter remediation with counseling and documented steps from supervisors and medical staff.

B. They are immediately discharged.

C. They are required to withdraw from the service.

D. They receive a general warning with no remediation.

Flagging for not meeting body fat standards starts a formal remediation process aimed at bringing the Soldier back into compliance. The Soldier, under the supervision of their chain of command and medical staff, receives a written plan that details the steps to achieve the required body fat level. This plan includes an exercise program, nutrition guidance, and a schedule of regular weigh-ins or measurements to track progress. Counseling is provided to explain expectations, resources, and consequences. Medical evaluation may be included to rule out underlying conditions and to tailor the plan if needed. The key point is that this is a structured remediation, not an immediate discharge or a simple warning; the goal is to demonstrate improvement within a defined timeline through documented actions and ongoing monitoring.

7. Within how many working days must a soldier acknowledge enrollment in ABCP by memorandum to the commander?

A. Within 2 working days

B. Within 5 working days

C. Within 1 working day

D. Within 10 working days

When a soldier is enrolled in the Army Body Composition Program, prompt documentation is required. The soldier must acknowledge this enrollment to the commander in writing within two working days. This quick acknowledgment ensures the commander has timely awareness of the soldier's status and triggers the appropriate program actions, such as counseling and setting up a progress plan, with a formal record that the soldier understands the program requirements and responsibilities. A longer window like one, five, or ten days would delay essential oversight and accountability, so the two-working-days timeline is used.

8. Which individuals supervise and verify measurement techniques during ABCP?

- A. The soldier being measured.
- B. The unit commander alone.
- C. Trained personnel using standardized techniques under the supervision of the unit commander and medical staff.**
- D. A civilian gym employee.

ABCP measurements are conducted by trained personnel using standardized techniques, under the supervision of the unit commander and medical staff. This combination ensures accuracy, consistency, and proper technique—like correct tape placement, posture, and the approved method for calculating body fat. The unit commander and medical staff provide policy oversight, medical review, and accountability, keeping the process uniform for all soldiers. The person being measured cannot supervise or verify the technique, and a civilian gym employee would not have the required military training or authorization to perform ABCP procedures. This structured supervision and standardized approach maintain the integrity of the program.

9. In circumference-based assessment, what neck measurement is used for males?

- A. Neck and waist.**
- B. Neck and hip.
- C. Chest and shoulders.
- D. Wrist and ankle.

Circumference-based assessment relies on using specific body measurements to estimate body fat. For males, the measurements used are the neck and the waist. The neck measurement helps account for body frame size, while the waist measurement reflects abdominal fat, which is most predictive of overall body fat in men. This combination provides a practical way to estimate body fat without scales. Other options don't fit because hip measurements are part of female assessments, and measurements like chest and shoulders or wrist and ankle aren't used in the standard male circumference-based calculation.

10. Which statement best describes body fat mass?

- A. Body fat mass is the amount of fat tissue.
- B. Body fat mass includes muscle.
- C. Body fat mass equals lean mass.
- D. Body fat mass is non-fat tissue.**

Body fat mass is the amount of fat tissue in the body. It represents adipose tissue only and does not include muscle or other lean tissues. Lean body mass (fat-free mass) includes muscle, bones, organs, and body fluids. Saying fat mass is non-fat tissue would be incorrect because fat mass specifically refers to fat tissue, not the rest of the body's tissues. Understanding this distinction helps when assessing body composition and readiness, since fat mass and lean mass contribute differently to overall weight and health.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ar6009.examzify.com>

We wish you the very best on your exam journey. You've got this!

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