



U.S. Army Pregnancy and Postpartum Performance Training (P3T) Program

P3T Participants

IAW AR 350-1, C-5g, P3T is mandatory for all pregnant and postpartum Soldiers across the Army COMPOS. Soldiers are required to participate in the P3T program for at least 180 days postpartum and are encouraged to participate for up to (but no more than) 365 days postpartum to ensure they are prepared to meet AFT and Army body compositions standards. (AR 350-1, June 2025)

P3T Requirements and Standards

Soldiers with high-risk pregnancies or other prohibiting medical profiles, and Soldiers not yet cleared by their Health Care Provider (HCP), will not participate in P3T PRT sessions until cleared. These Soldiers will still attend P3T education sessions.

P3T Purpose

- The elements of the P3T program aim to optimize medical readiness, return to duty, and retention following pregnancy and postpartum.
- Program elements include modernized training tailored to the individual pregnant Soldier to maintain and enhance fitness while integrating exercises to prepare for labor and delivery all with an emphasis on safety.
- Modernized training for postpartum includes a progressive recovery plan from delivery to 365 days including hip mobility and stability, core and pelvic floor coordination, and load impact management.
- The education session curriculum provides learning and resources covering multiple topics throughout pregnancy and postpartum to better support the holistic person and Soldier.

P3T Components

- PRT sessions in lieu of unit PRT 4x/week for pregnancy and 5x/week for postpartum
- Education sessions 1x/week for pregnancy and 1x/month for postpartum

How to Enroll in P3T

- Confirmed positive pregnancy test and received pregnancy profile DA 3349 from medical provider
- Utilize P3T DA 4856 for CDRs counseling with the Soldier

<p>JTR, UTD/CTD for MAP/CAP 54-24(R)</p> <ul style="list-style-type: none"> • Details expenses covered for breast milk transport while on TDY or PCS travel 	<p>ALRACT 035/2024 Military Parental Leave Program (MPLP) Implementation Guide</p> <ul style="list-style-type: none"> • Details birthing and non-birthing parental leave • Deferral & unused leave guidance • Extensions of coverage 	<p>FM 7-22 Holistic Health and Fitness</p> <ul style="list-style-type: none"> • Incorporates 5 H2F domains into P3T
<p>DA PAM 40-502 Medical Readiness Procedures</p> <ul style="list-style-type: none"> • Pregnancy profile restrictions 	<p>AD 2023-04 Command Notification of Pregnancy</p> <ul style="list-style-type: none"> • Specifies process and timeline for pregnancy confirmation and notification • Soldiers can elect to delay CDR pregnancy notification until 20 weeks gestation 	<p>AD 2025-02 Parenthood, Pregnancy, Postpartum</p> <ul style="list-style-type: none"> • Addresses leave when pregnancy ends • Outlines limitations on TDY, deployment, training during pregnancy and postpartum • If pregnancy ends without a live birth, a conversation between the Soldier and command will determine where it is appropriate for the Soldier to PT • Uniform policy • Lactation policy
<p>AR 40-502 Medical Readiness</p> <ul style="list-style-type: none"> • Medical limitations during pregnancy and postpartum • Pregnancy profile information 	<p>AR 600-20, 5-3 Army Command Policy</p> <ul style="list-style-type: none"> • Family care plan requirements and considerations • Use of DA form 5304: Family Care Plan Counseling Checklist 	<p>AR 350-1 Army Training and Leader Development</p> <ul style="list-style-type: none"> • Installation & Garrison CDRs requirement for P3T program • P3T program requirements from the CDR to Soldier • Requirements for enrollment and disenrollment during pregnancy and for 365 days after termination of pregnancy, Soldiers are exempt from meeting AR 600-9 body composition and AFT standards • Details relating to PME