



## Extension Waiver Rule K Checklist

(Soldiers in the Army Body Composition Program who are making satisfactory progress to meet the body composition requirements of AR 600-9.)

**Reference:** NGR 600-200

**Name:** \_\_\_\_\_ **Rank:** \_\_\_\_\_ **MSC/ Unit:** \_\_\_\_\_

**Select Duty Status:**      M-DAY      TECH      AGR

Submit the following documents through chain of command to the State processing authority via IPPS-A

- ☐ Memorandum from the unit commander through command channels
  - Attachment 27
- ☐ DA Form 4187 dated [December 2022](#) (with all required signatures)
  - Attachment 17
- ☐ Last three evaluations
- ☐ Retirement Accounting Statement (DA Form 5016)
- ☐ All previous approved waivers
- ☐ HTWT DTMS screenshot showing the last 6 months
- ☐ Temp Profile DA 3349 (If applicable)
- ☐ Copy of Soldier's Talent Management Profile from IPPS-A
- ☐ Supporting documents

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Ensure the following information is inputted in the CRM case:

**Provider Group:** NGGA G-1 TRANSITIONS

**Description:** Extension Waiver, MSC name, Rank Last Name, First Name

**Example:** Extension Waiver, 78th ATC, SGT Smith, John

\*Packets must be reviewed and validated at all levels prior to routing the request to G-1