

ARMY REGULATION (AR) 600-9 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which positions is a flagged soldier not eligible for?**
 - A. Staff non commissioned officer positions
 - B. Training roles only
 - C. Command, command sergeant major, or first sergeant positions
 - D. No restrictions on assignments
- 2. The only authorized method of estimating body fat is described in AR 600-9 Appendix B. Which Appendix contains this method?**
 - A. Appendix A
 - B. Appendix C
 - C. Appendix B
 - D. Appendix D
- 3. If a soldier has a medical condition what will happen IAW AR 600-9?**
 - A. The soldier will be immediately separated from service.
 - B. The soldier will be penalized for lack of progress in the ABCP.
 - C. The soldier will participate in the ABCP, including initiation of a DA Form 268, nutrition counseling, and monthly body fat assessment, and will not be penalized for failing to show progress.
 - D. The soldier will be exempt from the ABCP.
- 4. How is the height recorded in inches?**
 - A. To the nearest inch
 - B. To the nearest half inch
 - C. To the nearest quarter inch
 - D. To the nearest full inch
- 5. Which statement best describes privacy protections for AR 600-9 documentation?**
 - A. Public access to documentation is allowed.
 - B. Access limited to authorized personnel; secure storage of records; confidentiality of results.
 - C. Records may be shared with family members upon request.
 - D. No privacy protections exist for body composition data.

- 6. Who has the authority to authorize remediation under AR 600-9?**
- A. The platoon sergeant.
 - B. The medical officer.
 - C. The commander.
 - D. The unit clerk.
- 7. Which measurement is included in the female circumference calculation to determine body fat?**
- A. Neck
 - B. Waist
 - C. Hip
 - D. Chest
- 8. What is the significance of maintaining a consistent measurement technique?**
- A. It ensures accuracy, fairness, and reliable progress tracking for the soldier
 - B. It speeds up the process
 - C. It reduces the need for privacy
 - D. It guarantees promotion
- 9. How long does a soldier have to complete and return the Soldier Action Plan after the notification counseling?**
- A. Within 7 days
 - B. Within 14 days
 - C. Within 30 days
 - D. Within 60 days
- 10. What is the purpose of AR 600-9?**
- A. To establish the Army Body Composition Program that ensures soldiers meet body fat standards to maintain readiness and physical performance.
 - B. To regulate recruitment and enlistment quotas.
 - C. To standardize dental health across units.
 - D. To describe the Army's general fitness guidelines.

Answers

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

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Explanations

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1. Which positions is a flagged soldier not eligible for?

- A. Staff non commissioned officer positions
- B. Training roles only
- C. Command, command sergeant major, or first sergeant positions**
- D. No restrictions on assignments

Flag status temporarily blocks favorable actions and certain assignments when a Soldier has outstanding issues. Because command positions—such as commanding units and holding the top NCO roles of command sergeant major or first sergeant—carry the most responsibility, a flag typically prevents selection for those posts until the issue is resolved. In other words, being flagged means you are not eligible for the most senior leadership assignments, even while other duties may still be possible. So the best answer is that a flagged Soldier is not eligible for command, command sergeant major, or first sergeant positions. Flags do impose restrictions; they do not indicate there are no restrictions or that the Soldier is limited only to training roles.

2. The only authorized method of estimating body fat is described in AR 600-9 Appendix B. Which Appendix contains this method?

- A. Appendix A
- B. Appendix C
- C. Appendix B**
- D. Appendix D

The official method for estimating body fat in the Army is described in AR 600-9 Appendix B. This appendix is the authoritative source that specifies how the measurements are taken and how the body fat estimate is calculated, ensuring a single, consistent approach across the force. The other appendices cover different topics and do not describe this estimation method, so Appendix B is the correct reference.

3. If a soldier has a medical condition what will happen IAW AR 600-9?

- A. The soldier will be immediately separated from service.
- B. The soldier will be penalized for lack of progress in the ABCP.
- C. The soldier will participate in the ABCP, including initiation of a DA Form 268, nutrition counseling, and monthly body fat assessment, and will not be penalized for failing to show progress.**
- D. The soldier will be exempt from the ABCP.

When a soldier has a medical condition that affects body fat standards, AR 600-9 directs handling through the Army Body Composition Program with medical oversight rather than punitive action. The soldier is placed in ABCP and undergoes the required steps: initiation of a flag action (DA Form 268) to bring attention to the situation, nutrition counseling to support healthier habits, and monthly body fat assessments to monitor changes. Because the medical condition can limit progress, the policy recognizes that the soldier may not be able to show the expected progress yet they are still being managed under medical guidance rather than penalized for lack of improvement. This approach keeps the focus on readiness and health while the condition is addressed, instead of automatically separating or exempting the soldier from the program.

4. How is the height recorded in inches?

- A. To the nearest inch
- B. To the nearest half inch**
- C. To the nearest quarter inch
- D. To the nearest full inch

Height is recorded in inches to the nearest half inch because the standard measuring device used in Army medical settings, a stadiometer, has marks every 0.5 inch. This level of precision provides a reliable and consistent measurement across exams and personnel, which is enough for health records and calculations like BMI without implying unnecessary accuracy. Recording to the nearest inch would lose half an inch of precision, and going to a quarter inch would imply more precision than the typical equipment and procedure support.

5. Which statement best describes privacy protections for AR 600-9 documentation?

- A. Public access to documentation is allowed.
- B. Access limited to authorized personnel; secure storage of records; confidentiality of results.**
- C. Records may be shared with family members upon request.
- D. No privacy protections exist for body composition data.

Privacy protections for AR 600-9 documentation focus on handling body composition data as sensitive personal information. Access is restricted to individuals who have a legitimate need to know, such as the soldier, the unit commander for fitness decisions, and medical personnel involved in the program. Records must be stored securely—physically in locked storage and electronically with proper authentication and encryption—to keep them from unauthorized eyes. The results are treated as confidential and shared only for authorized purposes under privacy rules, not casually with family or the public. This combination of limited access, secure storage, and confidentiality best aligns with protecting a soldier's privacy, making the statement about restricted access, secure storage, and confidential results the correct approach.

6. Who has the authority to authorize remediation under AR 600-9?

- A. The platoon sergeant.
- B. The medical officer.
- C. The commander.**
- D. The unit clerk.

Remediation under AR 600-9 is a command-directed action tied to unit readiness. The commander is responsible for enforcing the Army Body Composition Program and for making the formal decisions about initiating, guiding, and approving remediation steps. This includes setting timelines, approving nutrition or fitness actions, and determining follow-on actions if standards aren't met. The medical officer may assess health conditions and provide medical input or exemptions, but the authority to authorize the remediation itself rests with the commander. While a platoon sergeant can counsel and supervise daily efforts, and a unit clerk handles paperwork, neither has the authority to authorize remediation actions that affect a Soldier's status.

7. Which measurement is included in the female circumference calculation to determine body fat?

- A. Neck
- B. Waist
- C. Hip**
- D. Chest

For female body fat estimation using circumference measurements, the calculation uses three measurements: neck, waist, and hip. The hip measurement is included to capture fat distribution around the hips and thighs, which is common in women, helping to improve the accuracy of the estimate. Chest is not used in this method, and while neck and waist are part of the formula, the option that reflects a measurement included in the female calculation is the hip.

8. What is the significance of maintaining a consistent measurement technique?

- A. It ensures accuracy, fairness, and reliable progress tracking for the soldier**
- B. It speeds up the process
- C. It reduces the need for privacy
- D. It guarantees promotion

Maintaining a consistent measurement technique is essential because it minimizes variation that comes from how you measure, not from the soldier's actual body composition. When the same method, tools, and conditions are used every time, the data you collect more accurately reflect true changes in body fat and dimensions. This accuracy is crucial for fair treatment, since everyone is judged against the same standard, and it ensures progress records tell a real story of improvement or areas needing attention. In short, consistency turns measurements into reliable indicators of performance over time, which is the main reason the Army emphasizes standardized techniques in the body composition program. While standardization can help keep things orderly, it isn't about speeding up the process, and it doesn't directly address privacy concerns or guarantee promotions.

9. How long does a soldier have to complete and return the Soldier Action Plan after the notification counseling?

- A. Within 7 days
- B. Within 14 days**
- C. Within 30 days
- D. Within 60 days

After the notification counseling, a Soldier Action Plan should be completed and returned within 14 days. This timeframe gives the Soldier enough time to reflect on the counseling, seek needed resources, and commit to concrete actions, while keeping the process moving promptly so the chain of command can review and provide support. A shorter window like seven days can rush the Soldier and hinder thoughtful planning, while longer windows such as 30 or 60 days unnecessarily delay accountability and follow-up. The 14-day period balances timely action with allowing adequate preparation.

10. What is the purpose of AR 600-9?

- A. To establish the Army Body Composition Program that ensures soldiers meet body fat standards to maintain readiness and physical performance.
- B. To regulate recruitment and enlistment quotas.
- C. To standardize dental health across units.
- D. To describe the Army's general fitness guidelines.

AR 600-9 establishes the Army Body Composition Program and the body fat standards soldiers must meet to maintain readiness and physical performance. It outlines how body composition is measured, who oversees the process, and the steps taken when a soldier exceeds the limits—counseling, an improvement plan, and a defined period to meet the standards, with potential reassignment or separation if improvements aren't achieved. This focus on keeping soldiers physically capable for duty is why this option is the best fit. The other topics—recruitment quotas, dental health, or general fitness guidelines—are handled by different regulations and programs.

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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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