



DEPARTMENT OF THE ARMY  
YOUR UNIT  
UNIT'S ADDRESS  
TACOMA WA 98431-1100

MCHJ-XXX

25 April 2022

MEMORANDUM FOR Commandant, Henry H. Lind NCOA, Joint Base Lewis-McChord,  
WA 98433

SUBJECT: Volunteering to Attend Basic Leader Course (BLC) While in a Postpartum  
Status

1. I, SPC insert name, am volunteering to attend BLC, a Professional Military  
Education (PME), inside my 365-day postpartum window.

a. I understand that under Army Directive (AD) 2022-06 (Parenthood, Pregnancy,  
and Postpartum) dated 19 April 2022, I am not required to attend mandatory PME  
courses during the first 365 days postpartum.

b. I understand that if a PME is scheduled during the 365-day postpartum window  
and I do not wish to volunteer to attend, I will defer attendance and will not incur any  
adverse administrative actions solely as a result of this action under AD 2022-06  
reference above.

c. I understand if I do not wish to volunteer to attend PME I will defer attendance  
and can still be promoted under a temporary promotion according to ADs and policy. I  
understand that a temporary promotion based on pregnancy or postpartum requires  
graduation of a requisite PME course no later than 24 months from the termination date  
of the pregnancy-based temporary profile (expected date of birth) under Headquarters  
Department of the Army, Memorandum for Temporary Promotion (Sergeant through  
Sergeant Major) dated 24 November 2020.

2. I began my postpartum status on XX May 2021 and my 12-month deferment ends  
xx May 2022. Again, I understand I am not required to attend mandatory PME courses  
during the 365 days of my postpartum period.

3. I understand that volunteering to attend BLC in a postpartum status exempts me  
from body composition requirements during this deferment period. I also understand  
that I am required to provide my last recorded height and weight from my unit. The  
height/weight record will be not be more than 24 months (730 days) old at the time of  
BLC enrollment.

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4. I verify that I am not on a temporary profile and am physically capable of participating in all enrollment and graduation requirements. I fully understand that I will be required to take the Army Combat Fitness Test (ACFT), participate in the BLC Physical Readiness Training (PRT) program and wear full field gear while attending the course.

5. The point of contact for this action is the undersigned at (253) XXX-XXXX.

JANE C. STUDENT  
SPC, USA