



PUERTO RICO STATE GUARD INSTRUCTION

PRSG-J1

PRSGI 13-100

DISTRIBUTION: A

July 2, 2025

PUERTO RICO STATE GUARD HEIGHT AND WEIGHT MANAGEMENT PROGRAM

Reference: See Enclosure A.

1. PURPOSE: This instruction establishes guidelines for Body Mass Index (BMI) compliance in accordance with PRSGI 13-200 – Weight Compliance Program.
2. APPLICABILITY AND SCOPE: This instruction applies to all components of Puerto Rico State Guard Command personnel.
3. DEFINITIONS: N/A
4. INSTRUCTION/POLICY: All personnel assigned to the Puerto Rico State Guard Command are expected to maintain appropriate height and weight standards as outlined in PRSGI 13-100. BMI will be used as a reference indicator to support compliance with these standards and promote readiness, health, and deploy ability across the state force.
 - a. BMI Compliance Categories and Actions:
 - (1) BMI up to 32.0: Considered within acceptable standards. No further action is required.
 - (2) BMI between 32.1 and 34.9: The Service Member will be formally oriented by their chain of command and/or medical personnel regarding health risks and expectations for maintaining a healthy weight. Counseling will be documented using PRSG Form 4856.
 - (3) BMI between 35.0 and 39.9: The Service Member will be flagged and placed into the PRSG Weight Compliance Program (WCP).

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(4) While enrolled in WCP, the following restrictions apply:

- (a) Not eligible for promotion or lateral appointment (e.g., MSG to 1SG, SGM to CSM).
- (b) May not deploy or be placed on State Active Duty.
- (c) May not attend Professional Military Education (PME).
- (d) Monthly weigh-ins are mandatory, and members must demonstrate weight loss progress of 3 to 8 pounds per month.
- (e) Failure to show progress for three consecutive months will result in discharge from PRSG, per PRSGI 13-200.

(5) BMI 40 or above: Immediate review and referral to Chief Medical Officer and Command Surgeon. Members may be subject to immediate administrative discharge for failure to meet medical readiness standards.

5. RESPONSABILITIES:

- a. Commanders and First-Line Leaders are responsible for enforcing this policy, documenting counseling and ensuring members are referred and tracked properly in EMR and with PRSG Form 4856.
- b. Chief Medical Officers shall provide medical counseling, supervise weigh-ins, and monitor progress per PRSGI 13-200.

6. INFORMATION REQUIREMENT: N/A

7. RELEASABILITY: Unlimited.

8. EFFECTIVE DATE: This instruction is effective immediately upon publication and will remain in effect until superseded or rescinded in writing.

9. POINT OF CONTACT: The point of contact for this instruction is the Puerto Rico State Guard Command Chief Surgeon, 1-(787)-731-3633. Ext. 1464 or by email at chiefsurgeon@prsg.us

Enclosure 3: Reference

- 1. Male Height/Weight Table 1-1
- 2. Female Height/Weight Table 1-2
- 3. Male Body Mass Index Table 2-1
- 4. Female Body Mass Index Table 2-2



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Table 1-1: Male Height and Weight Standards

MALE: Height and Weight Table					
Height (inches)	Minimum Weight (regardless of age)	Maximum Weight			
		17-20 years	21-27 years	28-39 years	40 years and over
60	100	160	162	164	167
61	102	166	168	170	174
62	103	170	173	176	179
63	104	176	178	182	185
64	105	182	184	188	191
65	106	187	190	193	197
66	107	193	196	199	204
67	111	200	202	206	209
68	115	206	208	212	215
69	119	212	214	217	222
70	123	217	221	224	229
71	127	223	227	231	235
72	131	230	233	237	242
73	135	236	239	244	248
74	139	243	246	251	255
75	143	250	253	258	262
76	147	256	260	265	269
77	151	263	267	271	276
78	153	270	274	278	284
79	159	277	281	285	290
80	166	284	288	293	298

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Table 1-2: Female Height and Weight Standards

WOMEN: Height and Weight Table					
Height (inches)	Minimum Weight (regardless of age)	Maximum Weight			
		17-20 years	21-27 years	28-39 years	40 years and over
58	90	129	132	137	140
59	92	133	137	141	145
60	94	138	141	146	146
61	96	143	146	151	155
62	98	148	152	158	160
63	100	153	158	162	166
64	102	158	162	167	170
65	104	162	167	171	176
66	106	168	173	177	182
67	109	171	177	183	186
68	112	177	183	189	192
69	115	182	187	193	198
70	118	187	193	199	204
71	122	192	198	204	209
72	125	198	204	210	216
73	128	204	209	216	222
74	130	210	217	223	228
75	133	216	223	230	235
76	136	223	230	237	240
77	139	229	236	243	247
78	141	235	242	248	253
79	144	240	247	255	260
80	147	246	253	261	267

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Table 2.1
Male Height and Weight Body Mass index Chart

Height (inches)	MALE: Body Weight (pounds)																	
	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36

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Table 2.2
Female Height and Weight Body Mass index Chart

Height (inches)	FEMALE: Body Weight (pounds)																	
58	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443
BMI	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54

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