



**UNITED STATES MARINE CORPS**

MARINE CORPS BASE

QUANTICO, VIRGINIA 221346001

MCBO 6110.1  
C 032/plp  
20 Sep 1988

MARINE CORPS BASE ORDER 6110.1 w/ Ch 1

From: Commanding General  
To: Distribution List

Subj: Weight Control and Military Appearance

Ref: (a) MCO 6100.10A

Encl: (1) Format for Assignment of Alternate Maximum Weight  
Limit

1. Purpose. To provide further guidance concerning the weight control and military appearance program.

2. Cancellation. MCCDCO 6110.1.

3. General. The reference requires establishment of a weight control and military appearance program and defines its overall objectives. Accordingly, emphasis must be placed at all levels of command to ensure compliance with current directives. Marines who do not maintain acceptable weight standards are discharged per the reference unless their conditions are a result of an under-lying or associated disease which is properly documented by an appropriately credentialed health care provider. The following weights are used to offset/compensate for the weight of uniforms during organizational weight checks.

Service "C" - 5 lbs.  
Service "C" with sweater - 6 lbs.  
Utilities - 8 lbs.

4. Responsibility. The official evaluation of a Marine's military appearance is the responsibility of the commanding officer. Additionally, personal pride and self-control, as well as peer pressure, also impact individual responsibility. Commanders and officers in charge will ensure that monitoring is in consonance with traditional customs of the service relative to good order and discipline, and that it does not denigrate or demean the image, privileges, or prerogative of the NCO, SNCO, or officer Corps. Procedures used will be reasonable, judicious and appropriate for the proper image of structured authority, and will not undermine confidence in the seniority system.

5. Action

a. Organizational Commanders

(1) Establish, administer and maintain the weight control and military appearance program per the reference.

(2) Document a Marine's assignment to the alternate weight program using the format shown in the enclosure.

b. Commanding Officer, Naval Medical Clinic

(1) Provide Marines referred to the Military Medicine Department of the supporting clinic with an evaluation to determine the Marine's health or ability to participate in the program.

(2) Provide personnel participating in either the weight control or military appearance program with counseling and diet information as appropriate.

(3) Provide organizational commanders with advice (upon request) concerning extending individuals on the weight control and military appearance program and recommending for discharge.



GAIL M. REALS  
Deputy Commander for Support

DISTRIBUTION: A



UNITED STATES MARINE CORPS

MARINE CORPS BASE  
QUANTICO, VIRGINIA 22134-5001

MCBO 6110.1 Ch 1  
C 032/k  
24 Feb 1992

MARINE CORPS BASE ORDER 6110.1 Ch 1

From: Commanding General  
To: Distribution List

Subj: WEIGHT CONTROL AND MILITARY APPEARANCE

1. Purpose. To direct a pen change and delete an enclosure to the basic Order.

2. Information. Unit Commanders have been unduly burdened in the past with having to provide Weight Control and Military Appearance Reports identifying Marines by name every quarter. This Change eliminates a report which is not used at the MCCDC level.

3. Action

a. Remove present enclosure (2).

b. On the letterhead page, "Encl:" Section, delete Enclosure (2) title.

c. Paragraph 5a(2), second line, change "enclosure (1)" to read: "the enclosure."

d. Delete Paragraph 5a(3).

4. Filings Instructions. File this Change transmittal immediately following the signature page of the basic Order.

  
T. C. TAYLOR  
By direction

DISTRIBUTION: A

MCBO 6110.1  
20 Sep 1988

FORMAT FOR ASSIGNMENT OF ALTERNATE MAXIMUM WEIGHT LIMIT

DATE

From: Commanding Officer  
To: (Marine's name)

Subj: ASSIGNMENT OF ALTERNATE MAXIMUM WEIGHT LIMIT

Ref: (a) MCCDCO 6110.1A

1. Per the reference, you are assigned an alternate maximum weight limit of \_\_\_\_\_ lbs.
2. You are required to maintain a lean and fit appearance and a body fat percentage below 18%. Failure to do so will result in your being placed on the weight control/military appearance program.
3. Authorization for the alternate maximum weight limit will be entered on the document side of your SRB/OQR.
4. The alternate maximum weight limit is not permanent. It is revalidated when you are transferred and at other times at the discretion of the training officer.

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(Signature)

ENCLOSURE (1)